



# LENT 2020

RESOURCES FOR PRAYER AT HOME AND IN  
SMALL COMMUNITIES

## Introduction

Especially in these times we are not always able to gather as an assembly of God's people to celebrate together the way we are accustomed. However, the Apostle Paul reminds us to "Pray without ceasing" (1 Thess 5:17). So, whether it is with families or friends, in twos or threes (Matt 18:20) or alone in our room (Matt 6:6), we unite in prayer. In this way we enter the prayer of Christ to the Father "that they may be one" (John 17:21).

This booklet contains resources for individuals and small groups of people to use in their prayer. These include:

- *A Liturgy of the Word* for Lent
- Readings for the remaining Sundays in Lent
- Select prayers from our Tradition, including the *Angelus* and a *Spiritual Communion*.

Today's 'social distancing' is similar in many ways to what many early Christians did to devote themselves to prayer and knowledge of God. They went out into the desert and lived apart, praying and doing good. We can read of one of them in the sayings of the Desert Fathers (Paul the Great, c. 3rd-4th century):

*"It was said of Abba Paul that he spent the whole of Lent eating only one measure of lentils, drinking one small jug of water, and working at one single basket, weaving it and unweaving it, living alone until the feast."*

In his meditations on Lent almost a millennia later, S. Thomas Aquinas (d. 1274) talks about the opportunity that is withdrawal from the world during Lent – a position, or dare I say *an opportunity*, in which we might find ourselves:

*"As in the grave the body is hidden away when dead, so in divine contemplation there lies concealed the soul, dead to the world. There, at rest from the world's clamour, it lies, in a three days burial through, as it were, its triple immersion in baptism...[alone in contemplation] those in great trouble, tormented with the hates of men, enter in spirit the presence of God and they are at rest."*

We may well be dispensed from the obligation to attend Mass on Sundays at present, but our Christian duty and the need for prayer and witness to Christian hope is as pressing as ever.

## LITURGY OF THE WORD

The following is a liturgy of the Word for the remaining Sundays of Lent this year. It has been prepared according to the rites stipulated and set for use in Chinchilla. If prayed alone (in communion with the angels and saints) all the parts are naturally recited by the one person. When celebrated with others, the parts can be easily distributed between those willing and suitable.

The setting: A cross, candle, and/or other suitable religious symbol may be used. A brief period of silence is desirable to enter a spirit of prayer. Then the relevant antiphon is recited. A song may also be used.

### **Entrance Antiphon (or song):**

**22 March - 4th Sunday of Lent (Cf. Is 66: 10-11)**

Rejoice, Jerusalem, and all who love her.  
Be joyful, all who were in mourning;  
exult and be satisfied at her consoling breast.

**29 March - 5th Sunday of Lent (Cf. Ps 42: 1-2)**

Give me justice, O God,  
and plead my cause against a nation that is faithless.  
From the deceitful and cunning rescue me,  
for you, O God, are my strength.

**5 April - Palm Sunday (Cf. Jn 12: 1, 12-13; Ps 23: 9-10)**

Six days before the Passover,  
when the Lord came into the city of Jerusalem,  
the children ran to meet him;  
in their hands they carried palm branches  
and with a loud voice cried out:

Hosanna in the highest!  
Blessed are you, who have come in your abundant mercy!

O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!  
Who is this king of glory?  
He, the Lord of hosts, he is the king of glory.

Hosanna in the highest!

Blessed are you, who have come in your abundant mercy!

**Song suggestions:**

- *O Praise the Name (Anástasis)*, Hillsong Worship;
- *Miserere*, Gregorio Allegri;
- *Even Unto Death*, Audrey Assad;
- *Wood and Nails*, The Porter's Gate;
- *In the Silence of the Heart*, Danielle Rose;
- *God of Mercy and Compassion*, Edmund Vaughan; or
- *Here as in Heaven*, Elevation Worship.

**OPENING RITES**

**Greeting:**

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

*All: Amen*

Leader: Blessed be God,  
Who has reconciled us through Christ,  
and calls us to new life by his grace.  
Bless the Father and the Son and the Holy Spirit.

