

FORTY
DAYS
OF
Grace

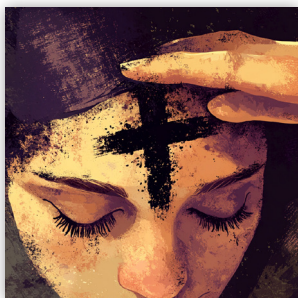
LENTEN
REFLECTIONS
WITH THE
SAINTS

INTRODUCTION

Lent is a season of spiritual renewal, inviting us to deepen our relationship with God through prayer, fasting, and acts of charity. It is a time for reflection, repentance, and preparation as we journey with Christ toward the joy of his resurrection. This sacred season offers an opportunity to turn away from sin, seek God's mercy, and grow in holiness.

These daily reflections are designed to accompany you on this Lenten journey, offering Scripture, insights from the saints, and short prayers to guide your reflection. The wisdom of saints like St. Thérèse of Lisieux, St. Augustine, St. Francis of Assisi, and others provides inspiration and encouragement as we follow Christ through the challenges of the cross to the glory of Easter.

May this collection of reflections help you open your heart to God's grace, embrace the path of repentance, and experience the transforming power of his love throughout Lent.



Ash Wednesday

A CALL TO REPENTANCE

“Return to me with your whole heart, with fasting, weeping, and mourning.”

— Joel 2:12

“True penitence is not only to weep for the evil deeds we have committed, but also to refrain from committing those we weep for.”

—Pope St. Gregory the Great, *Pastoral Rule*

As we receive ashes today, we are reminded of our mortality and the call to repentance. The ashes symbolize the fragility of human life, echoing God’s words, “You are dust, and to dust you shall return” (Genesis 3:19). St. Gregory the Great emphasizes that true repentance goes beyond tears; it requires a firm resolve to turn away from sin. Lent is a season for deep reflection, sincere contrition, and commitment to a transformed life. Take time today to examine your conscience and ask God for the grace to identify areas where you need to change. Resolve not only to feel sorrow for your sins but to turn away from them completely, seeking God’s mercy and strength to live according to his will.

Lord, help me to turn away from sin and seek your mercy.

Create in me a clean heart and guide me to live in true repentance. Amen.

Thursday after Ash Wednesday

THE LITTLE WAY

“If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me.” — Luke 9:23

“Great deeds are forbidden me. I shall never be able to preach the Gospel or shed my blood...but what does it matter? My brothers work in my place, and I am little, and therefore I must remain little and become still smaller.” —St. Thérèse of Lisieux, *Story of a Soul*

St. Thérèse understood that holiness is not found in doing extraordinary things, but in doing ordinary things with great love. She believed that we could all become saints through simple acts of kindness, humility, and trust in God. Lent is an invitation to practice her “Little Way” by focusing on small sacrifices and hidden acts of love. Offer each moment of your day—whether a routine chore or a difficult task—as a gift to God. Take up your daily cross, no matter how small, with a joyful heart, and unite it to Christ’s sacrifice. In these little things, we learn to love as he loves.

Jesus, teach me to embrace small sacrifices with love. Help me offer every moment for your glory. Amen.

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Friday after Ash Wednesday

EMBRACE THE CROSS

“Whoever loses their life for my sake will find it.” — Matthew 16:25



“Hold back nothing of yourselves for yourselves, that he who gives himself totally to you may receive you totally.”

—St. Francis of Assisi,
Letter to the Entire Order

St. Francis, who gave up everything to follow Christ, reminds us that true joy is found not in holding on to our lives, but in giving ourselves entirely to God. Lent calls us to imitate Christ’s self-emptying love. What are you holding back from God? Whether it’s your time, comfort, or attach-

ments, ask for the grace to offer it to him. Giving ourselves fully means letting go of control and placing our trust in his hands. When we surrender everything to God, we experience a freedom that allows us to love more deeply and serve more generously. Offer your life to him today without reserve, and you will find that his love fills every empty space.

Lord, I offer you my life and all its struggles. May I carry my cross with love. Amen.

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Saturday after Ash Wednesday

THIRSTING FOR LOVE

“I was thirsty, and you gave me something to drink.” — Matthew 25:35

“When Jesus was dying on the cross, he said: ‘I thirst.’ Jesus is thirsting for our love, for the love of every human being.”

—St. Mother Teresa of Calcutta,
Come Be My Light

When Jesus cried out, “I thirst” from the cross, He wasn’t merely asking for water; he was expressing his deep desire for our love and souls. Mother Teresa recognized this, dedicating her life to quenching Christ’s thirst by serving him in the poorest of the poor. During Lent, let us listen for Christ’s thirst in those around us—the lonely, the suffering, the forgotten. We can offer him a drink by showing small acts of kindness and compassion to others. Today, reflect on how you can quench Jesus’ thirst through love. Even a simple smile or a word of encouragement can be a powerful response to his call.

*Jesus, help me to quench your thirst by loving others as you love me.
Let my actions reflect your mercy. Amen.*



Mother Teresa (1910–1997), born Anjezë Gonxhe Bojaxhiu in Albania, was a Roman Catholic nun and missionary known for her charitable work with the poorest of the poor in Kolkata, India. In 1950, she founded the Missionaries of Charity, a congregation devoted to caring for the sick, destitute, and dying. Awarded the Nobel Peace Prize in 1979, she was canonized in 2016 and remains a global symbol of compassion, humility, and selfless service to humanity.

First Sunday of Lent

THE FRUIT OF FASTING

“When you fast, do not look gloomy like the hypocrites.” — Matthew 6:16

“Fasting means detaching oneself from everything that is superfluous.” —Pope St. Gregory the Great, *Homily 16 on the Gospels*

Fasting is not just about giving up food; it is about stripping away all that is unnecessary in our lives. Pope St. Gregory the Great teaches that fasting is a means to detach ourselves from what is superfluous so that we can focus on what is essential: our relationship with God. When we remove distractions, whether they are physical, emotional, or material, we create space for God to fill. Reflect on what is “superfluous” in your life. What do you cling to that keeps you from fully focusing on Christ? As you fast today, let it be a reminder to simplify your life and to allow God to be your greatest treasure.

