

Monday in Lent I

Forty Martyrs of Sebaste

Reflection: "...But what above all filled the martyrs with courage and ardor and made them wish to die was their great love for their divine Master, whom St. Augustine calls the King of Martyrs, who wished to die on the Cross in pain and in desolation for the love of us, as St. Paul says: 'He loveth us, and hath delivered Himself for us.' Actuated by this love, they went with joy to suffer and to die for Jesus Christ; so that, not content to endure the pains that were inflicted upon them, they besought, they provoked the executioners and the tyrants, to obtain from them an increase of torture, in order that they might show themselves more grateful to God who died for love of them." – Victories of the Martyrs

Practice: Offer up every suffering of this day in honor of the King of Martyrs; look upon the crucifix and say: "Hail, O Cross, our only hope." (Indulgence of 500 days.)

Tuesday in Lent I

Reflection: "It is quite certain that the prayers of others are of great use to sinners, and are very pleasing to God; and God complains of His servants who do not recommend sinners to Him..." "How is it possible for a person who loves God, and knows what love He has for our souls, and what Jesus Christ has done and suffered for their salvation, and how our Saviour desires us to pray for sinners—how is it possible, I say, that he should be able to look with indifference on the numbers of poor souls who are living without God, and are slaves of hell, without being moved to importune

God with frequent prayers to give light and strength to these wretched beings..."

– The Great Means of Salvation & of Perfection

Practice: Pray more fervently today for the conversion of sinners. "Divine Heart of Jesus, convert sinners, save the dying, deliver the holy souls in Purgatory." (Indulgence of 300 days.)



Wednesday in Lent I

Reflection: St. Teresa said that in this world it is impossible for all subjects to speak to the king. As for the poor, the most they can hope for is to speak with him by means of some third person. But to speak with Thee, O King of Heaven, there is no need of third persons; for every one that wishes can find Thee in the Most Holy Sacrament, and can speak to Thee at his pleasure and without restraint. For this reason, said the same saint, Jesus Christ has concealed His majesty in the Sacrament, under the appearance of bread, in order to give us more confidence, and to take away from us all fear of approaching Him. Oh, how Jesus seems

continually to exclaim from the altar: "Come to Me, all you that labor and are burdened, and I will refresh you."

Practice: To make a Visit to the Blessed Sacrament, if possible. To make a Spiritual Communion.

Thursday in Lent I

Reflection on the Agony in the Garden: "...at the commencement of His prayer, He is assailed with a great fear, an oppressive tediousness, and an overwhelming sadness... Hence our Redeemer, overwhelmed with sadness, said that His blessed soul was sorrowful even unto death. Then was presented before Him the melancholy scene of all the torments and ignominies which were prepared for Him. In His Passion these afflicted Him one by one; but in the garden, the buffets, the spittle, the scourges, the thorns, the nails, and the reproaches which He was to suffer, came all together to torment Him. He there embraced them all, but in embracing them, He trembled, He agonized, and prayed..."

– The Passion & the Death of Jesus Christ

Practice: Pray the First Sorrowful Mystery of the Rosary in reparation for the sins which caused Our Lord such sorrow in the Garden of Olives.

Friday in Lent I

The Lance and Nails

Reflection: "Thus let us animate ourselves to endure the tribulations of the present life, by the sight of the pains of Jesus on the cross. Behold, says the Lord from this cross—behold the multitude of the pains and the wrongs which I suffer for thee upon this tree. My Body hangs by three nails, and

rests alone upon My very wounds. The people who surround Me blaspheme Me and afflict Me, and My spirit within Me is more afflicted than My Body. I suffer all for love of thee; behold the affection I bear thee, and love Me; and be not wearied at suffering anything for Me, who, for thee, have lived a life so afflicted, and now am dying so bitter a death.”

– The Passion & the Death of Jesus Christ

Prayer: “Mary, my mother, help me to be faithful to thy Son, who has so much loved me.” – St. Alphonsus

Saturday in Lent I

Reflection: “It was revealed to St. Gertrude that when these words are addressed with devotion to the most Blessed Virgin, ‘Turn, then, O most gracious advocate, thine eyes of mercy towards us,’ Mary cannot do otherwise than yield to the demand of whoever thus invokes her.” – The Glories of Mary

Practice: Say the Hail, Holy Queen to obtain mercy for clergy and religious.

Second Sunday of Lent

Reflection: “Oh! how much more beautiful the city of paradise! How splendid the appearance of these citizens, who are all clothed in royal robes; for as St. Augustine says, they are all kings. How delightful must it be to behold Mary, who will appear more beautiful than all paradise! But what must it be to see the Lamb of God, the Heavenly Spouse, Jesus! St. Teresa had one transient glimpse of one of the hands of Jesus Christ, and was struck senseless by its beauty. The smell will be regaled with odors,

but with the odors of paradise. The ear will be delighted with celestial harmony. St. Francis once heard from an angel a single stroke on a violin, and almost died through joy. What then must it be to hear the whole choir of saints and angels chanting the glories of God! They shall praise Thee forever and ever. What must it be to hear Mary praising God! St. Francis de Sales says that, as the singing of the nightingale surpasses that of all other birds, so the voice of Mary is far superior to that of all the other saints. In a word, in heaven are found all the delights which can be desired.”

– Preparation for Death

Practice: When, therefore, the crosses of this life afflict us, let us animate ourselves with the hope of heaven to bear them patiently.

– Preparation for Death



Relics of St. Alphonsus Liguori

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!