

HOLY LENT HOLY LIVES

A JOURNEY IN PRAYER WITH THE SAINTS

INTRODUCTION

Lent is a sacred season of renewal, repentance, and preparation—a time for turning our hearts more fully toward God. As we journey through these forty days, the Church invites us to prayer, fasting, and almsgiving, echoing Christ’s own path through the desert. But we do not walk this road alone. Across the centuries, the saints have walked this way before us—marked by ashes, sustained by grace, and transformed by the love of Christ.

This collection of daily prayers draws from the words and writings of the saints—from early martyrs and mystics to modern apostles of mercy. Each day features a brief prayer, a fitting verse of Scripture, and a title to guide reflection. Together, these voices offer spiritual companionship, wisdom, and encouragement as we move from Ash Wednesday to Easter Sunday.

May these words strengthen your faith, stir your heart, and help you walk more closely with Jesus, who leads us from death into life, from sorrow into joy. Let the prayers of the saints lift your soul this Lent—and draw you ever nearer to the heart of God.

A HEART OF CONTRITION

ASH WEDNESDAY (PSALM 51:10).

Lord Jesus, let me know myself and know you, and desire nothing but you alone. Let me hate myself and love you. Grant that I may do everything for the sake of you. Grant that I may humble myself and exalt you. —*St. Augustine*

SURRENDER TO LOVE

THURSDAY AFTER ASH WEDNESDAY (ROMANS 8:28)

I do not desire sensible devotion, a love filled with consolation; I ask you to love me as much in desolation as in consolation. I ask that you accept my will and help me to love you with all my strength. —*St. Thérèse of Lisieux*

A PRAYER TO EMBRACE THE CROSS

FRIDAY AFTER ASH WEDNESDAY (MATTHEW 16:24)

We adore you, O Christ, and we bless you because by your holy Cross you have redeemed the world. O Jesus, may I always feel the sorrow of your Passion, and let me meditate daily upon your sacrifice of love. —*St. Francis of Assisi*

St. Francis of Assisi (1181/82–1226) renounced wealth to follow Christ in radical poverty, humility, and joy. He founded the Franciscan Order, emphasizing simplicity, service to the poor, and reverence for all creation. Known for his love of animals and the stigmata, he inspired a spiritual renewal that continues to shape the Church today.



A SOUL THIRSTING FOR GOD

SATURDAY AFTER ASH WEDNESDAY (PSALM 42:1)

O my God, I want to see you, I want to experience you. I ask only that you guide my steps in this desert and lead me to you, for my soul thirsts for you, O Lord, and my heart longs for your peace. —*St. Teresa of Avila*

TRUST IN GOD'S MERCY

FIRST SUNDAY OF LENT (PSALM 13:5)

Jesus, I trust in you. Though my sins are as numerous as the grains of sand on the seashore, I throw myself upon your mercy and grace. Grant me the strength to live according to your holy will and to trust in your unfailing love.

—*St. Faustina Kowalska*

FASTING FROM SIN

MONDAY, WEEK 1 (JOEL 2:12)

Lord, take away the sins that separate me from you. Cleanse my heart of pride and selfishness, and grant that this time of fasting may bring true renewal—a season when I learn to deny myself out of love for you. —*St. Catherine of Siena*



St. Catherine of Siena (1347–1380) was a Dominican mystic, peacemaker, and Doctor of the Church. Though she never formally studied, she dictated profound theological works, including *The Dialogue*. She advised popes, helped restore Church unity, and devoted her life to prayer, service to the poor, and calling the world to deeper holiness and conversion.

A PRAYER FOR OTHERS

TUESDAY, WEEK I (MATTHEW 22:39)

O my God, help me to always desire to give to others what I would ask for myself. Let me love my neighbor as you love me, and let me see you in everyone I meet.

—*St. John of the Cross*

FASTING FROM SIN

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FOR GUIDANCE IN PRAYER

WEDNESDAY, WEEK I (PSALM 25:4-5)

O my God, teach me to seek you in all things and to listen with a quiet heart. Grant me the gift of discernment, that I may always know and do your holy will.

—*St. Ignatius of Loyola*

St. Ignatius of Loyola (1491–1556) was a Spanish nobleman and soldier who, after a profound conversion, founded the Society of Jesus (Jesuits). A master of spiritual discernment, he authored *Spiritual Exercises*, guiding souls in prayer and decision-making. His emphasis on education, missionary work, and finding God in all things reshaped spirituality worldwide.