*Father, purify my heart through fasting.
Let it draw me closer to you and deepen my love. Amen.*



St. Gregory the Great (540–604) was a Roman pope, theologian, and Doctor of the Church who greatly shaped his time. Born into a noble family, he served as a Roman prefect before embracing monastic life. Elected pope in 590, he instituted liturgical reforms, established charitable works, and strengthened the authority of the papacy. His writings, especially the *Pastoral Rule*, guided clergy on pastoral care. Gregory's dedication to humility and service earned him lasting respect and influence.

Monday of the First Week of Lent

INTO THE DESERT

“Then Jesus was led by the Spirit into the desert to be tempted by the devil.”
— Matthew 4:1

“To reach satisfaction in all, desire satisfaction in nothing. To come to the knowledge of all, desire the knowledge of nothing.”

—St. John of the Cross, *The Ascent of Mount Carmel*

The desert is a place of purification, where distractions fall away and we come face to face with our deepest desires. Jesus' time in the wilderness was not a time of deprivation, but a time of preparation,

where he stripped away everything to focus on God's will. St. John of the Cross teaches that to gain everything, we must first desire nothing. Lent calls us to this same desert experience—a time to let go of what holds us back and seek God alone. What attachments, desires, or fears clutter your heart? Let go of them, trusting that in emptiness, God fills us with his presence.

Holy Spirit, strip away distractions and fill me with your presence. Amen.

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Tuesday of the First Week of Lent

HUMILITY IN ACTION

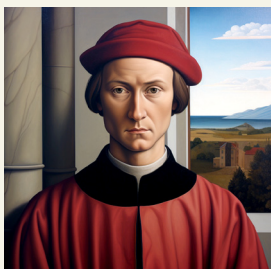
“Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves.” — Philipians 2:3

“It is great wisdom and high perfection to esteem ourselves as nothing, and always to think well and highly of others.”

—Br. Thomas à Kempis,
The Imitation of Christ

True humility, according to Thomas à Kempis, is recognizing our own smallness before God and seeing others as greater than ourselves. It is not self-deprecation but rather a humble acceptance of the truth that everything good in us comes from God. During Lent, we are called to practice this humility by thinking less of ourselves and more of others. Reflect on how you respond to praise or criticism. Do you become defensive or proud? Today, seek to praise others for their gifts and thank God for the ways he has blessed them. In this way, you will grow in humility and charity.

Jesus, help me see clearly and teach me to serve with humility and love. Amen.



Thomas à Kempis (1380–1471) was a German-Dutch priest, monk, and one of the most influential Christian spiritual writers of the Middle Ages. He joined the Brothers of the Common Life, a religious community focused on simplicity, devotion, and education. His most famous work, *The Imitation of Christ*, emphasizes humility, self-discipline, and deep personal devotion to Christ. Written in a practical and accessible style, it has become a timeless spiritual classic.

Wednesday of the First Week of Lent

TRUE CONVERSION

“Create in me a clean heart, God; renew within me a steadfast spirit..”

— Psalm 51:10



“Too late have I loved You, O Beauty so ancient and so new!”

—St. Augustine, *Confessions*

St. Augustine’s powerful words express the longing of a heart that has turned away from sin and returned to God. His journey from a life of sin to a life of grace was marked by a deep realization that God alone is the source of true beauty and fulfillment. Lent is a time to experience this same conversion of heart. Where have you sought fulfillment outside of God? Have you looked for happiness in things, status, or the approval of others? Today, ask the Holy Spirit to show you the areas of your life that need to be brought back to God. Like St. Augustine, let your heart cry out in longing for the one who alone can satisfy.

Lord, may my heart rest in your love alone. Amen.

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Thursday of the First Week of Lent

SUFFERING WITH JOY

“Whoever does not take up their cross and follow me is not worthy of me.”

— Matthew 10:38

“Nothing great is ever achieved without much enduring.”

—St. Catherine of Siena, *The Dialogue*

St. Catherine knew that the path to holiness and union with God is paved with suffering. Her life was marked by intense physical and spiritual trials, but she embraced them as a means to grow closer to Christ. Lent is a time to reflect on the crosses we carry—whether they are physical ailments, emotional burdens, or spiritual dryness. Do you accept your sufferings with patience, or do you resist and complain? Today, ask for the grace to embrace your crosses with joy, uniting them to Christ’s. Let every trial become an opportunity to

grow in love and trust, knowing that suffering endured for Christ bears great fruit in the soul.

Lord, give me strength to endure suffering with joy. Amen.

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Friday of the First Week of Lent

CONFIDENCE IN PRAYER

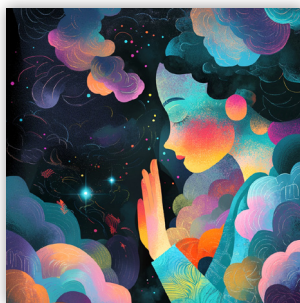
“Ask, and it will be given to you; seek, and you will find.” — Matthew 7:7

“Acquire the habit of speaking to God as if you were alone with him, familiarly and with confidence and love, as to the dearest and most loving of friends.”

—St. Alphonsus Liguori

The Practice of the Love of Jesus Christ

St. Alphonsus Liguori teaches us that prayer is not a formal ritual but an intimate conversation with God. During Lent, let your prayer be filled with confidence and love. Bring to God your worries, joys, and desires as you would to a dear friend. He is always ready to listen and respond with grace. Reflect today on how you approach God in prayer. Are you hesitant or formal? Do you only turn to him in times of need? Make a commitment to speak to him frequently, simply, and with childlike trust. In this loving relationship, you will find peace and strength.



Jesus, I trust you with my all. Help me pray with confidence and love. Amen.