*All: Blessed be God for ever.*

My brothers and sisters, the hour of God's favour draws near, the day of His mercy and our salvation approaches, when death was destroyed, and eternal life began. As we journey in this season of Lent, we gather today as we express our sorrow for our sinfulness. May God be merciful to us and restore us to his friendship.

We gather here in unity with the Church throughout the world and with our brothers and sisters in the local community who also celebrate in the Lenten spirit today.

**Opening Prayer (Collect)**

Leader: Let us pray

*Short pause followed by opening prayer for the day*

**22 March - 4th Sunday of Lent (Cf. Is 66: 10-11)**

O God, who through your Word  
reconcile the human race to yourself in a wonderful way,  
grant, we pray, that with prompt devotion and eager faith  
the Christian people may hasten toward the solemn  
celebrations to come.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy  
Spirit, one God, for ever and ever.

**29 March - 5th Sunday of Lent (Cf. Ps 42: 1-2)**

By your help, we beseech you, Lord our God,  
may we walk eagerly in that same charity  
with which, out of love for the world,  
your Son handed himself over to death.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy  
Spirit, one God, for ever and ever.

**5 April - Palm Sunday (Cf. Jn 12: 1, 12-13; Ps 23: 9-10)**

Almighty ever-living God,  
who as an example of humility for the human race to  
follow, caused our Saviour to take flesh and submit to the  
Cross.

graciously grant that we may heed his lesson of patient  
suffering and so merit a share in his Resurrection.

Who lives and reigns with you in the unity of the Holy  
Spirit, one God, for ever and ever.

*All: Amen*

**WORD OF GOD**

**Readings:**

*See missal or appendix for reading and reflection*

**Reflection:**

*After the Gospel those gathered (or the lone prayer) may pause  
for a time of meditation. If the group is so disposed, they may  
wish to share what has resonated with them from the Word of*

*God. Alternatively, or in addition to this, an appropriate reflection may be read.*

## **PRAYERS OF THE FAITHFUL**

**Leader:** We should pour forth prayers at all times, dear brothers and sisters, but, above all, in these days as we continue our Lenten journey of conversion. Let us watch more intently with Christ and direct our petitions more fervently to God.

**Reader:** *For the whole Christian people:  
That in this time of lent we may seek a conversion of heart and strive to grow in right relationships, nourished by every word that comes from the mouth of God,*

*[Pause] ...In your mercy*

**All:** ***Lord, we ask you, hear our prayer***

**Reader:** *For the whole world:  
That people everywhere open their hearts to encounter God, so that in lasting tranquillity and peace our days may truly become the acceptable time of grace and salvation,.*

*[Pause] ...In your mercy*

**All:** ***Lord, we ask you, hear our prayer***

**Reader:** *For the poor:  
That all of us may learn to distribute the fruits of self-denial for the good of those in need, so that they may be lifted up by the compassion and generosity shared by the faithful of this community.*

*[Pause] ...In your mercy*

**All:** ***Lord, we ask you, hear our prayer***

**Reader:** *For ourselves; your community gathered here today:  
That as each of us renew our desire for ongoing conversion within, that God may at last stir up in our hearts aversion for our sins,*

*[Pause] ...In your mercy*

**All:** ***Lord, we ask you, hear our prayer***

Leader: God of mercy and compassion, you call us back to you in this season of repentance. Listen to our pleas and put a steadfast spirit within us, so that whatever we dare to ask in fitting prayer we may receive by your mercy. We ask this through Christ our Lord.

*All: Amen.*

## **PROCLAMATION OF PRAISE**

Leader: Blessed are you, Lord our God, King of all ages:  
From eternity you have called us to be your people,  
To sing your praise at all times. Bless us in our work  
and prayer,  
And grant that our lives may give your glory  
Through our words, our witness, and our worship.

We give you praise, Father, through Jesus Christ our  
brother and our Lord, In the communion of the Holy  
Spirit, God for endless ages,  
As we voice our praise and say:

*All: It is good to give you thanks O Lord.*

Leader: All praise leads to you, Father in heaven,  
For leading us from the darkness of sin into the light  
of your kingdom.

