



RENEWING

Our Hope

DAILY LENTEN PRAYERS
FOR THE JUBILEE YEAR

INTRODUCTION

This Lent offers a time to reflect on the Jubilee Year theme *Pilgrims of Hope*. The biblical Jubilee was based on the hope that God's presence in our world would restore justice to the broken social world. In the biblical agrarian society, a household's small plot of land was their primary source of survival and wealth. The Israelites believed the land was God's (Leviticus 25:23) and had been given to them and distributed to the tribes and their households forever. The Jubilee every 50 years (see Leviticus 25) was a restorative practice recognizing the inalienable right to family land and thus sought to undo the many ways a family's land could be lost—debt, taxes, mismanagement, disaster, famine, loan foreclosures, debt slavery and swindling by rich and greedy absentee landlords. Jubilee thus became a powerful reminder of God's desire for justice and so a constant source of hope for a more just society in which all households could not only survive but thrive together in *shalom*—peace and well-being for all.

In this booklet, we invite you to walk on your Lenten journey as pilgrims of renewed hope by using a brief daily prayer from Pope Francis or one of the saints coupled with a biblical verse anytime you wish to deepen your hope for yourself and a world transformed by God's ruling presence.

—Steve Mueller, Editor

ASH WEDNESDAY (ROMANS 8:24)

REAWAKEN MY HOPE

FATHER IN HEAVEN, may the faith you have given me in your son, Jesus Christ, and the flame of charity enkindled in my heart by the Holy Spirit, reawaken in me the blessed hope for the coming of your kingdom. May the grace of the Jubilee reawaken in me, as a Pilgrim of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our redeemer throughout the earth. *Amen.*

—Pope Francis

THURSDAY AFTER ASH WEDNESDAY (PSALM 51:12)

RENEW US, LORD!

JESUS, come and waken me from my apathy and renew in me your gift of hope. Bring me into your presence, that I may listen to your voice, which is the source of all wisdom, and watch your face forever. *Amen.*

—St. Bede

FRIDAY AFTER ASH WEDNESDAY (LUKE 4:18)

PROCLAIM JESUS TO OTHERS

JESUS, you gently open your heart to me and so open my heart to your love. Help me to cultivate this experience of your mercy, peace and hope during this Lent by proclaiming the Good News to the poor and performing works of mercy. May I imitate you, who gave everything, who gave yourself expecting nothing in return. *Amen.*

—Pope Francis

SATURDAY AFTER ASH WEDNESDAY (MATTHEW 6:13)

YOU ARE MY UNFAILING HOPE

JESUS, I know too well that I am weak and changeable. I know the power of temptation against the strongest virtue.

While I hope in you, I am sheltered from all misfortune, and I am sure that my trust will endure, for I rely upon you to sustain this unfailing hope. *Amen.*

—St. Claude de la Colombière

1ST SUNDAY OF LENT (JAMES 1:22)

BE DOERS OF THE WORD

JESUS, give me greater courage in witnessing to my faith in you. Let me not be afraid of being Christian and living as a Christian, to have the courage to go and proclaim the good news and to live and to witness to my faith by prayer, by works of charity, by promoting justice, by doing good. *Amen.*

—Pope Francis

MONDAY, WEEK 1 (JOHN 14:23)

COME DWELL IN MY HEART!

O GOD, here is my heart with all its secrets. Look into my thoughts, O my hope, and take away all my wrong feelings. Let my eyes be ever on you. I ask you to live with me, to reign in me, to make this heart of mine a holy temple, a fit dwelling for your divine majesty. *Amen.*

—St. Augustine of Hippo

TUESDAY, WEEK 1 (JAMES 1:25)

HELP ME TO DO YOUR WILL!

ETERNAL FATHER, give me a burning faith, a joyful hope, a holy love for Jesus Christ. Give me the grace of perseverance in doing your will in all things. Do with me what you will. Grant, O Lord, that I may love you always and never let me be separated from you. *Amen.*

—St. Alphonsus Liguori

WEDNESDAY, WEEK 1 (PSALM 40:11)

BELIEVE IN GOD'S BIGGER PICTURE

JESUS, you call me to hope and patience, to be able to wait for the certain fruits of salvation, trusting in the profound meaning of life and of history. Help me to learn that my trials and difficulties are part of the bigger picture in which God's design of goodness and mercy will be fulfilled! *Amen.*

—Pope Francis

THURSDAY, WEEK 1 (PSALM 13:6)

I HOPE IN YOU

JESUS, heart of love, I put all my confidence in you, for I fear everything from my own wickedness and frailty, but I hope for all things from your goodness and bounty. Imprint your love so deeply on my heart that I shall never be able to forget or be separated from you. *Amen.*

—St. Margaret Mary Alacoque

FRIDAY, WEEK 1 (JOHN 14:26)

COME, HOLY SPIRIT!