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Saturday of the First Week of Lent

THE POWER OF GOD'S LOVE

“Love the Lord your God with all your heart and with all your soul and with all your mind.” — Matthew 22:37

“Let us desire and practice love, for in this life we have no greater advantage than being able to love.”

—St. Teresa of Avila, *The Way of Perfection*

St. Teresa of Avila recognized that love is the foundation of every good work. Without love, even the greatest sacrifices are empty. During Lent, focus not just on what you are giving up, but on how you

are growing in love. Reflect today on how you can love God more fully and express that love in concrete ways. Begin by offering every action to him, no matter how small, as a gift of love. In loving God with your whole heart, you will find strength and joy, and your sacrifices will be transformed into beautiful offerings.

Father, fill my heart with your love, may everything I do be for your glory. Amen.

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Second Sunday of Lent

THE TRANSFIGURATION

“And he was transfigured before them; his face shone like the sun.” — Matthew 17:2



“To reach something good, it is very useful to have gone astray, and thus acquire experience.”

—St. John of the Cross,
The Sayings of Light and Love

The Transfiguration of Jesus was a moment when Jesus’ divine glory was revealed to his closest disciples. This experience was meant to strengthen them for the suffering and trials to come. St. John of the Cross reminds us that God often leads us through moments of confusion and difficulty to bring us to a deeper understanding and union with him. Lent is our time in the “desert,” a time of purification, where God strips away what is unnecessary and reveals to us our need for him. Embrace your own desert experiences, knowing that God is using them to transform you into the likeness of his Son. Trust that every trial and struggle is a path to greater holiness.

*Jesus, let your light shine in my life.
Transform me to reflect your glory more fully. Amen.*

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Monday of the Second Week of Lent

THE HUMILITY OF CHRIST

*“He humbled himself, becoming obedient to death,
even death on a cross.” — Philipians 2:7-8*

“Do not wish to be anything but what you are, and try to be that

perfectly.”

—St. Francis de Sales, *Introduction to the Devout Life*

Humility is the foundation of holiness. St. Francis de Sales teaches that true humility is not about thinking less of yourself but about accepting yourself as you are, with all your strengths and weaknesses, before God. During Lent, reflect on how you view yourself and others. Are you striving to be someone you're not, or do you accept yourself as God created you? Take time today to thank God for the gifts he has given you and the limitations that keep you humble. Offer him both, trusting that in humility, you will grow closer to his heart.

Lord, teach me to accept both praise and criticism with peace. Amen.



St. Francis de Sales (1567–1622) was a French bishop, writer, and Doctor of the Church known for his gentle approach to spiritual guidance. As bishop of Geneva, he worked to re-evangelize the region and minister to Catholics amid Protestant opposition. His writings, especially *Introduction to the Devout Life*, offer practical spiritual advice, emphasizing God's love. Canonized in 1665, he remains a patron of writers and journalists.

Tuesday of the Second Week of Lent

MERCY AND COMPASSION

“Be merciful, just as your Father is merciful.” — Luke 6:36

“Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbors’ souls and come to their rescue.”

—St. Faustina Kowalska, *Diary: Divine Mercy in My Soul*

St. Faustina, the Apostle of Divine Mercy, understood that true mercy begins with how we see others. When we look at others with suspicion or judgment, we close our hearts to God's grace. Lent calls us to see others through the eyes of Jesus—seeing beyond appearances and recognizing the beauty of each soul. Reflect today on how you view those around you. Do you jump to conclusions, or do you look for

the good in others? Ask God to purify your vision so that you may see everyone with eyes of mercy and love.

*Jesus, let my eyes be merciful.
Help me see others with your compassion and love. Amen.*

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Wednesday of the Second Week of Lent

DETACHMENT AND FREEDOM

*“Do not store up for yourselves treasures on earth, where moth and decay destroy”
— Matthew 6:19*



“Pure, holy simplicity confounds all the wisdom of this world and the wisdom of the flesh.”

—St. Francis of Assisi, *Admonition*

St. Francis of Assisi lived a life of radical simplicity and detachment. He gave up all his worldly possessions to follow Christ in perfect freedom. Lent invites us to embrace simplicity and to detach from what is unnecessary. What are the “treasures” you cling to? Is it money, status, comfort, or the approval of others? Ask God for the grace to see these things as they truly are—passing and empty. Seek instead the eternal treasure that is found only in him. Let go of what is holding you back, and find the joy and freedom of living simply for God alone.

*Father, free me from all that holds me back.
Let me live simply and serve you alone. Amen.*

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Thursday of the Second Week of Lent

THE COST OF DISCIPLESHIP

*“Whoever wishes to come after me must deny himself,
take up his cross, and follow me.” — Matthew 16:24*

“To fall in love with God is the greatest of all romances; to seek him, the greatest adventure; to find him, the greatest human achievement.”

— St. Augustine, *Confessions*

St. Augustine’s words remind us that following Christ is the greatest pursuit of our lives. But this pursuit comes with a cost—letting go

of our own will and desires to follow God's path. Lent is a time to ask ourselves if we are truly disciples of Christ. Are we willing to take up our crosses and follow him, even when it is difficult or painful? Reflect today on what it means to be a disciple. Where do you resist carrying your cross? Pray for the grace to embrace the cost of discipleship, knowing that in following Christ, you will find the deepest fulfillment and joy.

Lord, help me to carry my cross and follow you, no matter the cost. Amen.

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Friday of the Second Week of Lent

JOY IN THE CROSS

"Whoever does not carry his own cross cannot be my disciple." — Luke 14:27

"Do not fear crosses as they lead to heaven."

—St. Alphonsus Liguori,
The Glories of Mary

St. Alphonsus reminds us that the crosses we bear are not punishments but pathways to heaven. Lent calls us to see the cross not as a burden to be avoided but as a sign of God's love. Every cross—whether physical, emotional, or spiritual—can be a means of grace when embraced with trust and love. Reflect today on the crosses you carry. Are you embracing them with faith, or do you struggle against them? Ask for the grace to see your crosses as gifts that lead to eternal life. In every trial, look to Jesus and know that he walks beside you.