We bless you for sending your Son to save us. To die  
for us that we might die to sin, to be raised that we  
may share your life.

We thank you for giving us your spirit of love  
To live in our hearts and lead us to you.

All glory, praise and honour be yours, Father, Son  
and Holy Spirit,  
Now and for endless ages. To you, we voice our  
praise and say:

*All: It is good to give you thanks O Lord.*

Blessed are you, Lord God, Creator of all that is,  
And Father of your chosen people;

We praise and thank you for your love.  
 Bring us to continue to praise you by our lives and by  
 our worship.  
 Send the Spirit of your Son into the hearts of all  
 people,  
 And lead them to eternal joy with you.

Gracious God, we ask this grace through Jesus Christ,  
 our Lord and our brother, with the Holy Spirit, As we  
 voice our praise and say:

*All: It is good to give you thanks O Lord.*

### **Lord's Prayer**

Leader: Let us once praise the Father, and pray to him in the  
 words of Christ Himself, saying:

*All: Our Father who art in heaven...*

### **Sign of Peace**

Leader: Let us offer one another a sign of peace.

## **CONCLUDING RITE**

### **Blessing**

Leader: May the hope of God the Father strengthen our belief.  
 May the peace of Christ abound in our hearts.  
 May the gifts of the Holy Spirit enrich us for service.

*All sign themselves with the sign of the cross as the leader  
 recites:*

May the Lord bless us + and keep us from all evil,  
 and bring us to everlasting life.

*All: Amen.*

### **Dismissal**

Leader: Let us go in peace, glorifying the Lord by our lives.

*All: Thanks be to God*

*(A closing song may be sung)*

## **READINGS FOR 4<sup>TH</sup>-6<sup>TH</sup> SUNDAYS IN LENT**

*When celebrating a Liturgy of the Word it is permissible to simply read the relevant Gospel. The other readings could be used for reflection at other times.*

### **22 March - 4th Sunday of Lent**

**First reading** - A reading from the first book of Samuel (1 Sam) 16:1,6-7,10-13; **David is anointed by Samuel.**

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height, for I have rejected him: God does not see as man sees: man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

### **Responsorial Psalm - Psalm 22(23)**

**R/ The Lord is my shepherd; there is nothing I shall want.**

The Lord is my shepherd;  
there is nothing I shall want.

Fresh and green are the pastures  
where he gives me repose.

Near restful waters he leads me,  
to revive my drooping spirit.

The Lord is my shepherd; there is nothing I shall want.

**R/ The Lord is my shepherd; there is nothing I shall want.**

He guides me along the right path;

he is true to his name.

If I should walk in the valley of darkness

no evil would I fear.

You are there with your crook and your staff;

with these you give me comfort.

**R/ The Lord is my shepherd; there is nothing I shall want.**

You have prepared a banquet for me

in the sight of my foes.

My head you have anointed with oil;

my cup is overflowing.

**R/ The Lord is my shepherd; there is nothing I shall want.**

Surely goodness and kindness shall follow me

all the days of my life.

In the Lord's own house shall I dwell

for ever and ever.

**R/ The Lord is my shepherd; there is nothing I shall want.**

**Second reading** - A Reading from Paul's letter to the Ephesians  
**5:8-14; Anything exposed by the light will turn into light.**

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said:

Wake up from your sleep,  
 rise from the dead,  
 and Christ will shine on you.

**Gospel Acclamation** - **John 8:12**

Glory to you, Word of God, Lord Jesus Christ!

I am the light of the world, says the Lord;

whoever follows me will have the light of life.

Glory to you, Word of God, Lord Jesus Christ!

**Gospel** - A reading from the Holy Gospel according to John (9:1,6-9,13-17,34-38); **The blind man went off and washed himself, and came away with his sight restored.**

As Jesus went along, he saw a man who had been blind from birth. He spat on the ground, made a paste with the spittle, put this over the eyes of the blind man, and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.'

