

## Monday in Lent I

*"I will feed My sheep and I will cause them to lie down, saith the Lord God. I will seek that which was lost, and that which was driven away I will bring again; and I will bind up that which was broken; and I will strengthen that which was weak; and that which was fat and strong I will preserve." (Today's Epistle)*

**Reading:** As St. Gertrude prayed for another person, the Lord Jesus appeared to her, showing her, under the figure of His natural Body the mystical Body of His Church. He appeared to have the right side of His Body magnificently clothed with a royal and Divine habit, but the left was uncovered, and seemed all over ulcers. The Saint was instructed by this, that...there are those who, while they willingly do service to virtuous persons for the love of God, reprehend the faults of the wicked and imperfect with such severity that they increase these wounds instead of healing them.... There are also some who despise those who appear less perfect, and condemn their actions in their own minds too rigorously; and these act as if they adorned the right side of My head with pearls and precious stones, and at the same time, struck the other side violently and without mercy when I desire to lay it down to rest.

**Thought:** When I am obliged to make a correction of a child, spouse, or friend, I will do so for the love of God and the betterment of that person's soul, rather than from impatience and my dislike for that person. The purpose of correction is not to indulge my pride or impatience, but to bring God's straying sheep back to the fold.

**Resolution:** Prayers for the conversion of sinners and the perseverance of the just.



## Tuesday in Lent I

### Devotion to the Angels

**Reading:** "While the Sisters chanted the Response *Vocavit angelus* ("The angel of the Lord called Abraham"), she knew that the choirs of Angels, whose assistance is so powerful, surround the elect to defend them."

**Thought:** God has given me an angel from heaven who will guard and protect me day and night. This angel is at my side to pray for me and to pray with me. He is at my side at this very moment and will not leave it until he has conducted my soul to its eternal resting place. Then, may it be that we will sing together the eternal praises of God.

**Prayer:** O most holy angel of God, appointed by Him to be my guardian, I give thee thanks for all the benefits which thou hast ever bestowed on me in body and in soul. I praise and glorify thee that thou dost condescend to assist me, all miserable and worthless as I am, with such patient fidelity, and to defend me against all the assaults of my enemies. Blessed be the hour in which thou wast assigned me for my guardian, my defender, and my patron. Blessed be all thy love to me, and all thy care for me, wherewith thou dost unwearingly further my salvation. In acknowledgment and return of all thy loving ministries to me from my youth up, I offer thee the infinitely precious and noble Heart of Jesus, full and overflowing with all blessedness: beseeching thee to forgive me for having so often striven against thy holy inspirations, and saddened thee, my nearest, dearest friend; and firmly purposing to obey thee henceforward, and most faithfully to serve my God. Amen.

— *Prayers of St. Gertrude &c.*

## Ember Wednesday

*Fast & Partial Abstinence*

*"Behold Thy mother and Thy brethren stand without, seeking Thee." (Today's Gospel)*

**Reading:** "When Jesus first began to favor Gertrude with special revelations, He once said to her: 'I give thee My own Mother as thy protectress. I confide thee to her care.' In an hour of trial, Gertrude, terrified, called upon Jesus to help her. He replied: 'I have given thee My own most merciful Mother for thine, and it is through her I will dispense My graces to thee. Have recourse to her in all thy necessities and thou wilt surely find strength and consolation.'" — *St. Gertrude the Great, Herald of Divine Love*

**Prayer:** I praise and greet thee, O Virgin surpassingly sweet, in that intimate union wherewith thou art united to God above all creatures. And in amends for all the negligences I have committed in thy service, I offer thee, O tender Mother, the most glorious and adorable Heart of Jesus Christ, with all that true and faithful filial love He showed thee in such perfection on earth, and will forever show thee in heaven. Amen. — *Prayers of St. Gertrude &c.*

## Thursday in Lent I

*"The bread that I will give is My flesh for the life of the world." (Communion verse)*