Jesus, help me embrace my cross with joy, knowing it leads to heaven. Amen.

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Saturday of the Second Week of Lent

THE SWEETNESS OF SILENCE

"Be still, and know that I am God." — Psalm 46:10

"Silence is God's first language."

—St. John of the Cross, *Sayings of Light and Love*

St. John of the Cross teaches that silence is where we encounter God most profoundly. In the midst of the world's noise and distractions, silence can feel uncomfortable or even frightening. But silence is

where God speaks to us in the depths of our hearts, revealing his presence and love. Lent invites us to step away from the busyness of life and enter into the silence of prayer and contemplation. Set aside time today to be alone with God. Turn off distractions, close your eyes, and simply sit in his presence. Allow the silence to draw you closer to him, listening for his gentle voice.

Lord, draw me into your silence. Help me to listen for your voice. Amen.

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Third Sunday of Lent

THE LIVING WATER

“Whoever drinks the water I give them will never thirst.” — John 4:14



“You have made us for yourself, O Lord, and our heart is restless until it rests in you.” —St. Augustine, *Confessions*

As we reflect on Jesus’ encounter with the Samaritan woman at the well, we see that he offers her something more than physical water—he offers her himself, the living water that satisfies every thirst. St. Augustine’s words remind us that our hearts are always longing and restless until they rest in God. We often try to quench our thirst with worldly pleasures, success, or human relationships, but none of these can truly satisfy. Lent calls us to turn away from the “wells” that leave us empty and to drink deeply from the love of Christ. What are you thirsting for today? Turn to Jesus, the living water, and let him fill you.

Jesus, fill my heart with your love. I seek you alone as my source of peace. Amen.

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Monday of the Third Week of Lent

FORGIVENESS AND MERCY

“Forgive us our sins, for we also forgive everyone who sins against us.”

— Luke 11:4

“My daughter, if I demand through you that people revere my mercy, you should be the first to distinguish yourself by this confidence in my mercy.” —St. Faustina Kowalska, *Diary: Divine Mercy in My Soul*

St. Faustina received the message of Divine Mercy, a call for all souls to trust in the infinite mercy of Jesus. But before we can proclaim this message, we must first trust in it ourselves. Are there sins you have not fully brought to Christ's mercy? Are there people in your life you still need to forgive? During Lent, let go of any fear or pride that keeps you from seeking God's forgiveness or from forgiving others. Trust that God's mercy is greater than any sin. As you experience his mercy, let it flow through you to those who have hurt you.

Jesus, help me to forgive as you did. Let your mercy flow through me. Amen.



St. Maria Faustina Kowalska (1905–1938) was a Polish nun, mystic, and visionary, known for her central role in spreading the Divine Mercy devotion. Through visions and conversations with Christ, she was entrusted with the mission of sharing God's message of mercy to the world. Her diary, *Divine Mercy in My Soul*, contains these revelations and has become a spiritual classic. Canonized in 2000 by Pope John Paul II, she is honored as the "Apostle of Divine Mercy."

Tuesday of the Third Week of Lent

HEALING IN CHRIST

"Gracious is the LORD and righteous; yes, our God is merciful." — Psalm 116:5

"His love for us is so great that he is as much in love with us as if he were our debtor." —St. Catherine of Siena, *The Dialogue*

St. Catherine of Siena beautifully expresses the paradox of God's love: He owes us nothing, yet he loves us as if he were indebted to us. God's love for each of us is so deep that he desires to heal every wound, to restore every broken part of our hearts. During Lent, bring to Jesus the places in your heart that need his healing touch. Are there areas of fear, resentment, or shame? Trust that he longs to heal you, not because you deserve it, but because he loves you. Surrender your wounds to his loving hands and let his grace bring you peace and renewal.

*Lord, heal the wounds in my heart.
Restore me through your love and grace. Amen.*

Wednesday of the Third Week of Lent

HUMILITY AND TRUST

“For everyone who exalts themselves will be humbled,
and those who humble themselves will be exalted.” — Luke 14:11

“True humility consists in being willing to accept all humiliations if they lead us to the sovereign good which is God.”

—St. Teresa of Avila, *The Interior Castle*

Humility is not about thinking poorly of ourselves but accepting all things, even humiliations, as ways to grow closer to God. St. Teresa of Avila teaches us that true humility is accepting both praise and rejection with an equal heart, knowing that all things lead us to God’s will. During Lent, reflect on how you respond to criticism or praise. Are you quick to defend yourself, or do you see these moments as opportunities to grow in humility? Ask God for the grace to accept everything with peace, trusting that he is using every moment to bring you closer to his heart.

*Jesus, teach me to accept trials with humility.
Let me trust that you are always near. Amen.*

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Thursday of the Third Week of Lent

TRUSTING GOD’S WISDOM

“Trust in the LORD with all your heart, on your own intelligence do not rely.”
— Proverbs 3:5



“God is always trying to give good things to us, but our hands are too full to receive them.” —St. Augustine, *Confessions*

St. Augustine’s words remind us that sometimes, we cling to our own plans and desires so tightly that we cannot receive the gifts God wants to give us. Lent is a time to let go of what we are grasping and to open our hands to receive God’s grace. Reflect today on what you are holding on to—whether it is control, fear, or your own understanding of how things should be. Surrender these to God, trusting that he knows

what is best for you. Empty your hands so that he can fill them with his blessings.

