



# CHRIST

*in Our Hearts*

Praying through Lent with the Saints

## INTRODUCTION

Just as households clean and dust to prepare for guests, so each year we set aside Lent to prepare our hearts to celebrate the Easter mystery of Christ's resurrection and abiding presence with us. This preparation requires a renewed attention to the many ways we have broken down our friendship with Christ through our lack of attention to his words and our failure to follow his ways. Our challenge is to discover what keeps us from making a proper dwelling place for Christ in our hearts, ask forgiveness for these failures and find ways to change our lives so that Christ might enter once again into a cleansed dwelling.

One way to meet this Lenten challenge is to intensify our daily prayer. In this booklet we have collected prayers from many saints to provide a daily help for keeping the Lenten season. Start or find time in your day to spend some quiet moments with God. In this way you will gradually open your heart to God who will gladly come to stay in the newly restored dwelling place of your heart.

—*Steve Mueller, Editor*

## OPEN MY HEART

ASH WEDNESDAY (REVELATION 3:20).

Open our hearts, O Lord, and enlighten our minds by the grace of your Holy Spirit, that we may seek what is well-pleasing to you and so order our doings after your commandments, that we may be found fit to enter into your everlasting joy.

—*St. Bede the Venerable*

## PIERCE MY HEART

THURSDAY AFTER ASH WEDNESDAY (PSALM 109:22)

Jesus! Pierce my heart so that my tears of penitence and love will be my bread day and night. May I be converted entirely to you and my heart be your perpetual habitation.

—*St. Bridget of Sweden*

## NOTHING BUT GOD

FRIDAY AFTER ASH WEDNESDAY (PSALM 62:1)

God, I want nothing but you—to rest in you, completely, being strengthened more and more to serve you by my total dependence on your divine providence. O eternal and fatherly goodness! My heart opens itself to you.

—*St. Jane Frances de Chantal*

St. Jane Frances de Chantal (1572-1641) was a French noblewoman who became a devout Catholic and co-founded the Visitation Order. Her life exemplified faith, charity, and dedication to serving God.



## DWELL IN ME

SATURDAY AFTER ASH WEDNESDAY (I CORINTHIANS 6:19)

O Lord, my God, in your loving kindness you desire to dwell

in me. You ask me to open the door of my heart so that you may enter into it with your loving kindness and dispel the darkness of my mind.  
—*St. John Chrysostom*

## DELIVER US FROM TEMPTATION

FIRST SUNDAY OF LENT (JAMES 1:12)

May the power of God preserve us, may the hand of God protect us, may the way of God direct us, may the shield of God defend us against the snares of evil and the temptations of the world.  
—*St. Patrick*

## THIRSTING FOR YOU

MONDAY, WEEK 1 (PSALM 42:2)

Jesus, may my heart always hunger and feed on you, my soul thirst for you. May I always seek and find you, think about you, speak to you and do everything for your honor and glory.  
—*St. Bonaventure*



St. Bonaventure (1221-1274) was a brilliant Italian Franciscan theologian and philosopher. Known as the “Seraphic Doctor,” he made significant contributions to Scholasticism and the Catholic Church, blending faith and reason harmoniously.

## RENEWING MY COMMITMENT

TUESDAY, WEEK 1 (MARK 9:24)

I believe, Lord, but let me believe more firmly. I hope, Lord, but let me hope more surely. I love, Lord, but let me love more warmly. I repent, Lord, but let me repent more deeply.  
—*St. Anthony Claret*

## RETURN TO GOD

WEDNESDAY, WEEK 1 (JOEL 2:12)

When I wander from you, Jesus, my life becomes a burden and I find nothing in me but darkness, fear and anxiety. So I come back to you and confess that I have sinned. Forgive me, Lord.  
—*St. Aelred of Rievaulx*

## GIVE US YOUR GIFTS

THURSDAY, WEEK 1 (I CORINTHIANS 4:7)

Gracious and holy God, give us wisdom to perceive you, intelligence to understand you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate on you, and a life to proclaim you.  
—*St. Benedict*

St. Benedict (c. 480-547 AD) was a monk and founder of the Benedictine Order. His Rule, a guide to communal living and spiritual growth, continues to shape monastic life worldwide, emphasizing prayer, work, and humility.



