

Scriptural Prayer Guide for
Lent 2019



Prepared by the
Maryknoll Sisters



The Maryknoll Sisters of St. Dominic, Inc.
10 Pinesbridge Road
Ossining, NY 10562
(914) 941-7575
www.maryknollsisters.org

Introduction

Lent is a time when we reflect upon the sacrifice Jesus Christ made for our salvation, and examine our souls and our lives to see how we can make ourselves more worthy of that great gift.

This booklet presents a scripture quote for each day of Lent, which you can use to help guide your reflections and prayers during this time. On each Sunday, when we raise our eyes from our penance and look forward to the miracle of Christ's Resurrection, there is a quote relating to our joy and gratitude in the Easter miracle.

I, and all the Maryknoll Sisters hope that this booklet is useful to you. We wish you a spiritually productive Lenten season, and a happy Easter!

Sister Anastasia

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“Let us ask Him tonight for the special grace to keep pure and holy, sensitive to His voice, conscious of His love, and even more conscious of the boundless depth of thanksgiving and gratitude we owe to Him.”

~Mother Mary Joseph, “Conscience,”
2/16/1952, *Discourses*, Volume IV, p. 1649

March 6—*Ash Wednesday* *Day of fasting and abstinence*

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.

—*Daniel 9:3*

Thursday, March 7

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”

—*Matthew 18:21-22*

Friday, March 8

Day of abstinence

Now there is in Jerusalem near the Sheep Gate a pool... Here a great number of disabled people used to lie... One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?"

"Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me."

Then Jesus said to him, "Get up! Pick up your mat and walk." At once the man was cured; he picked up his mat and walked.

Later Jesus found him at the temple and said to him, "See, you are well again. Stop sinning or something worse may happen to you." The man went away and told the Jewish leaders that it was Jesus who had made him well.

—*John 5:1-2, 5-9, 14-15*

Saturday, March 9

"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."

—*Matthew 5:23-24*

March 10—

First Sunday of Lent

“Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song.” —Pope St. John Paul II

Monday, March 11

“Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get.’

“But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’

“I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

—*Luke 18:10-14*

Tuesday, March 12

“If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who are good to you, what credit is that to you? Even sinners do that. And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.”

—*Luke 6:32-36*

Wednesday, March 13

And to man He said, “Behold, the fear of the Lord is wisdom; and avoiding evil is understanding.”

—*Job 28:28*

Thursday, March 14

“If anyone hears my words but does not keep them, I do not judge that person. For I did not come to judge the world, but to save the world... For I did not speak on my own, but the Father who sent me commanded me to say all that I have spoken. I know that his command leads to eternal life. So whatever I say is just what the Father has told me to say.”

—*John 12:47, 49-50*

Friday, March 15

Day of abstinence

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’ “

—*Matthew 25:37-40*

Saturday, March 16

You have been a refuge for the poor,
a refuge for the needy in their distress,
a shelter from the storm
and a shade from the heat.

—Isaiah 25:4

March 17—

Second Sunday of Lent

“God, my God, omnipotent King, I humbly adore thee. Thou art King of kings, Lord of lords. Thou art the Judge of every age. Thou art the Redeemer of souls. Thou art the Liberator of those who believe. Thou art the Hope of those who toil. Thou art the Comforter of those in sorrow.” —St. Patrick

Monday, March 18

“Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.”

—*John 12:25-26*

Tuesday, March 19

Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.

—*Psalms 51:1-2*

Wednesday, March 20

“The most important [commandment],” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

—*Mark 12:29-31*

Thursday, March 21

“Jesus is ‘the stone you builders rejected, which has become the cornerstone.’ Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.”

—*Acts 4:11-12*

Friday, March 22

Day of abstinence

Then Jesus, still teaching in the temple courts, cried out, “Yes, you know me, and you know where I am from. I am not here on my own authority, but he who sent me is true. You do not know him, but I know him because I am from him and he sent me.”

—*John 7:28-29*

Saturday, March 23

Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

—*Romans 5:7-8*

March 24—

Third Sunday of Lent

“Let no one mourn that he has fallen again and again: for forgiveness has risen from the grave!”
—St. John Chrysostom

Monday, March 25

For the Lord is our judge,
the Lord is our lawgiver,
the Lord is our king;
it is he who will save us.
—*Isaiah 33:22*

Tuesday, March 26

“The one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete.”

—*Luke 6:49*

Wednesday, March 27

“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”

—*Ezekiel 36:26*

Thursday, March 28

“But you are not to be called ‘Rabbi,’ for you have one Teacher, and you are all brothers. And do not call anyone on earth ‘father,’ for you have one Father, and he is in heaven. Nor are you to be called instructors, for you have one Instructor, the Messiah. The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

—*Matthew 23:8-12*

Friday, March 29

Day of abstinence

Where then does wisdom come from?

Where does understanding dwell?...

God understands the way to it

and he alone knows where it dwells,

for he views the ends of the earth

and sees everything under the heavens.

—*Job 28:20, 23-24*

Saturday, March 30

Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life?"

—*Luke 12:22-23, 25*

March 31

Fourth Sunday of Lent

Laetare Sunday

"The joy of the gospel fills the hearts and lives of all who encounter Jesus. Those who accept his offer of salvation are set free from sin, sorrow, inner emptiness and loneliness. With Christ joy is constantly born anew."