**Reading:** "...Our Savior revealed to St. Gertrude, in these touching words, the love of His Divine Heart in the Holy Eucharist: 'My delights are to be with the children of men. To satisfy My love I have instituted this Sacrament. I have obliged Myself to remain therein even to the end of the world, and I wish It to be frequently received. Should anyone deter a soul, not in the state of mortal sin, from Communion, he would impede the delight of My Heart. I have done My utmost to manifest the tenderness of My Heart in the Blessed Eucharist. When, impelled by the vehemence of My love, I enter a soul by Communion, I fill it with graces, and all

the inhabitants of heaven and earth, and all the souls in purgatory experience at the same moment some new effect of My bounty.”

**Resolution:** Assist at Mass one extra time this week and go to Holy Communion. Bring the whole family, if possible. This will cause great delight to Our Lord.

## Ember Friday

### *The Lance and Nails*

#### *Fast & Complete Abstinence*

*“We are the sick man of the Gospel, with our sins, our vices and evil desires.”*

**Reading:** “On another occasion, as the Saint grieved in her heart that she could not form as ardent desires for the glory of God as she wished to do, she was taught by God that He is perfectly satisfied with our desires when we are not able to do more.... When the heart forms a desire, or wishes to have a desire, God takes the same pleasure in abiding therein as men do in dwelling where flowers are budding forth in the spring-time.” – *The Spirit of St. Gertrude*

**Practice:** When I am not able to do that little extra something pleasing to God (e.g., attend the extra Mass due to work or the duties of my state in life), I will not be downcast or impatient. I will reflect that I can offer my good desires in union with the good works of the saints and will rest content in the trust that God will reward my good desires.

**Prayer:** O all ye Saints of God, I salute and venerate you all in the sweetest Heart of Jesus your Lord, and through it render thanks to God for all the good which has ever flowed forth from it for your salvation; beseeching you all in general, and each one of you in particular, to deign to offer unto God for me, a miserable sinner, all those virtues and perfections which render you most especially well-pleasing to God. Amen. – *Prayers of St. Gertrude &c.*

## Ember Saturday: *Fast & Partial Abstinence*

**Reading:** St. Gertrude entertained a deep compassion for the souls in purgatory. At Holy Communion she besought our loving Savior with tender, fervent petitions, to be merciful to these dear sufferers. Once, before Communion, as she reflected with heartfelt pity on the sufferings of the holy souls, it seemed to her that she descended with Our Lord into the depths of purgatory. There she heard Jesus say: “At Holy Communion I will permit thee to draw forth all to whom the fragrance of thy prayers penetrates.” After Holy Communion Our Lord often delivered more souls than she dared to ask for.

**Thought:** Ember Saturday is customarily a day on which priests are ordained. Today, remember deceased clerics, priests, bishops, and even popes in your prayers. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

## Second Sunday of Lent

*“Remember, O Lord, Thy bowels of compassion, and Thy mercies that are from the beginning of the world.” (Introit)*

**Reading:** Believing that she was to make satisfaction for all mankind, and impelled by the Holy Ghost, Gertrude “said the Pater Noster five times, in honor of the Five Wounds of Our Lord, in satisfaction for all the sins which men had committed by the five senses; and three times for the sins committed by the three powers of the soul...; and for all omissions or commissions: offering this prayer with the same intention, and for the same end, as Our Lord had formed it in His sweetest Heart....”

**Practice: Reparation!** Five Our Fathers in honor of the Five Wounds, in satisfaction for the sins of men committed by the five senses; three more Our Fathers for the sins committed by the three powers of the soul, and for all sins of omission and commission.

## Lent with St. Gertrude the Great



## Daily Thoughts and Prayers Lent 2026

*Daily short morning offering for Lent:*  
“Lord, I offer Thee my actions through Thy only Son, in the power of the Holy Ghost, for Thy eternal glory.” – *St. Gertrude*