## HIDING NOTHING

FRIDAY, WEEK 1 (PSALM 38:18)

Holy Spirit, fire of love, come rest over me and make my tongue ready to confess my sins, that in revealing everything and concealing nothing, I may attain heavenly life.  
—*St. Anthony of Padua*

## YOUR WORD IS OUR LIGHT

SATURDAY, WEEK 1 (PSALM 119:105)

Lord, you have given us your word, as a light to shine on our path. Inspire us to meditate on that word, and follow its

teaching, so that we may find in it the light that shines more and more until it is perfect day. —*St. Jerome*

## GLORIFY GOD

SECOND SUNDAY OF LENT (MATTHEW 5:16)

O Christ, let me glorify your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. I want to be transformed into a hymn of adoration of you.

—*St. Faustina Kowalska*



St. Faustina Kowalska (1905-1938) was a Polish nun and mystic. She received visions of Jesus and documented them in her diary. Promoting devotion to the Divine Mercy, her legacy continues to inspire countless Catholics worldwide.

## COME, HOLY SPIRIT

MONDAY, WEEK 2 (JOHN 14:26)

O Holy Spirit, come to us, help us, enter into our hearts. Teach us what we should do, the path to follow. Guide our decisions so that all we do may be in harmony with you.

—*St. Isidore of Seville*

## STAY WITH ME

TUESDAY, WEEK 2 (LUKE 24:29)

Stay with me, Jesus, for I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need you, my Jesus, in life with all its dangers.

—*St. Padre Pio*

## DAY BY DAY

WEDNESDAY, WEEK 2 (2 CORINTHIANS 4:16)

Jesus, most merciful redeemer, friend and brother. May I know thee more clearly, love thee more dearly, follow thee more nearly, day by day. —*St. Richard of Chichester*

## HEAL US

THURSDAY, WEEK 2 (HOSEA 6:1)

Lord Jesus, in your mercy heal us, in your love and tenderness remake us, in your compassion bring grace and forgiveness. May your love prepare us for the beauty of heaven.

—*St. Anselm of Canterbury*

St. Anselm of Canterbury (1033-1109) was an Italian Benedictine monk and theologian. His works, including the *Proslogion*, profoundly influenced medieval scholasticism. As Archbishop of Canterbury, he defended Church autonomy and faith's rationality.



## TEACH ME TO PRAY

FRIDAY, WEEK 2 (LUKE 11:1)

Lord, teach me how to pray. O Lord, in my meditation, let a fire flame out. Open my lips, O Lord, and my mouth will declare your praise. —*St. John Berchmans*

## BE MERCIFUL

SATURDAY, WEEK 2 (PSALM 57:1)

O Lord, be not mindful of my many sins, but forgive me all my misdeeds, for your mercy to me is without limit. You have been my help and my protection.

—*St. Ephrem of Syria*

## ACCEPT FORGIVENESS

THIRD SUNDAY OF LENT (COLOSSIANS 3:13)

Give us grace, Lord, to receive forgiveness from others when we have wronged them. Take away our pride and resentment and give us the humility and courage to accept fully and freely the forgiveness that they offer to us.

—*St. Thomas More*

## GUIDE ME

MONDAY, WEEK 3 (PSALM 31:3)

Lord, grant that I may always allow myself to be guided by you, follow your plans and perfectly accomplish your holy will. Grant that in all things, great and small, today and all the days of my life, I may do whatever you require of me.

—*St. Teresa of Avila*



St. Teresa of Ávila (1515-1582) was a Spanish mystic, writer, and reformer. As a Carmelite nun, she authored spiritual classics like *The Interior Castle* and *The Way of Perfection*, shaping Catholic spirituality and advocating for inner contemplation.

## FORGIVE MY SINS

TUESDAY, WEEK 3 (PSALM 25:18)

O Jesus, overlook in your goodness and love all my offenses whether committed with knowledge or in ignorance, and make me worthy to receive your divine, glorious, spotless and life-giving mysteries.

—*St. John of Damascus*



## TREASURING YOUR WORD

WEDNESDAY, WEEK 3 (PSALM 119:11)

Lord, as I read your words, let me hear you speaking. As I reflect on each page, let me see your image. As I seek to put your precepts into practice, let my heart be filled with joy.