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man. 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

## **29 March - 5th Sunday of Lent**

**First reading** - A reading from the prophet Ezekiel (37:12-14); I shall put my spirit in you, and you will live

The Lord says this: I am now going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel. And you will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this – it is the Lord who speaks.

### **Responsorial Psalm** - Psalm 129(130)

**R/ With the Lord there is mercy, and fullness of redemption.**

Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading.

**R/ With the Lord there is mercy, and fullness of redemption.**

If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you.

**R/ With the Lord there is mercy, and fullness of redemption.**

My soul is waiting for the Lord.  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak.  
(Let the watchman count on daybreak  
and Israel on the Lord.)

**R/ With the Lord there is mercy, and fullness of redemption.**

Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.

**R/ With the Lord there is mercy, and fullness of redemption.**

**Second reading** – A reading from Paul’s letter to the Romans (8:8-11); **The Spirit of him who raised Jesus from the dead is living in you**

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

**Gospel Acclamation** - **John 11:25. 26**

Glory and praise to you, Lord Jesus Christ!  
I am the resurrection and the life, says the Lord;  
whoever believes in me will not die for ever.  
Glory and praise to you, Lord Jesus Christ!

**Gospel** - a reading from the Holy Gospel according to John (11:1-45); **I am the resurrection and the life**

Mary and Martha sent this message to Jesus, ‘Lord, the man you love is ill.’ On receiving the message, Jesus said, ‘This sickness will end not in death but in God’s glory, and through it the Son of God will be glorified.’

Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, ‘Let us go to Judaea.’

On arriving, Jesus found that Lazarus had been in the tomb for four days already. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, ‘If you had been here, my brother would not have died, but I know that, even now, whatever you ask of God, he will grant you.’ ‘Your brother’ said Jesus to her ‘will rise again.’ Martha said, ‘I know he will rise again at the resurrection on the last day.’ Jesus said:

‘I am the resurrection and the life.

If anyone believes in me, even though he dies he will live,  
and whoever lives and believes in me will never die.

Do you believe this?

‘Yes, Lord,’ she said ‘I believe that you are the Christ, the Son of God, the one who was to come into this world.’

Jesus said in great distress, with a sigh that came straight from the heart, ‘Where have you put him?’ They said, ‘Lord, come and see.’ Jesus wept; and the Jews said, ‘See how much he loved him!’ But there were some who remarked, ‘He opened the eyes of the blind man, could he not have prevented this man’s death?’ Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, ‘Take the stone away.’ Martha said to him, ‘Lord, by now he will smell; this is the fourth day.’ Jesus replied, ‘Have I not told you that if you believe you will see the glory of God?’ So they took away the stone. Then Jesus lifted up his eyes and said:

‘Father, I thank you for hearing my prayer.

I knew indeed that you always hear me,  
but I speak for the sake of all these who stand round me,  
so that they may believe it was you who sent me.’

When he had said this, he cried in a loud voice, ‘Lazarus, here! Come out!’ The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face. Jesus said to them, ‘Unbind him, let him go free.’

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

## **5 April - Palm Sunday**

**First reading** - A reading from the prophet Isaiah (50:4-7); I did not cover my face against insult: I know I shall not be shamed

The Lord has given me  
a disciple's tongue.  
So that I may know how to reply to the wearied  
he provides me with speech.  
Each morning he wakes me to hear,  
to listen like a disciple.  
The Lord has opened my ear.

For my part, I made no resistance,  
neither did I turn away.  
I offered my back to those who struck me,  
my cheeks to those who tore at my beard;  
I did not cover my face  
against insult and spittle.

The Lord comes to my help,  
so that I am untouched by the insults.  
So, too, I set my face like flint;  
I know I shall not be shamed.

**Responsorial Psalm** - Psalm 21(22):8-9,17-20,23-24  
**R/ My God, my God, why have you abandoned me?**

All who see me deride me.  
They curl their lips, they toss their heads.  
'He trusted in the Lord, let him save him;  
let him release him if this is his friend.'

