



# Prayer Guide for Lent 2021

Prepared by the Maryknoll Sisters

## Introduction

Lent is a call to return to God through prayer and works of Mercy that will transform us into a sign of God's love for all.

This guide offers a scripture passage or a saint's quote for each day of Lent, from Ash Wednesday to Easter Sunday. You can incorporate each passage into your daily prayers for that day, as we await the celebration of the Resurrection and our salvation.

Please know that all of the Maryknoll Sisters keep you in their prayers, and wish you a Lent filled with new insights and an Easter filled with joy.

*Sister Anastasia*

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**February 17—Ash Wednesday—Day of fasting and abstinence**—“But if a wicked person turns away from all the sins they have committed and keeps all my decrees and does what is just and right, that person will surely live; they will not die. None of the offenses they have committed will be remembered against them. Because of the righteous things they have done, they will live.” —*Ezekiel 18:21-22*

**Thursday, February 18**—“If anyone hears my words but does not keep them, I do not judge that person. For I did not come to judge the world, but to save the world.” —*John 12:47*

**Friday, February 19—Day of abstinence**—Behold, the fear of God is wisdom; and avoiding evil is understanding. —*Job 28:28*

**Saturday, February 20**—Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life?” —*Luke 12:22-23, 25*

**Sunday, February 21—First Sunday of Lent**—“The most powerful weapon to conquer the devil is humility. For, as he does not know at all how to employ it, neither does he know how to defend himself from it.” —*St. Vincent de Paul*

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**Monday, February 22**—“The one who hears my words and does not put them into practice is like one who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete.” —*Luke 6:49*

**Tuesday, February 23**—“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength... Love your neighbor as yourself. There is no commandment greater than these.” —*Mark 12:30-31*

**Wednesday, February 24**—So then, dear friends... make every effort to be found spotless, blameless and at peace with God. Bear in mind that God’s patience means salvation... —*2 Peter 3:14-15*

**Thursday, February 25**—“Love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.” —*Luke 6:35-36*

**Friday, February 26**—*Day of abstinence*—You have been a refuge for the poor, a refuge for the needy in their distress, a shelter from the storm and a shade from the heat. —*Isaiah 25:4*

**Saturday, February 27**—“Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.” And he took the children in his arms, placed his hands on them and blessed them. —*Mark 10:14-16*

**Sunday, February 28**—*Second Sunday of Lent*—“Let no one mourn that he has fallen again and again: for forgiveness has risen from the grave!” —*St. John Chrysostom*

**Monday, March 1**—Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.” —*Matthew 18:21-22*

**Tuesday, March 2**—“Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. Whoever serves me must follow me;

and where I am, my servant also will be. My Father will honor the one who serves me.” —*John 12:25-26*

**Wednesday, March 3**—“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.” —*Ezekiel 36:26*

**Thursday, March 4**—Have mercy on me, O God, according to your unfailing love... Wash away all my iniquity and cleanse me from my sin. —*Psalms 51:1-2*

**Friday, March 5**—*Day of abstinence*—One who was there had been an invalid for thirty-eight years... Jesus said to him, “Get up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked. —*John 5:5, 8-9*

**Saturday, March 6**—Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. —*James 1:23-24*

**Sunday, March 7**—*Third Sunday of Lent*—“We must fear God out of love, not love him out of fear.” —*St. Francis de Sales*

**Monday, March 8**—“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” —*Matthew 25:40*

**Tuesday, March 9**—This is love for God: to keep his commands. And his commands are not burdensome, for everyone born of God overcomes the world. —*1 John 5:3-4*

**Wednesday, March 10**—“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.” —*Matthew 5:23-24*

**Thursday, March 11**—Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name. And do not forget to do good and to share with others, for with such sacrifices God is pleased. —*Hebrews 13:15-16*

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**Friday, March 12**—*Day of abstinence*—Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, God my Savior. —*Psalms 27:9*

**Saturday, March 13**—Jesus asked them, “Who do people say I am?” They replied, “Some say John the Baptist; others say Elijah; and still others, one of the prophets.” “But what about you?” he asked. “Who do you say I am?” Peter answered, “You are the Messiah.” —*Mark 8:27-29*