—*St. Gregory Nazianzen*

## A GRATEFUL HEART

THURSDAY, WEEK 3 (PSALM 86:12)

O Holy Spirit, divine consoler, I adore you as my true God and I give you my heart and offer my ardent thanksgiving for all the graces that you never cease to bestow on me.

—*St. Alphonsus Liguori*

St. Alphonsus Liguori (1696-1787) was an Italian Catholic bishop, theologian, and founder of the Redemptorists. Renowned for his moral theology and devotion to Mary, he worked tirelessly to spread Christian spirituality and inspire others to lead virtuous lives.



## PRAISE THE LORD

FRIDAY, WEEK 3 (PSALM 30:4)

Praised be you my Lord through those who grant pardon for love of you and bear sickness and trial. Blessed are those who endure in peace, for by you most High, they will be crowned.

—*St. Francis of Assisi*

## ASK FROM THE HEART

SATURDAY, WEEK 3 (LUKE 11:9)

O desire of my soul, grant me the favor I earnestly ask. Hearken to the cry of my heart. You know, O Lord, what I

ask of you. My heart has so often told you.

—*St. John Eudes*

## HELP US

FOURTH SUNDAY OF LENT (2 CORINTHIANS 1:10)

O God, open our eyes to know you and place our hope in you, who lift up the humble and lay low the mighty. Help us and rescue all those who are in trouble.

—*Pope St. Clement I*

## CLEANSE ME

MONDAY, WEEK 4 (PSALM 51:2)

Merciful God, wash away my faults and stains with your precious blood, and give me the protection I need to amend my life and surrender myself wholly to you.

—*St. Peter Canisius*



St. Peter Canisius (1521-1597) was a Dutch Jesuit priest and theologian. He played a pivotal role in the Catholic Counter-Reformation, promoting Catholicism in Germany and writing extensively on theology, earning the title "Second Apostle of Germany."

## OUR WAY TO THE FATHER

TUESDAY, WEEK 4 (JOHN 14:6)

O sweet Christ, Christ-love, you are the way and the door through which we must enter in order to reach the Father. What more could you give me than to give me yourself?

—*St. Catherine of Siena*

## REJECT EVIL

WEDNESDAY, WEEK 4 (JAMES 4:7)

My God, I love you above all things and I hate and detest the sins by which I have offended you, because they are displeasing in your sight, who are supremely good and worthy to be loved.

—*St. Francis Xavier*

## BE WITH US

THURSDAY, WEEK 4 (PSALM 27:9)

Lord Jesus, leave us not, forsake us not. We thirst for you, fountain of living water. To your hands we commend our spirits, now and forever.

—*St. Elizabeth Ann Seton*

St. Elizabeth Ann Seton (1774-1821) was the first American-born saint. A widow and mother, she founded the Sisters of Charity, dedicated to education and charity. Her life exemplified devotion, service, and pioneering Catholic education in the United States.



## TRYING TO LOVE

FRIDAY, WEEK 4 (JOHN 15:9)

I love you, O my God, and my only desire is to love you. And 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.

—*St. John Vianney, the Curé of Ars*

## CLEANSE ME

SATURDAY, WEEK 4 (JAMES 4:8)

O God, purify me from evil ways and put an end to my evil passions. Unite me more closely to you and lead me safely

through death to everlasting happiness with you.

—*St. Thomas Aquinas*

## UNLIMITED MERCY

FIFTH SUNDAY OF LENT (1PETER 1:3)

O Lord, be not mindful of my many sins, but forgive me all my misdeeds, for your mercy to me is without limit. You have been my help and my protection.

—*St. Ephrem of Syria*

## HELP ME

MONDAY, WEEK 5 (PSALM 71:12)

Jesus, I feel within me a great desire to please you but, at the same time, I feel totally incapable of doing this without your special light and help, which I can expect only from you.

—*St. Claude de la Colombière*

## I TRUST IN YOU

TUESDAY, WEEK 5 (PSALM 31:14)

O 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. May I never forget or be separated from you.

—*St. Margaret Mary Alacoque*



St. Margaret Mary Alacoque (1647-1690) was a French nun and mystic. Jesus revealed His Sacred Heart to her, fostering devotion to His heart's boundless love. Her life of prayer and devotion inspired the modern Sacred Heart devotion in the Catholic Church.