*Lord, help me to trust your wisdom and surrender my plans.
Teach me to rely on you. Amen.*

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Friday of the Third Week of Lent

THE SWEETNESS OF SURRENDER

“Be still, and know that I am God.” — Psalm 46:10

“Jesus does not demand great deeds; rather, he wants the surrender of your heart.” —St. Thérèse of Lisieux, *Story of a Soul*

St. Thérèse understood that God does not need grand gestures or great sacrifices; he simply wants our hearts. Surrendering our hearts means trusting God with everything—our desires, fears, and even our weaknesses. Lent is a time to surrender, not out of duty, but out of love. What are you holding back from God? Are there areas in your life where you are trying to control the outcome? Today, bring these to the Lord and place them in his hands. Trust that he will use your surrender to draw you closer to his heart. In giving everything to him, you will find true peace and freedom.



*Jesus, I surrender my heart to you.
Lead me according to your will. Amen.*

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Saturday of the Third Week of Lent

THE WAY OF THE CROSS

*“Whoever wants to be my disciple must deny themselves
and take up their cross daily and follow me.” — Luke 9:23*

“There is no path to heaven except through the cross.”

—St. Alphonsus Liguori, *The Glories of Mary*

St. Alphonsus reminds us that the cross is not only a burden we must carry but the very path that leads to heaven. Every hardship and trial we face can be a means of grace when embraced with faith.

Lent calls us to carry our crosses daily, not with resignation, but with love, trusting that God is using them to sanctify us. Reflect today on a particular cross you are bearing. Is it a physical ailment, a relationship struggle, or an inner battle? Offer it to the Lord, asking him to help you see it not as a punishment but as an opportunity to grow closer to him. Unite your sufferings with Christ's, and let your cross become a source of grace for you and for others.

*Lord, give me the courage to carry my cross daily.
May every suffering bring me closer to you. Amen.*

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Fourth Sunday of Lent

REJOICE IN THE LORD

*"Rejoice in the Lord always. I will say it again: Rejoice!"
— Philippians 4:4*

"Let us rejoice in the Lord, for he has given us the true joy of salvation." —St. Francis of Assisi, *The Praises of God*

St. Francis, known for his joy and love of all creation, invites us to find joy in the Lord, even during Lent. This Sunday, called *Laetare Sunday*, is a day of rejoicing in the midst of our Lenten journey, a reminder that our fasting and sacrifices are leading us to the joy of Easter. Take time today to reflect on the blessings God has given you. Where has he been at work in your life, even in the midst of suffering or trial? Rejoice in his presence and in his promise of salvation. Let your joy be a testimony to others of the love and mercy of God.

*Father, fill me with your joy and love.
Let my heart rejoice in your presence. Amen.*



St. Francis of Assisi (1181–1226) was an Italian Catholic friar, mystic, and founder of the Franciscan Order. Born into wealth, he renounced his inheritance to live a life of poverty, simplicity, and devotion to Christ. Known for his love of nature and creation, he saw all creatures as reflections of God's glory. St. Francis received the stigmata and promoted peace and humility. His radical approach to Gospel living has inspired countless followers across centuries.

Monday of the Fourth Week of Lent

TRUST IN GOD'S PROVIDENCE

"The LORD is my shepherd; there is nothing I lack." — Psalm 23:1

"Let nothing disturb you, let nothing frighten you, all things are passing; God never changes. Patience obtains all things. He who has God lacks nothing. God alone suffices."

—St. Teresa of Avila, *The Way of Perfection*

St. Teresa of Avila's beautiful prayer expresses a deep trust in God's providence. In every circumstance, whether good or bad, we can find peace if we rest in the knowledge that God is in control. Lent is a time to cultivate this trust, surrendering our worries and anxieties to the Lord. Reflect today on what is disturbing or frightening you. Are you struggling to trust God's plan for your life? Repeat St. Teresa's words in prayer: "Let nothing disturb you, God alone suffices." Trust that he is guiding you, even when the path is unclear. In trusting him, you will find rest and peace.

Loving Father, help me trust in your plan. Let nothing disturb my peace. Amen.



St. Teresa of Avila (1515–1582) was a Spanish Carmelite nun, mystic, and influential reformer of the Carmelite Order. Known for her deep prayer life and mystical experiences, she founded the Discalced Carmelites, emphasizing poverty, humility, and contemplation. Her major spiritual works, *The Interior Castle* and *The Way of Perfection*, explore the soul's journey to union with God. Canonized in 1622, she was declared a Doctor of the Church in 1970 for her profound spiritual insights and contributions.

Tuesday of the Fourth Week of Lent

THE BEAUTY OF MERCY

"Blessed are the merciful, for they will be shown mercy." — Matthew 5:7

"Let no soul fear to draw near to me, even though its sins be as scarlet. My mercy is greater than your sins and those of the entire world."

—St. Faustina Kowalska, *Diary: Divine Mercy in My Soul*

Jesus revealed to St. Faustina that his mercy is boundless and that he

desires all souls to trust in his mercy. No sin is too great for God's forgiveness, no wound too deep for his healing. During Lent, reflect on how you view God's mercy. Do you believe that his mercy is greater than your worst sin? Approach him in the Sacrament of Reconciliation, trusting that he longs to embrace you and restore you. And as you receive his mercy, be a channel of that mercy to others. Forgive as you have been forgiven, and share the message of God's infinite mercy with all who need it.

Jesus, I trust in your mercy. Help me to share your mercy with everyone. Amen.

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Wednesday of the Fourth Week of Lent

EMBRACE THE CROSS

*"I will rather boast most gladly of my weaknesses,
in order that the power of Christ may dwell with me."*

— 2 Corinthians 12:9

"In the dark night of the soul, bright flows the river of God."

—St. John of the Cross, *Dark Night of the Soul*

St. John of the Cross experienced deep spiritual trials, but he discovered that even in the darkest moments, God's light and grace are at work. During Lent, we are invited to carry our crosses and to



trust that God is present, even when we feel abandoned or lost. Reflect today on a particular struggle you are facing. Bring it to the Lord in prayer, trusting that he is with you in the darkness. Offer your suffering to him, and ask for the grace to see it as a means of growing closer to his heart. Remember that after every "dark night," the

dawn of God's love and mercy awaits.