O HOLY SPIRIT, most merciful comforter, instruct, direct, and defend me in all things. Give me strength against all immoderate fears and against despondency. Bestow upon me a true faith, a firm hope, and a sincere and a perfect love. Grant that I always do your most gracious will. *Amen.*

—St. Antiochus

SATURDAY, WEEK 1 (ROMANS 5:5)

GOD NEVER DISAPPOINTS

JESUS, the season of Lent restores my hope, a hope which does not disappoint for it is founded on God's Word—

and God never disappoints! God is faithful! God does not disappoint! Give me courage always to move forward. Thanks to God's help, I can always begin again. *Amen.*

—Pope Francis

2ND SUNDAY OF LENT (PSALM 119:18)

OPEN MY EYES!

O GOD, open my eyes to know you and place my hope in you, who lift up the humble and lay low the mighty. Help me and rescue all those who are in trouble, have mercy on the lowly, lift up those who have fallen, reveal yourself to the needy, feed the hungry, give power to the weak and encourage the faint-hearted. *Amen.* —Pope St. Clement I

MONDAY, WEEK 2 (ISAIAH 46:4)

JESUS, SOURCE OF MY HOPE

JESUS, you are the one who will give me the power of hope. Although I follow you, I know that you accompany me and carry me on your shoulders. This is my joy, this is the hope that I must bring to this world. Please do not let me be robbed of hope! Do not let hope the hope that you have given me be stolen! *Amen.* —Pope Francis

TUESDAY, WEEK 2 (HEBREWS 7:19)

LET ME COME CLOSER TO YOU

JESUS, as I hope in you, permit me to come closer to you, that my whole soul may do homage to the greatness of your majesty; that my heart, with its tenderest affections, may acknowledge your infinite love; that my memory may dwell on the admirable mysteries here renewed every day, and that the sacrifice of my whole being may accompany you. *Amen.*

—St. Clare of Assisi

WEDNESDAY, WEEK 2 (ACTS 1:8)

“YOU ARE MY WITNESS”

JESUS, help me witness to the newness, hope and joy that you bring to life. Let me feel within me the delightful and comforting joy of proclaiming you, which brings joy and removes the egoism that makes me bitter, sad, and depressed.

Amen.

—Pope Francis

THURSDAY, WEEK 2 (MATTHEW 11:28)

ENTER THE MYSTERY OF GOD'S LOVE

JESUS, you call me to encounter God, who is the reason for my hope and the source of my happiness. Help me to enter ever more deeply into the mystery of God's love, which reigns over us and permits me to live in serenity and hope.

Amen.

—Pope Francis

FRIDAY, WEEK 2 (ISAIAH 44:22)

DRAW ME TO YOU!

O LORD, MY GOD, fill me with hope, protect me and sustain me. Your strength upholds my weakness from my childhood until my old age. When I am close to you I find living goodness, but when I turn aside from you, I lose my way. *Amen.*

—St. Augustine

SATURDAY, WEEK 2 (MATTHEW 18:20)

FILL ME WITH HOPE!

JESUS, you are near and walk with me and show me the path of love. You lift me up when I fall with such tenderness and support me in my labors. Open my eyes to see my wretchedness and that of the world, but at the same time fill me with hope. *Amen.*

—Pope Francis

3RD SUNDAY OF LENT (PSALM 39:7)

MY HOPE IS IN YOU

LORD, I believe, but let me believe more firmly. I hope, Lord, but let me hope more surely. I love, Lord, but let me love more warmly. Give me your love together with your grace and I will be rich enough. My God, my Jesus, my all in all. *Amen.* —St. Anthony Claret

MONDAY, WEEK 3 (DEUTERONOMY 31:8)

YOU ARE WITH ME

JESUS, in you I am never alone, even at difficult moments, even when my life's journey comes up against problems and obstacles that seem insurmountable. I accompany you, but I know you accompany me and carry me on your shoulders. This is my joy and the hope that I must bring to this world. *Amen.* —Pope Francis

TUESDAY, WEEK 3 (MATTHEW 10:24-25)

HOPING TO BE MORE LIKE JESUS

O GOD, make me more like Jesus. Help me to bear difficulty, pain, disappointment and sorrow knowing that you can use such bitter experiences to shape my character and make me more like Christ. I hope for that day when I shall be wholly like Christ. *Amen.* —St. Ignatius of Antioch

WEDNESDAY, WEEK 3 (PSALM 130:7)

YOU GIVE ME HOPE AND LIFE

JESUS, your love gives value and beauty to everything, always opening me to hope. With you, negative experiences like evil, suffering, and death do not have the last word, because you give me hope and life. *Amen.* —Pope Francis

THURSDAY, WEEK 3 (PSALM 17:15)

HOPE FOR A FINAL MEETING

O LORD MY GOD, grant me a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you. *Amen.* —St. Thomas Aquinas

FRIDAY, WEEK 3 (PSALM 28:7)

HOPE IN GOD!