## GIVE ME A NEW HEART

WEDNESDAY, WEEK 5 (EZEKIEL 36:26)

O God, who have mercy on all, take away my heart of stone, and give me a heart to love and adore you, a heart to delight in you, to follow and enjoy you, for Christ's sake. —*St. Ambrose*

St. Ambrose (c. 340-397 AD) was a renowned Christian theologian and Bishop of Milan. His eloquent writings, profound influence on early Church doctrine, and role in converting St. Augustine have made him a significant figure in Christian history.



## FEAR NOT

THURSDAY, WEEK 5 (ISAIAH 41:10)

O Christ Jesus, help us to have perfect trust in your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to you, we shall see your hand, your purpose, your will through all things.

—*St. Ignatius of Loyola*

## I AM YOURS

FRIDAY, WEEK 5 (PSALM 119:94)

Lord, I am yours, and I must belong to no one but you. My soul is yours, and must live only by you. My will is yours, and must love only for you. I must love you more than myself, since I am all yours and all in you. —*St. Francis de Sales*

## SPEAK TO ME

SATURDAY, WEEK 5 (PSALM 143:10)

Speak to me, O my God, let me know your will, for behold I am ready to fulfill your every command. The difficult, the

irksome, I will patiently endure for love of you.

—*St. John Neumann*

## BEING LIKE JESUS

PASSION/PALM SUNDAY (MATTHEW 10:24-25)

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, because I shall see him as he is.

—*St. Ignatius of Antioch*

## THE HIDDEN JESUS

MONDAY HOLY WEEK (GALATIANS 2:20)

You have heard me, only Friend whom I love. You shed your blood—what a supreme mystery! If I cannot see the brilliance of your face or hear your sweet voice, I can live by your grace and rest on your sacred heart!

—*St. Thérèse of Lisieux*

## LEARNING FROM JESUS

TUESDAY HOLY WEEK (PHILIPPIANS 3:10)

Jesus Christ, may your death be my life and in your dying may I learn how to live. May your struggles be my rest, and may I find all my blessings in your trials.

—*St. Peter Faber*



St. Peter Faber (1506-1546) was one of the founding members of the Society of Jesus (The Jesuits). A gifted preacher and theologian, he played a key role in the early expansion of the Jesuit order and contributed to Catholic Reformation efforts.

## DELIVER US FROM EVIL

WEDNESDAY HOLY WEEK (MATTHEW 6:13)

Protect O Lord, those who cry to you for help. Uphold us in our weakness, and cleanse us from our earthliness. In your mercy, deliver us from all evil. —*St. Leo the Great*

## I WILL BE WITH YOU

HOLY THURSDAY (I CORINTHIANS 11:26)

Jesus, who in the eucharist make your dwelling among us and become our traveling companion, sustain our Christian communities so that they may be ever more open to listening and accepting your word. —*Pope St. John Paul II*

## CHANGED BY HIS DEATH

GOOD FRIDAY (I PETER 2:24)

O most gentle Jesus by your most bitter death give us a lively faith, a firm hope and a perfect charity, that with our whole hearts we may love you with all our soul and strength.

—*St. Clare of Assisi*

St. Clare of Assisi (1194-1253) was a follower of St. Francis and the founder of the Poor Clares, an order devoted to a life of poverty and prayer. Her unwavering faith and commitment to simplicity continue to inspire.



## LIVE WITH ME

HOLY SATURDAY (EPHESIANS 3:16-17)

Here is my heart, O God, here it is with all its secrets. Look into my thoughts and take away all my wrong feelings. Let my eyes be ever on you and release my feet from the snare. Live with me, reign in me, make my heart a holy temple, a fit dwelling for your divine majesty. —*St. Augustine of Hippo*

## CHRIST IS RISEN!

EASTER SUNDAY (LUKE 24:5)

O death, where is your sting? O Hades, where is your victory? Christ is risen and you are abolished. Christ is risen and the demons are cast down. Christ is risen and the angels rejoice. Christ is risen and the tomb is emptied of the dead. To him be glory and power for ever and ever.

—*St. John Chrysostom*



St. John Chrysostom (c. 347-407 AD) was an influential early Church Father and Archbishop of Constantinople. Known for his eloquent preaching and moral teachings, he defended the faith and advocated for social justice. His writings, including homilies and theological works, remain significant in Christian theology and spirituality.