Lord, help me to see your light. Let my cross lead me to you. Amen.

Thursday of the Fourth Week of Lent

THE GIFT OF HUMILITY

“Humble yourselves before the LORD and he will exalt you.” — James 4:10

“Humility, humility! It is by this that the Lord allows himself to be conquered, so that we may do his will.”

—St. Teresa of Avila,
The Way of Perfection



St. Teresa of Avila often spoke of humility as the foundation of the spiritual life. It is through humility that we recognize our total dependence on God and our need for his grace. During Lent, we are invited to grow in humility by acknowledging our weaknesses and seeking God’s will above our own. Humility is not self-deprecation but a clear recognition of who we are before God. Reflect today on how you respond to moments of failure or criticism. Do you become defensive or discouraged? Instead, thank God for these opportunities to grow in humility, trusting that he is drawing you closer to his heart.

*Lord, teach me true humility
and help me to seek only your will. Amen.*

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Friday of the Fourth Week of Lent

SIMPLICITY OF HEART

*“Truly I tell you, unless you change and become like little children,
you will never enter the kingdom of heaven.” — Matthew 18:3*

“I am only a very little soul who can only offer very little things to the good God.” —St. Thérèse of Lisieux, *Story of a Soul*

St. Thérèse of Lisieux teaches us that true greatness lies in simplicity and childlike trust. She referred to herself as a “little soul” who could only offer small acts of love to God. Yet, it was through these small offerings that she reached the heights of holiness. Lent is a time to focus on simplicity of heart—to approach God with the trust and love of a child. Are you complicating your spiritual life with worries,

fears, or desires for recognition? Let go of these today, and come before God as a little child. Offer him your small acts of love, and trust that he delights in them.

Lord, make my heart simple and trusting. Amen.

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Saturday of the Fourth Week of Lent

THE POWER OF PENANCE

“Those whom I love, I reprove and chastise. Be earnest, therefore, and repent.”
— Revelation 3:19

“Penance is a great sign of predestination; that is, penance is a great sign that God means to save us.”

—St. Alphonsus Liguori, *Preparation for Death*

St. Alphonsus Liguori saw penance as a powerful sign of God’s love for us. Far from being a burden, penance is a means of purification and a response to God’s grace. It is through acts of penance that we show our sorrow for sin and our desire to change. During Lent, reflect on how you approach penance. Is it a joyful offering to God, or a mere obligation? Let every sacrifice be a sign of your love for the Lord. Offer your penances today for the conversion of sinners and for those in most need of God’s mercy. In this way, your sacrifices become not only a path to your own sanctification but a source of grace for others.

Lord, let my penance be a sign of my love for you. May it purify my soul. Amen.



St. Alphonsus Liguori (1696–1787) was an Italian bishop, theologian, and founder of the Redemptorist Order. A gifted lawyer, he left his legal career to become a priest, focusing on preaching, spiritual guidance, and moral theology. Known for his compassion and dedication to the poor, he authored numerous works, including *Moral Theology*, which emphasized God’s mercy and love. He was canonized in 1839 and later declared a Doctor of the Church for his contributions to Catholic moral teaching.

Fifth Sunday of Lent

THE PROMISE OF NEW LIFE

“I am the resurrection and the life; whoever believes in me, even if he dies, will live.” — John 11:25

“In loving me, you are loving the eternal source of life.”

—St. Augustine, *Confessions*

Jesus’ promise of resurrection is the foundation of our hope as Christians. St. Augustine reminds us that when we love Christ, we are connected to the very source of eternal life. As we approach the end of Lent and prepare for Holy Week, reflect on the areas of your life that need Christ’s new life. Are there habits, attitudes, or sins that have brought spiritual death to your soul? Bring these to the Lord in prayer, trusting that he can bring life out of even the darkest situations. Let go of what is old, and open yourself to the new life that Christ offers.



*Jesus, bring new life to my soul.
May I always find hope in you. Amen.*

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Monday of the Fifth Week of Lent

SURRENDER TO GOD’S WILL

“Father, if you are willing, take this cup from me; yet not my will, but yours be done.” — Luke 22:42

“To do God’s will, this is the greatest glory we can give him.”

—St. Alphonsus Liguori, *Uniformity with God’s Will*

Surrendering to God’s will is not always easy, especially when his plans differ from our own. Yet, St. Alphonsus Liguori teaches that doing God’s will is the highest form of worship we can offer. Lent calls us to surrender our own desires and embrace the will of the Father, just as Jesus did in the Garden of Gethsemane. Reflect today on an area of your life where you are struggling to accept God’s will. Bring it to Jesus in prayer, and ask for the grace to say with him, “Not

my will, but yours be done.” Trust that God’s will, no matter how difficult, will lead to greater peace and joy.

*Lord, help me surrender to your will.
May I trust that your plans are good. Amen.*

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Tuesday of the Fifth Week of Lent

HOPE IN THE CROSS

“For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.” — 1 Corinthians 1:18

“Whenever anything disagreeable or displeasing happens to you, remember Christ crucified and be silent.”

—St. John of the Cross, *Sayings of Light and Love*

The cross, seen through human eyes, is a sign of defeat and suffering. But for those who believe, it is the ultimate sign of hope and victory. St. John of the Cross teaches that when we face difficulties, we should look to the Cross and find strength in Christ’s example. Lent is a time to unite our own sufferings with Christ’s and to see them as a path to holiness. Reflect today on a particular cross you are carrying. Are you resisting it or offering it to God? Remember Jesus’ silent acceptance of his Passion, and ask for the grace to embrace your own cross with hope and patience.

*Jesus, help me embrace my cross with hope.
Let every trial draw me closer to you. Amen.*



St. John of the Cross (1542–1591) was a Spanish mystic, Carmelite friar, and poet, renowned for his profound spiritual teachings. Along with St. Teresa of Avila, he played a vital role in reforming the Carmelite Order, emphasizing contemplative prayer and simplicity. His famous works, *The Dark Night of the Soul* and *The Ascent of Mount Carmel*, explore the soul’s journey toward union with God. Canonized in 1726, he was later declared a Doctor of the Church.