SEEING CHRIST IN THE POOR

THURSDAY, WEEK 1 (MATTHEW 25:40)

O Lord, let me never see another person without seeing Your face. Let me love and serve the poor with the same love I would give to You, and grant me the grace to give all I have for the sake of Your love. —*St. Vincent de Paul*

PRAYER FOR CHARITY

FRIDAY, WEEK 1 (HEBREWS 13:16)

Dearest Lord, may I see you today and every day in the person of your sick, and whilst nursing them minister unto you. O beloved sick, how doubly dear you are to me when you personify Christ; and what a privilege it is to be allowed to tend to you. —*St. Mother Teresa of Calcutta*

A HEART SET APART FOR GOD

SATURDAY, WEEK 1 (PSALM 51:10)

Blessed be you, O my God, for giving me another day to serve you. Let me spend this Lent growing in purity and holiness, that I may become the vessel of your peace and grace you created me to be. —*St. Clare of Assisi*



St. Clare of Assisi (1194–1253) was a noblewoman who renounced wealth to follow St. Francis in a life of radical poverty and prayer. She founded the Poor Clares, a contemplative order of simplicity and devotion. Known for her courage, deep Eucharistic faith, and love of Christ, she became a powerful spiritual leader and mystic.

CONFIDENCE IN GOD'S PROVIDENCE

SECOND SUNDAY OF LENT (PROVERBS 3:5-6)

Grant me, O Lord, confidence in your goodness, that I may always submit to your will. In life's trials and uncertainties, let me find peace knowing you are in control and working for my good. —*St. Alphonsus Liguori*

LET ME LOVE AS YOU LOVE

MONDAY, WEEK 2 (MATTHEW 22:37)

O Divine Love, fill my heart with your presence. Let me love you above all things and love others as you love me. Cleanse my soul from all that is not of you, that I may serve you with a heart free of sin. —*St. John Paul II*

A PRAYER OF SURRENDER

TUESDAY, WEEK 2 (HEBREWS 10:7)

Take, O Lord, and receive all my liberty, my memory, my understanding, and my entire will. All that I have and possess, you have given to me; to you, O Lord, I return it. All is yours, dispose of it according to your will. Give me your love and your grace. —*St. Ignatius of Loyola*

CLEANSE AND POSSESS MY HEART

WEDNESDAY, WEEK 2 (EZEKIEL 36:26)

O my God, fill my soul with holy joy, courage, and strength to serve you. Enkindle your love in me and then walk with me along the next stretch of road before me. I do not see very far ahead, but when I have arrived where the horizon now closes down, new prospects will open before me. I will have peace. —*St. Teresa Benedicta of the Cross (Edith Stein)*

A HEART OPEN TO OTHERS

THURSDAY, WEEK 2 (GALATIANS 6:2)

Help me, O Lord, to see you in everyone I meet. Let me serve you in the poor, the sick, and the suffering. Teach me to give generously, without counting the cost, for you have given all to me. —*St. Elizabeth Ann Seton*

THE WAY OF THE CROSS

FRIDAY, WEEK 2 (ISAIAH 53:4)

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You. Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often. —*St. Padre Pio*

CONVERSION AND RENEWAL

SATURDAY, WEEK 2 (EZEKIEL 36:26)

O Jesus, change my heart, and make it like your own. Remove from me everything that is not of you and fill me with your love, that I may be a true disciple of your mercy and compassion. —*St. John Henry Newman*

LONGING FOR GOD ALONE

THIRD SUNDAY OF LENT (PSALM 63:8)

O Lord, I am not worthy that You should enter into my soul; yet You have willed to dwell in me. I am empty without You—fill me with Your presence. Let my soul be a living temple, entirely Yours, where only You are loved and adored?

—*St. Elizabeth of the Trinity*

COMPASSION FOR THE SUFFERING

MONDAY, WEEK 3 (PSALM 34:18)

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

—*St. Teresa of Avila*

HEALING THROUGH GRACE

TUESDAY, WEEK 3 (JEREMIAH 17:14)

O most merciful Redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. —*St. Richard of Chichester*

SILENCE AND SOLITUDE

WEDNESDAY, WEEK 3 (PSALM 46:10)

Let us be silent, that we may hear the whispers of God. In the stillness of the soul, He speaks most clearly. Lord, draw me into the quiet where Your love purifies my heart and Your presence brings peace. —*St. John of the Cross*

St. John of the Cross (1542–1591) was a Spanish Carmelite priest, mystic, and Doctor of the Church. A reformer of the Carmelite order with St. Teresa of Avila, he endured persecution for his efforts. His profound spiritual writings, including *The Dark Night of the Soul*, explore union with God through suffering, silence, and contemplation.



