

Monday in Lent IV

Reflection: Isaias also called Jesus Christ the man of sorrows. It is to Jesus crucified that the words of Jeremias are especially applicable: *Thy grief is as great as the sea.* As all the waters of the rivers meet in the ocean, so in Jesus Christ are united all the pains of the sick, the penitential sufferings of anchorites, and all the pangs and contempts endured by martyrs. He was laden with sorrows both of soul and body. *Thou hast brought all Thy waves over me.* – *The Passion & the Death of Jesus Christ*

Prayer: O my sweet Savior, how dearly has my salvation, and Thy desire of gaining the love of me, a miserable worm, cost Thee! And I have so often ungratefully refused Thee my love, and have turned my back upon Thee.
– *The Passion & the Death of Jesus Christ*

Tuesday in Lent IV

Reflection: To form a conception of what Jesus Christ suffered in His life, and still more in His death, we must consider what the Apostle says in his letter to the Romans: *God sending His own Son, in the likeness of sinful flesh, and by sin condemned sin in the flesh.* Jesus Christ being sent by the Father to redeem man, clothed Himself with that flesh which was infected with sin; and though He had not contracted the pollution of sin, nevertheless He took upon Him the miseries contracted by human nature, as the punishment of sin; and He offered Himself to the Eternal Father, to satisfy the divine justice for all the sins of men by His sufferings; He was offered because He Himself willed it; and the Eternal Father, as Isaias writes, *laid upon Him the iniquity of all.*

– *The Passion & the Death of Jesus Christ*

Prayer: My Jesus, do not permit me to be among the number of the unhappy damned. No; I will

never cease to think of the love which Thou hast shown me in bearing so many torments and ignominies for me. Help me to love Thee, and always to remember the love that Thou hast borne me.

– *The Passion & the Death of Jesus Christ*

Wednesday in Lent IV

Reflection: *My soul is sorrowful even unto death.* And since this anguish was enough to cause death, why did He not die? St. Thomas answers that He did not die because He Himself prevented His own death, being ready to preserve His life, in order to give it in a while upon the tree of the cross. This sorrow also, which most deeply afflicted Jesus Christ in the garden, afflicted Him also throughout His whole life; since, from the first moment when He began to live, He had ever before His eyes the causes of His inward grief; among which the most afflicting was the sight of the ingratitude of men towards the love which He showed them in His Passion. – *The Passion & the Death of Jesus Christ*

Prayer: Yes, my Lord, for Thy sake, I embrace all crosses which Thou wilt send me. Thou, an innocent, hast suffered for my sake, and shall I, a sinner, after having so often deserved hell, refuse to suffer in order to please Thee, and to obtain from Thee the pardon of my sins, and Thy grace? *Not as I will, but as thou wilt: let not my will, but Thine, be always done.* – *The Passion & the Death of Jesus Christ*

Thursday in Lent IV

Reflection: The revelation stated that the stripes [of the scourging] not only struck Him, but ploughed into His most holy flesh. He was so torn open that, as the same revelation declares, His ribs appeared laid bare. With this agrees what was written by St. Jerome: “The stripes cut the most holy Body of God;” and also what St. Peter Damian

wrote, that the executioners exhausted themselves with fatigue in scourging our Lord. All this was already foretold by Isaias in the words, *He was bruised for our iniquities;* the word bruised signifying the same as being broken to pieces, or as being pounded in a mortar.

– *The Passion & the Death of Jesus Christ*

Prayer: Blessed forever be Thy mercy, O my Jesus, who didst voluntarily submit to torments in order to deliver me from eternal torments. Oh! miserable and unhappy the soul that loves not Thee, O God of love! – *The Passion & the Death of Jesus Christ*

Friday in Lent IV The Most Precious Blood

Reflection: St. Isidore says that other men, when their pains are great and last long, through the very severity of the pain, lose all power of feeling it. But in Jesus Christ it was not so; His last sufferings were as bitter as His first, and the first stripes in His scourging were as torturing as the last; for the Passion of our Redeemer was not the work of man, but of the justice of God, who thought fit to chastise His Son with all the severity which the sins of all mankind deserved.