**Sunday, March 14**—*Fourth Sunday of Lent*—“All those who exalt themselves will be humbled, and those who humble themselves will be exalted.” —*Luke 18:14*

**Monday, March 15**—All the ways of the Lord are loving and faithful toward those who keep the demands of his covenant. For the sake of your name, Lord, forgive my iniquity, though it is great. —*Psalms 25:10-11*

**Tuesday, March 16**—“Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy.” —*Matthew 5:6-7*

**Wednesday, March 17**—“God, my God, omnipotent King, I humbly adore thee. Thou art King of kings, Lord of lords. Thou art the Judge of every age. Thou art the Redeemer of souls. Thou art the Liberator of those who believe. Thou art the Hope of those who toil. Thou art the Comforter of those in sorrow.” —*St. Patrick*

**Thursday, March 18**—“You are a king, then!” said Pilate. Jesus answered, “You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me.” —*John 18:37*

**Friday, March 19**—*Day of abstinence*—“Jesus is ‘the stone you builders rejected, which has become the cornerstone.’ Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.” —*Acts 4:11-12*

**Saturday, March 20**—“I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you.” —*Isaiah 44:22*

**Sunday, March 21**—*Fifth Sunday of Lent*—“It is not the actual physical exertion that counts toward a person’s progress, nor the nature of the task, but the spirit of faith with which it is undertaken.” —*St. Francis Xavier*

**Monday, March 22**—“You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.” —*John 15:3-4*

**Tuesday, March 23**—Then Jesus, still teaching in the temple courts, cried out, “Yes, you know me, and you know where I am from. I am not here on my own authority, but he who sent me is true. You do not know him, but I know him because I am from him and he sent me.” —*John 7:28-29*

**Wednesday, March 24**—For the Lord is our judge, the Lord is our lawgiver, the Lord is our king; it is he who will save us. —*Isaiah 33:22*

**Thursday, March 25**—For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death. —*1 Corinthians 15:25-26*

**Friday, March 26**—*Day of abstinence*—Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. —*Romans 5:7-8*

**Saturday, March 27**—Where then does wisdom come from? Where does understanding dwell?... God understands the way to it and he alone knows where it dwells, for he views the ends of the earth and sees everything under the heavens. —*Job 28:20, 23-24*

**Sunday, March 28**—*Palm Sunday*—The crowds that went ahead of him and those that followed shouted, “Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven!” When Jesus entered Jerusalem, the whole city was stirred and asked, “Who is this?” The crowds answered, “This is Jesus, the prophet from Nazareth in Galilee.” —*Matthew 21:9-11*

**Monday, March 29**—*Monday of Holy Week*—“Here is my servant, whom I uphold, my chosen one in whom I delight; I will put my Spirit on him, and he will bring justice to the nations.” —*Isaiah 42:1*

**Tuesday, March 30**—*Tuesday of Holy Week*—Then Jesus cried out, “Whoever believes in me does not believe

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in me only, but in the one who sent me. The one who looks at me is seeing the one who sent me. I have come into the world as a light, so that no one who believes in me should stay in darkness.” —*Matthew 21:44-46*

**Wednesday, March 31**—*Wednesday of Holy Week*—“The hour has come for the Son of Man to be glorified. Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.” —*John 12:23-24*

**Thursday, April 1**—*Holy Thursday*—And he took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.” In the same way, after the supper he took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.” —*Luke 22:19-20*

**Friday, April 2**—*Good Friday*—*Day of fasting and abstinence*—From noon until three in the afternoon

darkness came over all the land. About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli, lema sabachthani?” (which means “My God, my God, why have you forsaken me?”). And when Jesus had cried out again in a loud voice, he gave up his spirit.  
—*Matthew 27:45-46, 50*

**Saturday, April 3**—*Holy Saturday*—Train yourself to be godly... godliness has value for all things, holding promise for both the present life and the life to come. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe. —*1 Timothy 4:7-8, 10*

**Easter Sunday**—But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead comes also through a man. For as in Adam all die, so in Christ all will be made alive. —*1 Corinthians 20-22*



“With Easter, may Christ’s own peace possess our hearts and may we know only joy on that blessed day.” —*Mother Mary Joseph, Foundress*



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