—Pope Francis

Monday, April 1

So then, dear friends... make every effort to be found spotless, blameless and at peace with him. Bear in mind that our Lord's patience means salvation...

—2 Peter 3:14-15

Tuesday, April 2

"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it." And he took the children in his arms, placed his hands on them and blessed them.

—Mark 10:14-16

Wednesday, April 3

Do not hide your face from me,
do not turn your servant away in anger;
you have been my helper.
Do not reject me or forsake me,
God my Savior.
—*Psalm 27:9*

Thursday, April 4

Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name. And do not forget to do good and to share with others, for with such sacrifices God is pleased.
—*Hebrews 13:15-16*

Friday, April 5

Day of abstinence

“You are a king, then!” said Pilate.

Jesus answered, “You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me.”

—*John 18:37*

Saturday, April 6

“Blessed are those who hunger and thirst for
righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.”

—*Matthew 5:6-7*

April 7—
Fifth Sunday of Lent

“To do penance is to bewail the evil we have done, and to do no evil to bewail.”

—Pope St. Gregory the Great

Monday, April 8

For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death.

—1 Corinthians 15:25-26

Tuesday, April 9

All the ways of the Lord are loving and faithful
toward those who keep the demands of his covenant.
For the sake of your name, Lord,
forgive my iniquity, though it is great.
—*Psalms 25:10-11*

Wednesday, April 10

“You are already clean because of the word I
have spoken to you. Remain in me, as I also
remain in you. No branch can bear fruit by itself;
it must remain in the vine. Neither can you bear
fruit unless you remain in me.”
—*John 15:3-4*

Thursday, April 11

Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.

—*James 1:23-24*

Friday, April 12

Day of abstinence

“I have swept away your offenses like a cloud,
your sins like the morning mist.

Return to me,
for I have redeemed you.”

—*Isaiah 44:22*

Saturday, April 13

Jesus and his disciples went on to the villages around Caesarea Philippi. On the way he asked them, "Who do people say I am?"

They replied, "Some say John the Baptist; others say Elijah; and still others, one of the prophets."

"But what about you?" he asked. "Who do you say I am?"

Peter answered, "You are the Messiah."
—Mark 8:27-29

April 14—*Palm Sunday*

The disciples went and did as Jesus had instructed them. They brought the donkey and the colt and placed their cloaks on them for Jesus to sit on. A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of him and those that followed shouted,

"Hosanna to the Son of David!"

"Blessed is he who comes in the name of the Lord!"

"Hosanna in the highest heaven!"
—Matthew 21:6-9

April 15—
Monday of Holy Week

“The hour has come for the Son of Man to be glorified. Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

—*John 12:23-24*

April 16—
Tuesday of Holy Week

Then Jesus cried out, “Whoever believes in me does not believe in me only, but in the one who sent me. The one who looks at me is seeing the one who sent me. I have come into the world as a light, so that no one who believes in me should stay in darkness.”

—*Matthew 21:44-46*

April 17—

Wednesday of Holy Week

“Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.”

—*Luke 21:36*

April 18—*Holy Thursday*

And he took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.”

In the same way, after the supper he took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.”

—*Luke 22:19-20*

April 19—*Good Friday*

Day of fasting and abstinence

From noon until three in the afternoon darkness came over all the land. About three in the afternoon Jesus cried out in a loud voice, “*Eli, Eli, lema sabachthani?*” (which means “My God, my God, why have you forsaken me?”).

And when Jesus had cried out again in a loud voice, he gave up his spirit.
—*Matthew 27:45-46, 50*

April 20—*Holy Saturday*

But your dead will live, Lord;
their bodies will rise—
let those who dwell in the dust
wake up and shout for joy—
your dew is like the dew of the morning;
the earth will give birth to her dead.
—*Isaiah 26:19*

The Stations of the Cross

- 1 Jesus is condemned to death
- 2 Jesus carries His cross
- 3 Jesus falls the first time
- 4 Jesus meets His mother
- 5 Simon of Cyrene helps Jesus carry His cross
- 6 Veronica wipes the face of Jesus
- 7 Jesus falls the second time

- 8 Jesus meets the women of Jerusalem
- 9 Jesus falls the third time
- 10 Jesus' garments are taken away
- 11 Jesus is nailed to the cross
- 12 Jesus dies on the cross
- 13 The body of Jesus is taken down from the cross
- 14 Jesus is laid in the tomb

Easter Sunday

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."

—*John 20:19-23*

"Dear brothers and sisters, Christ died and rose once for all, and for everyone, but the power of the Resurrection, this passover from slavery to evil to the freedom of goodness, must be accomplished in every age, in our concrete existence, in our everyday lives. How many deserts, even today, do human beings need to cross! Above all, the desert within, when we have no love for God or neighbour, when we fail to realize that we are guardians of all that the Creator has given us and continues to give us. God's mercy can make even the driest land become a garden, can restore life to dry bones."

—*Pope Francis*





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PO Box 317, Maryknoll, NY 10545-0317
914-941-7575 • www.maryknollsisters.org