

Wednesday, February 14: Ash Wednesday—
Day of fasting and abstinence

“Lent comes providentially to awaken us, to shake us from our lethargy.” —*Pope Francis*

Thursday, February 15

“I have set before you life and death...choose life that you and your descendants may live.”
—*Deuteronomy 30:19*

Friday, February 16: Day of abstinence

“A contrite and humble heart you will not spurn, O God.” —*Psalms 51:17*

Saturday, February 17

“I will give you a new heart and put a new spirit in you; I will remove your heart of stone and give you a heart of flesh.” —*Ezekiel 36:26*

Sunday, February 18: First Sunday of Lent

“Like a great waterwheel, the liturgical year goes on relentlessly irrigating our souls, softening the ground of our hearts, nourishing the soil of our lives until the seed of the Word of God itself begins to grow in us, comes to fruit in us, ripens us in the spiritual journey of a lifetime.”
—*Joan D. Chittister*

Monday, February 19

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” —*Matthew 25:40*

Tuesday, February 20

“In the face of so many wounds that hurt us and could lead to a hardness of heart, we are called to dive into the sea of prayer, which is the sea of the boundless love of God, in order to experience his tenderness.” —*Pope Francis*

Wednesday, February 21

“Even now, says the Lord, return to me with your whole heart for I am gracious and merciful.”
—*Joel 2: 12-13*

Thursday, February 22

“The Lord is my shepherd; there is nothing I shall want.” —*Psalms 23:1*

Friday, February 23: Day of abstinence

“The Lord never tires of forgiving. It is we who tire of asking for forgiveness.” —*Pope Francis*

Saturday, February 24

“Love your enemies and pray for those who persecute you. This is the Christian innovation. It is the Christian difference. Pray and love: this is what we must do; and not only with regard to those who love us, not only with regard to our friends or our own people.” —*Pope Francis*

Sunday, February 25: Second Sunday of Lent

“Lent is a time of going very deeply into ourselves...What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment’s hesitation.”
—*Catherine Doherty*

Monday, February 26

“Be merciful, just as your Father is merciful. Stop judging and you will not be judged.”
—*Luke 6:36*

Tuesday, February 27

“Come now, let us set things right, says the LORD.” —*Isaiah 1:18*

Wednesday, February 28

“O Lord, make this Lenten season different from the other ones. Let me find you again. Amen.”
—*Henri Nouwen*

Thursday, February 29

“Blessed is the one who trusts in the LORD, whose hope is the LORD. That one is like a tree planted beside the waters that stretches out its roots to the stream. It fears not the heat when it comes, its leaves stay green; in the year of drought it shows no distress, but still bears fruit.”
—*Jeremiah 17: 7-8*

Friday, March 1: Day of abstinence

“No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great.” —*St. John Chrysostom*

Saturday, March 2

“We must trust in the mighty power of God’s mercy. We are all sinners, but His grace transforms us and makes us new.”
—*Pope Benedict XVI*

Sunday, March 3: Third Sunday of Lent

“If today you hear God’s voice, harden not your hearts.” —*Psalms 95:8*

Monday, March 4

“You learn to speak by speaking, to study by studying, to run by running, to work by working, and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves.” —*St. Francis de Sales*

Tuesday, March 5

“Be reconciled to God!” —*2 Corinthians 5:20*

Wednesday, March 6

“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*

Thursday, March 7

“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*

Friday, March 8: Day of abstinence

“The first of the commandments is this: You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You shall love your neighbor as yourself. There is no other commandment greater than these.”
—*Mark 12: 29-31*

Saturday, March 9

“For it is love that I desire, not sacrifice, and knowledge of God rather than burnt offerings.”
—*Hosea 6:6*

Sunday, March 10: Fourth Sunday of Lent

“God so loved the world that he gave his only Son, so everyone who believes in him might have eternal life.” —*John 3:16*

Monday, March 11

“Seek good and not evil so that you may live, and the LORD will be with you.” —*Amos 5:14*