O GOD, help me not to lose hope. In my difficult moments, help me not to lose faith and to overcome them, in the certainty that you never abandon me. Help me not to be afraid of commitment and sacrifice, and not to view the future with fear. *Amen.* —Pope Francis

SATURDAY, WEEK 3 (PSALM 37:4)

YOU ARE MY HEART'S DESIRE

JESUS, to converse with you is the delight of my heart. In you I find everything that my heart could desire. Here your light illumines my mind, enabling it to know you more and more deeply. Give yourself to me and unite yourself intimately with me. *Amen.* —St. Faustina Kowalska

4TH SUNDAY OF LENT (PHILIPPIANS 4:4)

BRING JOY TO MY LIFE

JESUS, enter my life anew and invite me to go out to the margins of life and proclaim the gospel with joy and courage! Help me discover true joy—the joy of making of myself a gift, of reciprocating the great gift that I have first received, without merit of my own. *Amen.* —Pope Francis

MONDAY, WEEK 4 (MATTHEW 28:20)

“I WILL BE WITH YOU ALWAYS”

JESUS, grant that my mind may not seek to know anything but you, that my heart may have no hopes or desires but to love you. All this I intend to do, to unite myself to you in every action of the day. *Amen.*

—St. Margaret Mary Alacoque

TUESDAY, WEEK 4 (JEREMIAH 31:3)

TRANSFORMED BY GOD’S LOVE

JESUS, help me recognize that my truest destiny is to be transformed by God’s love. Watch over me so I may learn how to be more humble and courageous in following the Word of God, and to welcome your tender embrace which gives me life, hope and peace. *Amen.*

—Pope Francis

WEDNESDAY, WEEK 4 (JOHN 14:27)

GRANT US YOUR PEACE

JESUS, Prince of Peace, instill into the hearts of all human beings the vision of peace, the strength of justice and the joy of fellowship. Grant insight and strength so I may always respond to hatred with love, to injustice with total dedication to justice, to need with the sharing of self, to war with peace. *Amen.*

—Pope St. John Paul II

THURSDAY, WEEK 4 (ROMANS 5:3-5)

YOU GIVE ME HOPE

O GOD, help me to be aware that Jesus is now involved with us in one vast history of salvation and fill me with a hope that liberates me from the forces pushing me to isolation and lack of concern for the lives of others with whom I live and work. *Amen.*

—Pope Francis

FRIDAY, WEEK 4 (I JOHN 4:10-11)

I AM MADE TO LOVE GOD

JESUS, you were pleased to give yourself to me in love. You planted within me a deep spiritual desire that can only be satisfied by yourself. I am made to love you. If my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath. *Amen.*

—St. John Vianney, the Curé of Ars

SATURDAY, WEEK 4 (JOHN 15:15)

HOPE FOR CHANGE

O GOD, help me to bring your hope and salvation to the world, to be a sign of your love that calls everyone to friendship with you, to be a light that enlightens our world that, though at times dark and marked by evil, you call to change. *Amen.*

—Pope Francis

5TH SUNDAY OF LENT (PSALM 63:2)

CENTERING MY LIFE ON GOD

JESUS, may I always long for you alone. May I always seek and find you, think about you, speak to you and do everything for your honor and glory. Be always my hope, my peace, my refuge and my help in whom my heart is rooted, so that I may never be separated from you. *Amen.* —St. Bonaventure

MONDAY, WEEK 5 (PSALM 83:19)

IN YOU HAVE I HOPED

O GOD, may you always be all things to me. In you, have I hoped, let me not be confounded forever. You alone are good. You alone are powerful. You alone are eternal. To you alone be honor and glory, love and thanksgiving forever and ever. *Amen.*

—St. Peter Julian Eymard

TUESDAY, WEEK 5 (PSALM 86:10)

YOU ALONE I SEEK

O GOD, you alone I love, you alone I follow, you alone I seek, you alone I am ready to serve. Heal and open my ears that I may hear your voice. Heal and open my eyes that I may see your will. Tell me where to look that I may see you, and I will place my hope in doing your will. *Amen.*

—St. Augustine

WEDNESDAY, WEEK 5 (ISAIAH 6:8)

BEING INSTRUMENTS OF GOD'S PEACE

LORD, make me an instrument of your peace; where there is hatred, let me sow love, where there is injury, pardon, where there is doubt, faith, where there is despair, hope, where there is darkness, light, and where there is sadness, joy. O divine master, grant that I may not so much seek to be consoled, as to console, to be understood, as to understand, to be loved, as to love, for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. *Amen.*

—St. Francis of Assisi

THURSDAY, WEEK 5 (I CORINTHIANS 6:16)