Wednesday of the Fifth Week of Lent

A HEART OF TRUST

“Trust in the LORD forever! For the LORD is an eternal Rock..” — Isaiah 26:4

“Jesus, I trust in your love, and I place my hope in your mercy. I believe that I shall always be faithful to you, and that you will sanctify me more and more.” —St. Thérèse of Lisieux, *Story of a Soul*

St. Thérèse lived a life of complete trust and surrender to Jesus. Even in moments of fear or uncertainty, she would repeat, “Jesus, I trust in your love.” Trust is not simply a feeling; it is an act of the will. During Lent, we are invited to deepen our trust in God’s goodness and mercy. Are there areas of your life where you are holding back from trusting God completely? Reflect on any fears or worries you are carrying. Offer them to Jesus today, repeating with St. Thérèse: “Jesus, I trust in your love.” Allow his love to transform your fears into confidence and peace.

Jesus, I trust in your love. Let your peace fill my heart. Amen.



St. Thérèse of Lisieux (1873–1897), known as the “Little Flower,” was a French Carmelite nun renowned for her simple, yet profound spirituality of “the Little Way.” Living a hidden life of humility, love, and trust in God’s mercy, she offered her daily sufferings and sacrifices for the salvation of souls. Her autobiography, *The Story of a Soul*, became a spiritual classic. Canonized in 1925, Thérèse was later declared a Doctor of the Church for her deep spiritual insights.

Thursday of the Fifth Week of Lent

THE POWER OF COMPASSION

“Be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.” — Ephesians 4:32

“Where there is charity and wisdom, there is neither fear nor ignorance.” —St. Francis of Assisi, *The Admonitions*

St. Francis of Assisi was known for his boundless compassion and charity. He saw every person as a brother or sister in Christ, worthy of love and respect. Lent calls us to imitate this compassion, espe-

cially toward those who are difficult to love. Are there people in your life who are in need of your kindness? Perhaps it's a family member, a co-worker, or even a stranger. Reflect today on how you can show compassion, even in small ways—a kind word, a smile, or a simple prayer. Ask God to soften your heart, so that you may love others as Christ loves you.

Lord, help me love others with your compassion. Let me be a reflection of you. Amen.

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Friday of the Fifth Week of Lent

LOVE OF THE CRUCIFIED

*“But God demonstrates his own love for us in this:
While we were still sinners, Christ died for us.” — Romans 5:8*

“I will run, O Eternal Father, and I will run to you, not because of my own virtue, but because you draw me with the blood of your Son.”

—St. Catherine of Siena, *The Dialogue*

St. Catherine of Siena was captivated by the love of Christ crucified. She understood that it was not our merit but God's love that draws us to himself. During Lent, we are called to gaze upon the cross and to contemplate the depth of Christ's love. Reflect today on the sacrifice Jesus made for you personally. He did not wait for you to become perfect; he died for you while you were still a sinner. Let his love draw you closer to the Father, and let it inspire you to love more deeply in return. Spend time today in front of a crucifix, thanking Jesus for his unfathomable love.

Jesus, draw me to your wounded heart. Help me love you more each day. Amen.



St. Catherine of Siena (1347–1380) was an Italian mystic, theologian, and member of the Dominican Third Order. Renowned for her extraordinary spiritual experiences, she dedicated her life to prayer, serving the sick, and promoting church unity. Catherine's letters to popes and rulers, urging reform and peace, were influential in ending the papal exile in Avignon. Her major work, *The Dialogue*, remains a spiritual classic. Canonized in 1461, she was later declared a Doctor of the Church in 1970.

Saturday of the Fifth Week of Lent

A HEART OF OBEDIENCE

“If you love me, keep my commandments” — John 14:15

“Let us look at our own imperfections, and leave others to look at theirs.” —St. Teresa of Avila, *The Way of Perfection*

St. Teresa of Avila reminds us that true obedience begins with a humble acceptance of our own need for God’s grace. Obedience to Christ’s commandments is not a burden but a response of love. During Lent, examine your heart for areas where you may be resisting God’s will. Are you placing conditions on your obedience, or are you trying to control your spiritual journey? Ask God to help you be obedient, not out of fear, but out of love for him. Let every act of obedience, no matter how small, be a way of saying “I love you” to Jesus.

Lord, help me obey you out of love. May I follow your will with joy. Amen.

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Palm Sunday

HOSANNA TO THE KING!

“Blessed is he who comes in the name of the Lord! Hosanna in the highest!”
— Matthew 21:9

“We adore you, O Christ, and we bless you, because by your holy cross, You have redeemed the world.”

—St. Francis of Assisi, *Prayer before the Crucifix*

Palm Sunday marks the beginning of Holy Week, a time when we remember Jesus’ triumphant entry into Jerusalem, only to be rejected and led to the cross. St. Francis’s prayer reminds us to adore Christ not only in his glory but in his suffering. As you wave your palms today, reflect on the humility of Jesus, the king who rides on a donkey and willingly embraces the cross. Let your “hosannas” be united with a heart ready to follow him through his passion. Ask for the grace to remain faithful to Jesus, not only in times of joy but also in times of trial.



Jesus, I welcome you as king. Help me follow you to the cross and beyond. Amen.

Monday of Holy Week

ANOINTING JESUS WITH LOVE

“Then Mary took a pint of pure nard, an expensive perfume; she poured it on Jesus’ feet and wiped his feet with her hair.” — John 12:3

“Love proves itself by deeds; so how am I to show my love?”

—St. Thérèse of Lisieux, *Story of a Soul*



Mary’s act of anointing Jesus’ feet was a beautiful gesture of love and devotion. St. Thérèse of Lisieux teaches us that love is shown not only through words but through deeds. During Holy Week, consider how you can show your love for Jesus through small acts of devotion and service. Offer him your time, your prayers, and your sacrifices as fragrant offerings, just as Mary offered her costly perfume. Let your actions speak of your love, not only in your relationship with God but also in how you treat others.