– *The Passion & the Death of Jesus Christ*

Prayer: Were they then my sins, my beloved Jesus, which in that hour so greatly afflicted Thee? If, then, I had sinned less, Thou wouldst have suffered less. The more pleasure I have taken in offending Thee, so much the more horror I then caused Thee. How is it that I do not die of grief in thinking that I have repaid Thy love by increasing Thy pain and sorrow? Have I, then, afflicted that Heart which has so much loved me? With creatures I have been grateful enough; with Thee only have I been ungrateful. My Jesus, pardon me; I repent with all my heart.

– *The Passion & the Death of Jesus Christ*

Saturday in Lent IV

Reflection: It is useful here to note the beautiful expressions applied to the cross by St. John Chrysostom:

He calls it *the hope of the despairing*; for what hope of salvation would sinners have were it not for the cross on which Jesus Christ died to save them?

The guide of the voyager; for the humiliation of the cross (that is, of tribulation) is the cause which, in this life that is like a sea of dangers, gives us grace to keep the divine law, and to amend ourselves after our transgressions; as the prophet says, *It is good for me that Thou hast humbled me, that I might learn Thy justifications.*

— *The Passion & the Death of Jesus Christ*

Prayer: Jesus Christ goes up to Calvary, and invites us to follow Him.

Yes, my Lord, Thou who art innocent goest before me with Thy cross. Walk on, for I will not leave Thee. Give me that cross which Thou willest, that I may embrace it, and with it I am willing to follow Thee even unto death. I wish to die together with Thee, who hast died for me. Thou commandest me to love Thee and I desire nothing else than to love Thee. My Jesus, Thou art, and shalt ever be, my only Love. Assist me to be faithful to Thee. Mary, my hope, pray to Jesus for me.

— *The Passion & the Death of Jesus Christ*

Passion Sunday

Reflection: St. Paul says that when the Gentiles heard it preached that Jesus was crucified for the love of men, they thought it such nonsense that they could not believe it. *But we preach Christ crucified, unto the Jews, indeed, a stumbling block, and unto the Gentiles foolishness.* And how is it possible, they say, to believe that an omnipotent God, who wants nothing in order to be perfectly happy as He

is, would choose to become man and die on a cross to save men? This would be the same, said they, as to believe that a God had become mad for love of men: *But unto the Gentiles foolishness.* And thus they refused to believe it. But faith teaches us that Jesus has really undertaken and accomplished this great work of redemption which the Gentiles esteemed and called folly. “We have seen,” says St. Laurence Justinian, “Eternal Wisdom, the only-begotten of God, become as it were a fool through the excessive love He bears man.” Yes, adds Cardinal Hugo, for it seemed nothing but a folly that a God should choose to die for men: “It seemed a folly that God should die for the salvation of men.”

The Blessed Giacomone, who in this world had been a man of letters, and afterwards became a Franciscan, seemed to have become mad through the love that he bore to Jesus Christ. One day Jesus appeared to him and said, Giacomone, why do you commit these follies? “Why,” he answered, “because Thou hast taught them to Me. If I am mad,” said he, “Thou hast been more mad than I, in that Thou hast died for me. I am a fool, for Thou hast been a greater fool.”

— *The Passion & the Death of Jesus Christ*

Prayer: Ah, my Jesus, to what has Thy affection towards me reduced Thee? And who, more than I, has enjoyed the fruits of Thy death? Make me, I beseech Thee, understand what love that must have been that a God should die for me, to the end that from this day forth I may love none other than Thee. I love Thee, O greatest Good; O true lover of my soul, into Thy hands I here commend it. I beseech Thee, by the merits of Thy death, make me to die to all earthly loves, in order that I may love Thee alone, who art alone worthy of all my love. Mary, my hope, pray to Jesus for me.

Hail, Jesus, our Love, and Mary, our hope!

— *The Passion & the Death of Jesus Christ*

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!