Tuesday, March 12

“God draws near to our lives, he is moved to compassion because of the fate of wounded humanity and comes to break down every barrier that prevents us from being in relationship with him, with others, and with ourselves.”
—*Pope Francis*

Wednesday, March 13

“But Zion said, ‘The LORD has forsaken me; my Lord has forgotten me.’ Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you.” —*Isaiah 49:15*

Thursday, March 14

“For I know the plans I have for you, says the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”
—*Jeremiah 29:11*

Friday, March 15: Day of abstinence

“The Lord is close to the brokenhearted.”
—*Psalms 34:18*

Saturday, March 16

“Lent stimulates us to let the Word of God penetrate our life and in this way to know the fundamental truth: Who we are, where we come from, where we must go, what path we must take in life.” —*Pope Benedict XVI*

Sunday, March 17: Fifth Sunday of Lent

“For we are God’s handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.”
—*Ephesians 2:10*

Monday, March 18

“This is what God asks of you: to do justice, to love tenderly and to walk humbly with your God.” —*Micah 6:8*

Tuesday, March 19: St. Joseph

“But you must return to your God; maintain love and justice, and wait for your God always.”
—*Hosea 12:6*

Wednesday, March 20

“If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.” —*John 8: 31-32*

Thursday, March 21

“As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?” —*Psalms 42:1-2*

Friday, March 22: Day of abstinence

“In my distress I called upon the Lord, and he heard my voice.” —*Psalms 18:6*

Saturday, March 23

“Be joyful in hope, patient in affliction, faithful in prayer.” —*Romans 12:12*

Sunday, March 24: Palm Sunday

“In these holy days, let us stand before the Crucified One...and before the God who serves us to the point of giving his life, and let us ask for the grace to live in order to serve.”
—*Pope Francis*

Monday, March 25: Monday of Holy Week

“I believe that I shall see the bounty of the LORD in the land of the living. Wait for the LORD with courage; be stouthearted, and wait for the LORD.” —*Psalms 27: 13-14*

Tuesday, March 26: Tuesday of Holy Week

“Do not let love and faithfulness leave you. Bind them around your neck; write them on the tablet of your heart.” —*Proverbs 3:3*

Wednesday, March 27: Wednesday of Holy Week

“Even my closest friend whom I trusted, the one who ate my bread, has lifted his heel against me.”
—*Psalms 41:9*

Thursday, March 28: Holy Thursday

“I give you a new commandment: Love one another. Just as I have loved you, so you also must love one another. This is how everyone will know that you are my disciples, when you love one another.” —*John 13: 34-35*

Friday, March 29: Good Friday—Day of fasting and abstinence

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.” —*Hebrews 4:15*

Saturday, March 30: Holy Saturday

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”
—*John 14:27*

Sunday, March 31: Easter Sunday

“We know Jesus has conquered sin and passed through his own pain to the glory of the Resurrection... We are an Easter People and Alleluia is our song!” —*Pope St. John Paul II*



“Let us be kind and tolerant, thoughtful for one another, tender and sympathetic, cooperative and understanding. Let us outdo one another in rendering material service, in anticipating needs, in helping to carry one another’s burdens, in comforting and consoling one another in times of sorrow, trial and loneliness.”

—*Mother Mary Joseph Rogers*



Maryknoll Sisters

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Prayer Guide for Lent 2024

Prepared by the Maryknoll Sisters

During Lent we take time to reflect upon how much God loved the world by sending Jesus to bring us new life. This is a time to recall the story of that love through the words of Scripture and other writers.

In this booklet, we share with you reflective quotes on this story of love for each day of Lent. During your daily prayers, we invite you to read the quote and reflect on its meaning in your life and the life of the world.

Each Lent, we Maryknoll Sisters desire to grow more in wisdom, humility, hope and faith. My hope is that this booklet awakens that Lenten desire in you too!

Sister Teresa Hougnon

Sister Teresa Hougnon, MM, President