

## Monday in Lent III

**Reflection: (On Despairing Sinners):** Our Lord continued always to pursue sinners with His grace, but above all when they were in their agony, His love made its greatest effort. “When I see those in their agony, who at some time have had some loving remembrance of Me, or who have done some meritorious action before the end, I show Myself so good, tender and kind to them that they repent with their whole heart of having offended Me, and through this repentance are saved. So I would, for this excessive goodness, that My elect should glorify Me, and that with other thanksgivings I should receive a special one for this.”

— *The Love of the Sacred Heart*

**Practice:** Recite the Act of Hope. Offer one decade of the Rosary for your own perseverance; and one decade for those sinners who are near despair.

## Tuesday in Lent III

**Reflection: (Zeal for Sinners):** True zeal makes no exception with regard to what kind of sinner it labors for. The Sacred Heart wills all to be saved and begs fervent prayer for all. Who does not feel sometimes tempted to call down punishment from heaven on persecutors, or at least to exclude them from our prayers? The Sacred Heart would not approve. — *The Love of the Sacred Heart*

**Practice:** Recite the Act of Charity and an Our Father. Pray for the person whom you find it most difficult to forgive.

## Wednesday in Lent III

**Reading:** Purgatory is the porch of heaven, but also an image of hell. They who dwell there taste beforehand the joys of the elect; they love, they are certain of salvation; but they have to bear something of the pain of the lost, for they cannot see God; some are burning in the flames, others are rejected by divine Justice.

If in heaven there are many mansions, so are there in purgatory. Gertrude was allowed to see several of these dwellings—those which are nearest to hell and those which are nearest to heaven. The pains by which these souls were purified were regulated by their debts and blemishes. But what Gertrude noticed in these souls was that, notwithstanding their desire to possess God, they were more anxious to make themselves worthy of possessing Him.

— *The Love of the Sacred Heart*

**Prayer:** Eternal Father, I offer You the most Precious Blood of Your Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the Universal Church, those in my own home, and within my family. Amen.

## Thursday in Lent III

**Reflection:** Once, as the Saint was exceedingly troubled about a matter of little consequence, and offered her trouble to God, for His eternal glory, at the moment of the Elevation, it seemed to her that Our Lord drew her soul by the Host as if by a ladder, until

He made it repose on His bosom, and then He spoke thus lovingly to her: “In this sacred couch you shall be exempt from every care; but whenever you leave it, your heart will be filled with a bitterness as an antidote against evil.” — *The Spirit of St. Gertrude*

**Practice:** St. Gertrude’s Prayer to the Sacred Heart: Sanctity of the Heart of Jesus, consecrate my heart. Providence of the Heart of Jesus, watch over my heart. Unchangeableness of the Heart of Jesus, strengthen my heart. Purity of the Heart of Jesus, purify my heart. Obedience of the Heart of Jesus, subjugate my heart. Amiability of the Heart of Jesus, make Thyself known to my heart. Divine attractions of the Heart of Jesus, captivate my heart. Riches of the Heart of Jesus, do ye suffice for my heart. Floods of grace and blessing that flow from the Heart of Jesus, inundate my heart.

O Heart of Jesus! be Thou my joy, my peace, my repose in this world and in the next. O Heart of Jesus! adored in heaven, invoked on earth, feared in hell, reign over all hearts, reign throughout all ages, reign forever in celestial glory. Amen.

## Friday in Lent III

### *The Five Holy Wounds*

**Reflection:** When St. Gertrude had recited the following prayer 5,466 times, in honor of all the Wounds of our Lord Jesus, He appeared to her in vision, having on each Wound a rose flashing with a golden splendor, and greeted her tenderly, saying: “Behold, I will appear to thee, in this refulgent

form at the hour of thy death, and I will cover all thy sins, and adorn thee with a glory, like that with which thou hast adorned My Wounds by thy salutations; and all who use this or any similar devotion shall receive the like favor.” In order to make up this number, and become a partaker of this promise of Christ, you may say the following prayer five times a day for three years, adding the oblation, which our Lord directed to St. Mechtilde to repeat after each division of five.

*Glory be to Thee, most gracious, sweetest, most benign, sovereign, transcending, effulgent, and ever peaceful Trinity, for the roseate Wounds of Jesus Christ, my chosen and only love.*

**Oblation:** *(To be said after each five repetitions.)*  
O Lord Jesus Christ, Son of the Living God, accept this prayer, with that surpassing love, with which Thou didst endure all the Wounds of Thy most Holy Body. Have mercy on me, and on all sinners, and on all the Faithful, living and departed. Grant them grace and mercy, remission of sins and everlasting life. Amen.

**\*N.B.** Say this prayer just for today as part of your Lenten resolution. You can try this devotion for the full three years if you wish, but do not feel obliged! – *Bishop McGuire*

### Saturday in Lent III

**Reflection:** One day, when Gertrude was weighed down by the thought of some great trial which, she knew, awaited her, Jesus appeared and gave her as a special protectress His own Blessed Mother. Nor was this privi-

lege granted only for this one occasion; but so that she might always find in this Mother of Mercy an assured refuge, and by her intervention obtain relief when she was more than usually tried.

After this, Gertrude often consulted our Lady in her difficulties.

**Practice:** Today and always, in every difficulty, recite confidently the Memorare: Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to Thy protection, implored Thy help or sought Thine intercession was left unaided. Inspired by this confidence, I fly unto Thee, O Virgin of virgins, my Mother. To Thee do I come, before Thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in Thy mercy hear and answer me. Amen.

### Fourth Sunday of Lent

**Reflection:** “...Whenever anyone performs a good action for God—even should it be only to say a *Pater noster* or *Ave Maria*, or any other prayer for the Church—that the Son of God receives it as if it were the fruit of His holy Humanity, and offers it to God His Father, blessing it and multiplying it by this benediction, so that it may be distributed for the good and advancement of the whole Church.

**Practice:** Say five Our Fathers in honor of Our Lord’s Five Wounds, kissing them in spirit, and praying for all sinners who are in the Church, to obtain the remission of their sins and negligences.

## 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*