Lord, teach me to love you. Let my actions be a sign of my devotion. Amen.

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Tuesday of Holy Week

THE BETRAYAL OF JESUS

“One of you will betray me.” — John 13:21

“The root of all evil is self-love.” —St. Augustine, *City of God*

We remember the sorrow of Jesus as he reveals that one of his closest companions will soon betray him. St. Augustine reminds us that betrayal often begins with self-love—a disordered love that places our own desires and comfort above God’s will. Lent is a time to examine our hearts for any traces of self-love that lead us to betray Jesus through sin or neglect. Reflect today on where you have placed yourself above God. Have you pursued your own desires at the expense of your relationship with Christ? Repent of any areas where self-love has taken root, and ask for the grace to place God’s will first in all things.

Jesus, forgive me for I have betrayed you. Keep me faithful to your love. Amen.

Wednesday of Holy Week

THE SILENCE OF GOD

“My God, my God, why have you forsaken me?” — Matthew 27:46

“Where there is no love, put love, and you will draw out love.”

—St. John of the Cross, *Letter to a Carmelite Nun*

On this day, sometimes called “Spy Wednesday” because it marks Judas’s preparation to betray Jesus, we are reminded of the painful experience of feeling abandoned by God. St. John of the Cross teaches that when God seems silent or distant, it is an invitation to respond with greater love and trust. Are you in a period of spiritual dryness or darkness? If so, know that God is not absent; He is drawing you closer in a hidden way. Offer your suffering to him, trusting that he is at work even when you cannot see or feel his presence. Respond to his silence with love, and you will find him in the depths of your soul.

Lord, when you seem silent, help me to trust and give me peace. Amen.

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Holy Thursday

THE GIFT OF THE EUCHARIST

“This is my body, which will be given for you; do this in memory of me.”

— Luke 22:19

“Heaven is in that humble host where Jesus hides himself for love of us.”

—St. Teresa of Avila, *The Way of Perfection*

On Holy Thursday, we commemorate the institution of the Eucharist, the gift of Christ’s body and blood given for our salvation. St. Teresa of Avila’s deep love for the Eucharist reminds us that every time we receive communion, we receive heaven itself. Jesus humbles himself to be present under the appearance of bread and wine, making himself accessible to us in the most intimate way. Spend time today in adoration, reflecting on the humility and love of Christ in the Eucharist. Thank Jesus for this precious gift, and ask for the grace to



receive him with a pure and loving heart. Let the Eucharist be the source of your strength and joy.

Jesus, thank you for the Eucharist. Help me receive you with a loving heart. Amen.

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Good Friday

THE CRUCIFIXION OF JESUS

“It is finished.” — John 19:30

“Behold the cross, where Jesus died for love of you. Contemplate his wounds and sorrows.”

—St. Alphonsus Liguori, *The Passion and Death of Jesus Christ*

On Good Friday, we stand at the foot of the cross, gazing upon the one who suffered and died for our salvation. St. Alphonsus urges us



to contemplate the wounds of Christ, which reveal the depths of his love for each of us. Take time today to meditate on the passion of Jesus—his physical pain, his emotional anguish, and his spiritual suffering. Remember that he bore all of this for you, personally, out of love. Let his words, “It is finished,” echo in your heart as a reminder

that his love has conquered sin and death. As you contemplate the cross, let your heart be filled with sorrow for your sins and gratitude for his sacrifice.

Lord Jesus, I behold your cross with love. Let your wounds heal my heart. Amen.

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Holy Saturday

WAITING IN HOPE

“Be still and know that I am God.” — Psalm 46:10

“All the way to heaven is heaven, because Jesus said, ‘I am the Way.’”

—St. Catherine of Siena, *The Dialogue*

On Holy Saturday, we wait in silence, reflecting on Jesus’ time in the tomb. It is a day of stillness and hope, a time when all seems lost but God is at work behind the scenes. St. Catherine of Siena teaches that

even in times of waiting and silence, we are still on the path to heaven because Christ is always with us. As you wait for the joy of Easter, reflect on any areas in your life where you are waiting for God to act. Trust that he is at work, even when you cannot see the outcome. Let this day of waiting deepen your hope and prepare your heart for the joy of the resurrection.

*Lord, as I wait in silence, fill my heart with hope.
Prepare me for the joy of Easter. Amen.*



Easter Sunday

THE JOY OF THE RESURRECTION

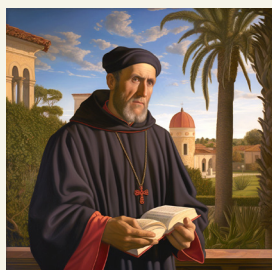
“He is not here, for he has been raised just as he said.” — Matthew 28:6

“We are an Easter people, and Alleluia is our song!”

—St. Augustine, *Sermon 229*

Easter Sunday is a day of victory and joy. Christ has risen from the dead, and through his resurrection, He has conquered sin and death forever. St. Augustine’s words remind us that the joy of Easter should fill our lives every day, not just once a year. Reflect today on the victory of Christ over sin and death. How can you live as an “Easter person,” filled with hope and joy? Rejoice in the gift of new life, and let that joy transform every part of your life. Go forth today and proclaim the Good News: Jesus is risen! Alleluia!

Alleluia! Jesus, you are risen! Fill my heart with Easter joy. Amen.



St. Augustine (354–430) was a North African bishop, theologian, and one of the most influential figures in Western Christianity. After a dramatic conversion from a life of worldly pursuits, he became a key defender of the faith, writing extensively on theology, philosophy, and Christian doctrine. His most famous works, *Confessions* and *City of God*, shaped Christian thought on grace, sin, and salvation. He was later declared a Doctor of the Church for his profound contributions.