

Prayers for Lent

Prayer of intercession for Fast Day

We pray for all the people around the world who still do not have access to clean water: that, with the help of our gifts, prayers and actions this Lent, their lives may change for the better.

Lord in your mercy...

Fast Day prayer

Your people yearn for clean water
and lush green crops.
May their thirst be quenched,
and their joy refreshed.

God of life, let waters flow and wash away injustice.

Your people thirst for water
and long for change in our world.
May they have their fill to drink
and time for all their daily tasks.

God of life, let waters flow and wash away injustice.

We long for your life-giving water
and pledge to wash away injustice.
May your people be filled with hope
and have the chance to flourish.

Amen.

Catherine Gorman/CAFOD

A special Lenten fast

Give up harsh words: use generous ones.

Give up unhappiness: take up gratitude.

Give up anger: take up gentleness and patience.

Give up pessimism: take up hope and optimism.

Give up worrying: take up trust in God.

Give up complaining: value what you have.

Give up stress: take up prayer.

Give up judging others: discover Jesus within them.

Give up sorrow and bitterness: fill your heart with joy.

Give up selfishness: take up compassion for others.

Give up being unforgiving: learn reconciliation.

Give up words: fill yourself with silence, and listen to others.

Anonymous, Latin America