

A Lent of Gratitude

You are invited to offer a prayer of gratitude to God each day of Lent for a particular blessing or gift that is part of your life through the mercy of God revealed in the Cross and Resurrection of Jesus. The suggestions that follow are inspired by each day's Scriptures. Feel free to adapt them or to add your own: ***"Thank you, merciful God, for ..."***

February 17 (Ash Wednesday): *a chance for a new start*

February 18: *the gift of life itself*

February 19: *the daily food and drink that sustain us*

February 20: *those who help me hear the call of Jesus to follow Him*

February 21 (First Sunday of Lent): *conscience to discern what is right*

February 22: *the opportunities to be kind today*

February 23: *those who taught me to pray the Our Father*

February 24: *a book, song, or movie that inspired me to improve my spiritual life*

February 25: *the gifts of patience and perseverance*

February 26: *a time when I have been reconciled after a conflict with another*

February 27: *the Ten Commandments that guide me in life's decisions*

February 28 (Second Sunday of Lent): *being made in God's image*

March 1: *for a time I experienced mercy from another*

March 2: *for sacrifices my parents made to help me grow*

March 3: *for a time I experienced the joy of serving others*

March 4: *for the capacity to feel compassion for those who suffer*

March 5: *the things I use every day at home without thinking of them*

March 6: *the unfailing welcome of God Who waits for me with love*

March 7 (Third Sunday of Lent): *a lesson I learned from my past*

March 8: *a way God has used the ordinary to surprise me with grace*

March 9: *an experience of being forgiven*

March 10: *my favorite teacher from grade school*

March 11: *the gift of silence to listen for God*

March 12: *the ability to read, write, and communicate with others*

March 13: *a time when I helped another succeed at something*

March 14 (Fourth Sunday of Lent): *the ability to see God's handiwork*

March 15: *a time when I found hope in trusting God*

March 16: *the water I use everyday*

March 17: *Mary's constant prayers, "now and at the hour of our death"*

March 18: *the Bible, God's Word recorded for us*

March 19: a time I understood "the hidden counsels of God" as St. Joseph did

March 20: a time I received good advice from a friend

March 21 (Fifth Sunday of Lent): the gift of hope for a better future

March 22: a time when I have been honest even when a lie would be easier

March 23: the crucifix that inspires me to remember God's merciful love

March 24: the freedoms I enjoy each day

March 25: children and grandchildren who have brightened my day

March 26: a time when someone supported me in a challenging situation

March 27: a time I kept a promise to help another even if inconvenient

March 28 (Palm Sunday): the sacrifice of Jesus on the Cross

March 29: a time I understood the lavish and infinite mercy of God

March 30: the dignity being a servant of God

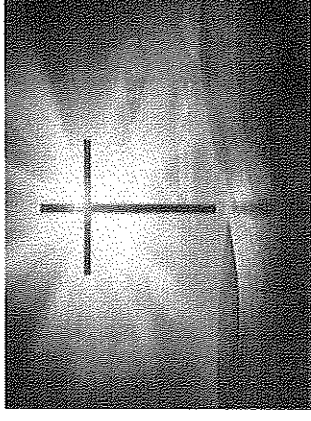
March 31: the Sacrament of Penance and divine forgiveness

April 1 (Holy Thursday): the Eucharist and the priesthood of Christ

April 2 (Good Friday): the sacrifice of Jesus on the Cross for me

April 3 (Holy Saturday): the gift of my Baptism; my parents and sponsors

April 4 (EASTER): the promise of eternal life and joy with God that even now makes the Cross a sign of hope



Whatever you do, in word or in deed,
do everything in the name
of the Lord Jesus,
giving thanks to God the Father
through Him.
Colossians 3:17