SEEKING ETERNAL RICHES

THURSDAY, WEEK 3 (MATTHEW 6:19-20)

O God, grant me to know what I should know, to love what I should love, to praise what most pleases you, to value what is precious in your sight, to hate what is offensive to you.

—*St. Thomas Aquinas*

FOLLOWING THE WAY OF THE CROSS

FRIDAY, WEEK 3 (1 CORINTHIANS 1:23)

O Lord, by the cross you have redeemed the world. May I always glory in the cross of Christ. Let me follow in your footsteps, Lord, through the suffering of the cross to the joy of the resurrection. —*St. Alphonsus Liguori*

CONVERSION AND RENEWAL

SATURDAY, WEEK 3 (2 CORINTHIANS 5:17)

O Jesus, change my heart, and make it like your own. Remove from me everything that is not of you and fill me with your love, that I may be a true disciple of your mercy and compassion. —*St. John Henry Newman*

REJOICING IN GOD'S PRESENCE

FOURTH SUNDAY OF LENT (PSALM 126:3)

Rejoice in the Lord always, again I will say, rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. —*St. Paul (Philippians 4:4-6)*

LIGHT OF CHRIST

MONDAY, WEEK 4 (JOHN 1:5)

Light of the world, enlighten the eyes of my heart, that I may always walk in your ways. Lead me from the darkness of sin into the light of your truth, that I may always be faithful to your commandments. —*St. Thomas Aquinas*

GRATITUDE FOR GOD'S GIFTS

TUESDAY, WEEK 4 (1 THESSALONIANS 5:18)

Give thanks to the Lord for he is good, for his love endures forever. O Lord, grant me a heart of gratitude for all that you have done for me, and may I always remember your blessings —*St. Ignatius of Loyola*

TRUSTING IN GOD'S PLAN

WEDNESDAY, WEEK 4 (JEREMIAH 29:11)

O God, I do not know what will happen to me today. I only know that nothing will happen that was not foreseen by you, and directed to my greater good from all eternity. I adore your holy and unfathomable plans, and submit to them with all my heart. —*St. Josephine Bakhita*

St. Josephine Bakhita (c. 1869–1947) was born in Sudan and kidnapped into slavery as a child. After gaining her freedom in Italy, she became a Canossian Sister and lived a life of deep faith, humility, and forgiveness. Known for her radiant joy and holiness, she was canonized in 2000 as a model of Christian hope.



PURIFYING THE SOUL

THURSDAY, WEEK 4 (PSALM 51:2)

O Lord, cleanse my heart from all sin and make it a dwelling place for your Spirit. Let me walk in the purity of your commandments and be a reflection of Your holiness in the world. —*St. Philip Neri*

CARRYING THE CROSS

FRIDAY, WEEK 4 (LUKE 14:27)

O Jesus, help me to carry my cross with joy and patience, as you carried yours. Let me embrace my sufferings as opportunities to grow closer to you and to imitate your love for the world. —*St. Francis of Assisi*

RENEWAL OF SPIRIT

SATURDAY, WEEK 4 (PSALM 51:10)

O God, renew my spirit through your grace. Let me become a new creation in Christ, and help me to live a life of holiness and love, reflecting your goodness to all those around me.

—*St. John Paul II*

DYING TO SELF

FIFTH SUNDAY OF LENT (GALATIANS 2:20)

Lord Jesus, by your cross and resurrection, you have set me free. Help me to die to my selfish desires and live for you alone. May I carry my cross each day, trusting that you will lead me to the joy of new life. —*St. Paul of the Cross*

DELIVER ME, O LORD

MONDAY, WEEK 5 (PSALM 5:8)

O Lord, my God, deliver me from everything that draws me away from you. Take from me all evil desires, and let me cling only to you. In you alone I find peace and rest. Lead me in the way of salvation —*St. Gertrude the Great*

LIVING FOR HEAVEN

TUESDAY, WEEK 5 (COLOSSIANS 3:2)

O Lord, may my thoughts always be fixed on the joys of heaven. Let me not be swayed by the temptations of this world, but help me to live each day with eternity in mind, seeking always to do your will. —*St. Thomas Aquinas*

PATIENCE IN SUFFERING

WEDNESDAY, WEEK 5 (ROMANS 5:3)

O my God, give me the grace to bear patiently all the trials and sufferings of this life, and to accept them as coming from your loving hands. Let me always trust that you are working all things for my good. —*St. Teresa of the Andes*

St. Teresa of the Andes (1900–1920) was a Chilean Carmelite nun and the first canonized saint of Chile. Known for her radiant holiness and deep love for Christ, she entered Carmel at age 19 and died less than a year later. Her letters and writings reveal a mystic soul devoted to prayer, sacrifice, and joyful union with God.