**R/ My God, my God, why have you abandoned me?**

Many dogs have surrounded me,  
a band of the wicked beset me.  
They tear holes in my hands and my feet  
I can count every one of my bones.

**R/ My God, my God, why have you abandoned me?**

They divide my clothing among them.  
They cast lots for my robe.

O Lord, do not leave me alone,  
 my strength, make haste to help me!  
**R/ My God, my God, why have you abandoned me?**

I will tell of your name to my brethren  
 and praise you where they are assembled.  
 ‘You who fear the Lord give him praise;  
 all sons of Jacob, give him glory.  
 Revere him, Israel’s sons.  
**R/ My God, my God, why have you abandoned me?**

**Second reading** - A reading from the letter of St Paul to the  
 Philippians (2:6-11); **Christ humbled himself but God raised him  
 high.**

His state was divine,  
 yet Christ Jesus did not cling  
 to his equality with God  
 but emptied himself  
 to assume the condition of a slave  
 and became as men are;  
 and being as all men are,  
 he was humbler yet,  
 even to accepting death,  
 death on a cross.  
 But God raised him high  
 and gave him the name  
 which is above all other names  
 so that all beings  
 in the heavens, on earth and in the underworld,  
 should bend the knee at the name of Jesus  
 and that every tongue should acclaim  
 Jesus Christ as Lord,  
 to the glory of God the Father.

**Gospel Acclamation** - **Philippians 2:8-9**

Praise to you, Lord Jesus Christ, king of endless glory!  
 Christ became obedient for us even to death, dying on the cross.  
 Therefore God raised him on high  
 and gave him a name above all other names.

Praise to you, Lord Jesus Christ, king of endless glory!

## **Gospel**

**Option #1:** Matthew 26:14-27:66

**The Passion of our Lord Jesus Christ according to Matthew**

**Option #2:** a reading from the Holy Gospel according to Matthew 21:1-11 (below)

**Blessings on him who comes in the name of the Lord!**

When they drew near to Jerusalem  
and came to Bethphage, to the Mount of Olives,  
Jesus sent two disciples, saying to them,  
‘Go into the village facing you,  
and immediately you will find an ass tied,  
and a colt with her: untie them and bring them to me.  
If anyone says anything to you, you shall say,  
“The Lord has need of them,”  
and he will send them immediately.’  
This took place to fulfil what was spoken by the prophet, saying,  
‘Tell the daughter of Sion,  
Behold, your king is coming to you,  
humble, and mounted on an ass,  
and on a colt, the foal of an ass.’  
The disciples went and did as Jesus had directed them;  
they brought the ass and the colt,  
and put their garments on them, and he sat thereon.  
Most of the crowd spread their garments on the road,  
and others cut branches from the trees  
and spread them on the road.  
And the crowds that went before him  
and that followed him shouted,  
‘Hosanna to the Son of David!  
Blessed is he who comes in the name of the Lord!  
Hosanna in the highest!’  
And when he entered Jerusalem,  
all the city was stirred, saying, ‘Who is this?’  
And the crowds said,  
‘This is the prophet Jesus from Nazareth of Galilee.’

## PRAYERS

### ANGLEUS

V. The Angel of the Lord declared unto Mary,

R. And she conceived of the Holy Spirit.

Hail Mary, etc...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Your Word.

Hail Mary, etc...

V. And the Word was made flesh,

R. And dwelt among us.

Hail Mary, etc...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech You, O Lord,

Your Grace into our hearts;

that as we have known the incarnation of Christ,

your Son by the message of an angel,

so by His passion and cross

we may be brought to the glory of His Resurrection.

Through the same Christ, our Lord.

Amen.

### SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

***ANIMA CHRISTI***

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O Good Jesus, hear me. Within your wounds hide me. Permit me not to be separated from you. From the wicked foe, defend me. At the hour of my death, call me and bid me come to you that with your saints I may praise you for ever and ever. Amen.

**POPE FRANCIS' PRAYER TO MARY DURING  
CORONAVIRUS PANDEMIC**

O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of Your People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial. Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen.

***THE JESUS PRAYER***

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

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