

Ash Wednesday

Meditation: “If God had not succored me, I should have fallen into a thousand sins, and now I should be in hell. So said the Psalmist, and so ought each of us to say. This is what St. Francis of Assisi meant, when he said that he was the worst sinner in the world. ‘But, my Father,’ said his companion, ‘what you say is not true; there are many in the world who are certainly worst than you are.’ ‘Yes, what I say is but too true,’ answered St. Francis; ‘because if God did not keep His hand over me, I should commit every possible sin.’”

– *The Great Means of Salvation & of Perfection*

Practice: Say while offering any sacrifice: “Have mercy on me, O God, have mercy on me: for my soul trusteth in Thee.” (taken from the Gradual for the Mass of Ash Wednesday)

Thursday after Ash Wednesday

Meditation: “If a man says he has no fear, it is a sign that he trusts in himself, and in his good resolutions; but such a man, with his mischievous confidence, deceives himself, because, through trust in his own strength, he neglects to fear; and through not fearing he neglects to recommend himself to God, and then he will certainly fall.”

– *The Great Means of Salvation & of Perfection*

Practice: When tempted against patience or any other virtue, to pray in the words of St. Philip Neri, “Keep watch over me, lest I

betray Thee like Judas did.” Should I fall because of my neglect to pray during temptation, to pray: “O God, Who by sin art offended and by penance appeased, mercifully regard the prayers of Thy suppliant people, and turn away the scourges of Thy wrath, which we deserve for our sins.”

Friday after Ash Wednesday *The Crown of Thorns*

Meditation: *And plating a crown of thorns, they put it upon His head. (Matt. xxvii. 29).* “...this torture of the crown of thorns was one most full of pain; inasmuch as they everywhere pierced into the Sacred Head of the Lord, the most sensitive part, it being from the head that all the nerves and sensations of the body diverge; while it was also that torture of His Passion which lasted the longest, as Jesus suffered from the thorns up to His death, remaining, as they did, fixed in His Head. Every time that the thorns on His Head were touched, the anguish was renewed... He was crowned with thorns, that we may be crowned with the crown that is to be given to the elect in heaven.”

– *The Passion & the Death of Jesus Christ*

Prayer: “O my sweetest Saviour, I hope to be Thy crown in paradise, obtaining my salvation through the merits of Thy sufferings; there will I forever praise Thy love and Thy mercies: ‘The mercies of the Lord will I forever sing; yea, I will sing them forever.’”

– *St. Alphonsus*

Saturday after Ash Wednesday

Meditation: “It is not without reason that the holy Church, in the words of Ecclesiasticus, calls Mary the Mother of holy Hope. She is the Mother who gives birth to holy hope in our hearts; not to the hope of vain and transitory good of this life, but of the immense and eternal goods of heaven.

“‘Hail, then, O hope of my soul!’ exclaims St. Ephrem, addressing this divine Mother; ‘hail, O certain salvation of Christians; hail, O helper of sinners; hail, fortress of the faithful and salvation of the world!’”

– *The Glories of Mary*

Practice: One decade of the Rosary asking for confidence in Our Lady’s intercession.

First Sunday of Lent

Meditation: Invocation of the Blessed Virgin in Time of Temptation

Haste, my Mother, run to help me;
Mother, haste, do not delay;
See from hell the envious serpent
Comes my troubling soul to slay.

Ah! his very look affrights me,
And his cruel rage I fear;
Whither fly, if he attacks me?
See him, see him coming near!
Lo! I faint away with terror,
For if yet thou dost delay,
He will dart at me his venom;

Then, alas! I am his prey.

Cries and tears have naught availed me,
Spite of all, I see him there;
Saints I can till I am weary,
Still he stands with threat'ning air.

Now his mighty jaws are open,
And his forked tongue I see;
Ah! he coils to spring upon me.—
Mother! hasten, make him flee.

Mary! yes, the name of Mary
Strikes with dread my cruel foe,
Straight he flees, as from the sunbeam
Swiftly melts the winter's snow.

Now he's gone, but do thou ever
Stay beside me, Mother dear;
Then the hellish fiend to tempt me
Nevermore will venture near. — *St. Alphonsus*



FAST & ABSTINENCE

RULES OF FAST: The laws of fast apply to persons between the ages of 21 and 59. On a fast day one may eat one full meal and two light meatless meals, which together would not equal the main meal. Meat may be taken at the principal meal, except on days of complete abstinence. Liquids such as water, milk, and fruit juices may be taken between meals.

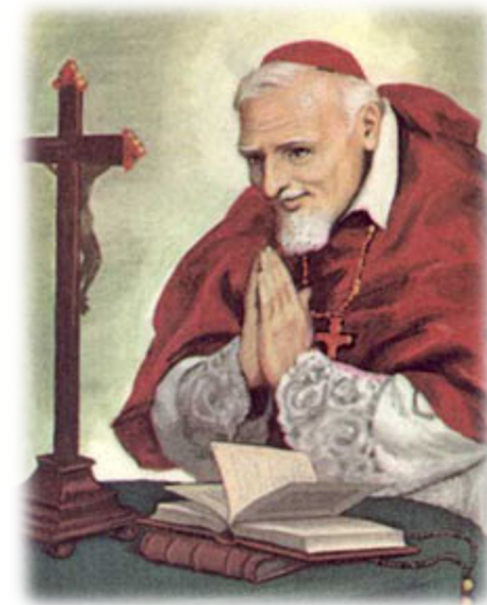
RULES OF ABSTINENCE: The laws of abstinence apply to everyone seven years of age and over. On a day of complete abstinence no meat, meat gravy or soup made from meat may be taken. On a day of partial abstinence meat may be taken once.

TRADITIONAL DAYS OF FAST: All the weekdays of Lent (Monday through Saturday) up until noon on Holy Saturday; Ember Days; the Vigils of Pentecost, the Immaculate Conception, and Christmas.

TRADITIONAL DAYS OF COMPLETE ABSTINENCE: Every Friday of the year; Ash Wednesday; Holy Saturday (until noon); the Vigils of the Immaculate Conception and Christmas.

TRADITIONAL DAYS OF PARTIAL ABSTINENCE: Ember Wednesdays and Saturdays, and the Vigil of Pentecost.

Lent with St. Alphonsus Liguori



Daily Thoughts and Prayers Lent 2025

DAILY PRAYER OF ST. ALPHONSUS:

My God, I adore, I love Thee with my whole heart, and I thank Thee for all Thy benefits, especially for having preserved me this night past. I offer Thee all my actions and sufferings of this day, in union with the actions and sufferings of Jesus and Mary; and I make the intention of gaining all the indulgences in my power during the present day. I purpose, O Lord, to avoid offending Thee this day; but be Thou pleased to support me constantly in Thy hands, that I may not betray Thee. O Mary most holy, shelter me under thy mantle! My angel guardian and all my holy patrons, assist me!

St. Gertrude the Great Church
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