THE LOVE OF THE CROSS

THURSDAY, WEEK 5 (JOHN 15:13)

O my crucified Jesus, let me never forget the love that led you to the cross. Let your wounds be my strength and my comfort, and may I never cease to praise you for the great price you paid for my salvation. —*St. Francis Xavier*

REDEEMED BY THE CROSS

FRIDAY, WEEK 5 (GALATIANS 3:13)

We adore you, O Christ, and we bless you, because by your holy Cross you have redeemed the world. Let me never forget the price you paid for my salvation, and may I live each day in gratitude for your great love. —*St. John Chrysostom*

REMAIN WITH ME, O LORD

SATURDAY, WEEK 5 (JOHN 15:4)

Remain with me, O Lord, for it is You alone I look for—your love, your grace, your will, your heart, your Spirit—because I love you and ask no other reward but to love you more.

—*St. Padre Pio*

WALKING WITH CHRIST

PASSION/PALM SUNDAY (MATTHEW 21:9)

O Lord Jesus Christ, as you entered Jerusalem, you embraced the cross for the sake of our salvation. Help me to follow you on the way of the cross, and let me never be afraid to carry my own cross with faith and love.

—*St. Bernard of Clairvaux*

THE GIFT OF SERVICE

MONDAY HOLY WEEK (MATTHEW 20:28)

Lord Jesus, you taught us that the greatest among us is the one who serves. Help me to follow your example of humble service, and let me seek to serve others with a heart full of love and generosity, just as you have served me.

—*St. Elizabeth of Hungary*

THE HUMILITY OF CHRIST

TUESDAY HOLY WEEK (PHILIPPIANS 2:5-6)

Lord, as I meditate on your passion, teach me to follow your example of humility. Let me empty myself of all pride, and help me to become more like you, meek and humble of heart, in all I do. —*St. Vincent Ferrer*

FAITHFULNESS TO CHRIST

WEDNESDAY HOLY WEEK (MATTHEW 26:41)

O Jesus, betrayed by one of your own, give me the grace to remain faithful to you, even in times of temptation and difficulty. Let me never abandon you, but always remain close to your heart. —*St. Peter the Apostle*

THE EUCHARIST, GIFT OF LOVE

HOLY THURSDAY (LUKE 22:19)

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. —*St. Thomas Aquinas*

BEHOLD THE LAMB OF GOD

GOOD FRIDAY (ISAIAH 53:4)

O Lamb of God, who takes away the sins of the world, have mercy on me. Help me to meditate on your Passion with a heart full of gratitude, and let me never forget the great price you paid for my salvation. —*St. John Chrysostom*

HOPE IN THE RESURRECTION

HOLY SATURDAY (ROMANS 6:4)

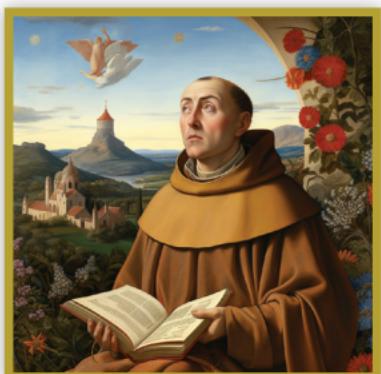
O Lord, as we wait in silence for the joy of Your resurrection, help me to trust in Your promises. Let me hope in all things, knowing that You have conquered sin and death and will bring us to eternal life. —*St. Augustine*

CHRIST IS RISEN, OUR JOY

EASTER SUNDAY (MATTHEW 28:6)

O Jesus, You are the joy of angels, the joy of the just, the hope of sinners. On this day of Your resurrection, lift up my heart with Yours. Grant that I may always seek the things that are above, where You live and reign in glory.

—*St. Bernard of Clairvaux*



St. Bernard of Clairvaux (1090–1153) was a Cistercian abbot, mystic, and Church reformer who revitalized monastic life in medieval Europe. A powerful preacher and writer, he influenced popes and crusaders alike. His deep devotion to the Blessed Virgin Mary and Christ's Passion shaped theology and spirituality. He is a Doctor of the Church.