

MARY MARROCCO

# Living Water



*Catholic Prayers for Lent*



## ASH WEDNESDAY

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*So we are ambassadors for Christ... We implore you on behalf of Christ, be reconciled to God.*

**2 CORINTHIANS 5:20**

**GOD WHO IS FATHER,** Son and Holy Spirit, you know the secrets of my heart. I am frightened but glad that you are intimately present to me, in the depths of me, farther than I can reach or understand. Seek me, find me, love me, call me, that I may turn to you with all that I am, nothing held back. Open the places in me that do not yet know how to love you. As you sent your ambassadors to me, let this Lenten time teach me to become an ambassador and witness of your Christ.

## THURSDAY AFTER ASH WEDNESDAY

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*I have today set before you life and prosperity, death and doom. ... Choose life, then, that you and your descendants may live, by loving the LORD, your God, heeding his voice, and holding fast to him.*

**DEUTERONOMY 30:15, 19-20**

**GOD OF BLESSING**, I long for life.

Sometimes it is hard to choose it, though. Life seems daunting and full of pain. I know and love you on the cross, present there to my pain and the pain of all the world. When you ask me to take up my cross, you are offering me a way through the world, for by your cross you have overcome the world. As this Lenten season begins, I hold fast to you, O my God. I cling to you. I choose you. I choose life.

## FRIDAY AFTER ASH WEDNESDAY

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*This, rather, is the fasting that I wish:  
... Clothing the naked when you see them,  
and not turning your back on your own.*

**ISIAH 58:6, 7**

**GOD OUR BRIDEGROOM**, we are asked to fast and pray throughout Lent. This is hard to understand and hard to do. I do not want to give up things. I want what I want! You are with me. You wed me and all of us to yourself, the God of our longing. You ask us to think less of what we want and more of what others need. Can I become loving enough? Can I become generous enough? Can I become bold enough? You say I can because you are with me, loving me, wedding me to yourself. In you I trust.

## SATURDAY AFTER ASH WEDNESDAY

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*Jesus said to them in reply, "Those who are healthy do not need a physician, but the sick do."*

**LUKE 5:31**

**GOD OUR PHYSICIAN**, how happy I am to see you and welcome you into my home, my life, my body, my soul! I have been ill. Like Levi, who followed you, I have done many things for which I am sorry. I am sorry because they are not worthy of your love. They hurt people, they hurt your creation, and they hurt me. They leave me sick and suffering. You come not with anger but with love and mercy to heal my wounded places. Come, Lord, into all my parts and heal them.

## FIRST SUNDAY OF LENT

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*... how much more did the grace of God and the gracious gift of the one person Jesus Christ overflow for the many.*

**ROMANS 5:15**

**GOD OF LIFE**, Jesus, lead me deeper. We hear today that you hungered and thirsted in the desert for 40 days. We hear that you endured temptation. I am humbled to know that I am one of the many for whom your gift overflowed. It is difficult to enter this desert time and face my innermost weaknesses. Yet it is joyful to enter with you, along with my sisters and brothers. You are life. You pour out life, even in the hard, barren places of our lives. I am on thirsty ground, hoping to receive your gift, but not knowing quite how. Open my heart and myself, I beg of you.

## MONDAY, FIRST WEEK OF LENT

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*For I was hungry and you gave me food,  
I was thirsty and you gave me drink...*

**MATTHEW 25:35**

**GOD OF THE HUNGRY AND THIRSTY**, your word is clear today. Often I complain to you about not giving direct messages. Here, you tell exactly what is required of those who want to dwell with you—give to those in need. Not “if they deserve it,” or “if you know them”—just give. In this you reveal yourself. You are the one who gives all, not only to the great, but especially to the thirsty and naked. More, you become thirsty and naked because this is where you love to be. Lead me there too. Teach me to love as you love.

## TUESDAY, FIRST WEEK OF LENT

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*So shall my word be  
that goes forth from my mouth;  
It shall not return to me void,  
but shall do my will,  
achieving the end for which I sent it.*

**ISAIAH 55:11**

**GOD WHO LISTENS TO OUR EVERY WORD AND NEED**, how beautiful is your word that springs forth into our world. You have planted your word in my heart. Let me be fertile earth, that I may do what pleases you and serves your good purpose in every way that I can. You ask me to be part of your healing, creative work, and you allow me to be that help. Your name is holy; may your will be done, on earth as in heaven.



## WEDNESDAY, FIRST WEEK OF LENT

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*The people of Nineveh believed God;  
they proclaimed a fast and all of them,  
great and small, put on sackcloth.*

**JONAH 3:5**

**GOD OF THE GREAT AND THE SMALL,**  
I am grateful that you do not ask me to walk alone. When Jonah, 3,000 years ago, spoke your word to the Ninevites, a whole city full of people responded, together with their leaders. These 40 days of Lent are not mine alone. They are shared among all your people. Together, we turn to you. We need each other. Small and great, we are equal before you, equally loved, equally sought after. Have mercy on us, God, in accordance with your merciful love.

## EASTER SUNDAY

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*Do not be afraid!*

*I know that you are seeking*

*Jesus the crucified.*



*He is not here [in the tomb],*

*for he has been raised*

*just as he said.*

*Come and see...*

**MATTHEW 28:5-6**

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