OUR HOPE FOR PEACE

JESUS, remove from my heart all that can endanger peace, and strengthen me in truth, justice and love. Help me overcome the barriers that divide us, restore the bonds of mutual charity and be ready to understand and forgive others so your peace may triumph in all hearts, and in all families and throughout the world. *Amen.*

—Pope St. John XXIII

FRIDAY, WEEK 5 (COLOSSIANS 3:1-4)

GOD'S LOVE CAN CHANGE EVERYTHING

O GOD, touch my life and show your love for by pouring peace and joy into my heart. Lead me from death to life, falsehood to truth, despair to hope, fear to truth, hate to love, and from war to peace. Let peace fill my heart, our world and our universe. *Amen.* —St. Mother Teresa

SATURDAY, WEEK 5 (ROMANS 15:7)

ALL ARE WELCOME

JESUS, may your Church be a place of God's mercy and hope, where all feel welcomed, loved, forgiven and encouraged to live according to the Gospel. Help me make others feel welcomed, loved, forgiven and encouraged to proclaim the Gospel. *Amen.* —Pope Francis

PASSION/PALM SUNDAY (1 JOHN 4:14-16)

ALWAYS BE WITH ME

JESUS, you are my hope. Remain with me! Lead me to the Father in the Holy Spirit, along the path which you have revealed to me, that I might have life and have it in abundance. Grant that no one may remain outside God's embrace of mercy and peace! *Amen.*

—Pope St. John Paul II

MONDAY HOLY WEEK (JOHN 15:4)

REMAIN WITH ME!

O GOD of right order and peace, do not allow me to offend justice, to let ignorance lead me astray, to let human sympathy bias me, or to let people or office influence me. Keep me intimately close to you with the gift of your grace. *Amen.* —St. Isidore of Seville

TUESDAY HOLY WEEK (COLOSSIANS 1:21-23)

HOPE FOR NEW LIFE WITH GOD

JESUS, by your resurrection you broke the bonds of death and rose from the grave as a conqueror. You reconciled heaven and earth. My life had no hope of eternal happiness before you redeemed me. *Amen.*

—Pope St. Gregory the Great

WEDNESDAY HOLY WEEK (ROMANS 6:4)

BORN TO NEW LIFE THROUGH CHRIST

JESUS, by your dying I am born to new life. By your anguish and labor I come forth in joy. Despair turns to hope through your gentle touch, which makes sinners right with God. In your mercy heal me, in your love and tenderness remake me. In your compassion bring grace and forgiveness, and may your love prepare me for the beauty of heaven. *Amen.*

—St. Anselm of Canterbury

HOLY THURSDAY (LUKE 22:20)

MY LIFE, GIVEN FOR YOU

JESUS, by your body and blood deliver me from all evils, past, present and to come. By your most bitter death give me a lively faith, firm hope and a perfect charity, that with my whole heart I may love you with all my soul and strength. Help me persevere in your service, firm and steadfast in good works, so that I may always be able to please you. *Amen.*

—St. Clare of Assisi

GOOD FRIDAY (1 PETER 2:24)

“BY HIS WOUNDS YOU HAVE BEEN HEALED.”

MY GOD, you watch over all who hope in you, and I can want for nothing when I rely upon you in all things.

Therefore I am resolved to cast all my cares upon you. Let others seek happiness in their wealth and in their talents but as for me, my confidence in you fills me with hope. For you, my divine protector, alone have settled me in hope. *Amen.*

—St. Claude de la Colombière

HOLY SATURDAY (LUKE 24:34)

“THE LORD HAS RISEN INDEED!”

O RISEN CHRIST, my life had no hope of eternal happiness before you redeemed me. Your resurrection has washed away my sins, restored my innocence and brought me joy. How inestimable is the tenderness of your love! Preserve me in the peaceful enjoyment of this Easter happiness. *Amen.*

—Pope St. Gregory the Great

EASTER SUNDAY (LUKE 24:5-6)

WELCOMING JESUS INTO MY LIFE

O GOD, your love is stronger than sin, evil and death itself, and can transform our lives. Your love is a victory over everything that crushes life and makes it seem less human. Help me to let the risen Christ enter my life now and welcome him as a friend, with trust, knowing he is life! May he be with me and give me the peace I am looking for and the strength to live in hope as he would have me do. *Amen.*

—Pope Francis

PILGRIMS OF HOPE 2025 JUBILEE YEAR PRAYER

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us
into tireless cultivators
of the seeds of the Gospel.
May those seeds transform from within
both humanity and the whole cosmos
in the sure expectation of a
new heaven and a new earth, when,
with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.
May that same grace spread
the joy and peace of our Redeemer
throughout the earth.
To you our God, eternally blessed,
be glory and praise for ever. *Amen.*

