

Monday in Lent IV

Reading: “It would be a mistake to suppose that Gertrude’s soul was always flooded with sensible consolations during her hours of prayer. We have abundant evidence to the contrary. One day as she was reciting her office without much attention, she saw beside her the devil, who, mocking her, took up the verse of the psalm she was saying, cut short each word in it, and then exclaimed, “Truly, your Creator made a good choice in selecting you to receive the gift of speech! You can talk fluently enough when you speak to others, but when you address yourself to Him, you are in such a hurry that even in a single psalm you have omitted so many letters, so many syllables and so many words!”” – Taken from *St. Gertrude the Great*

Practice: Before praying, pray! Peacefully place yourself in the presence of God and ask the Holy Ghost to assist you; beg your Guardian Angel to pray with you and to place your prayers at the throne of God. Should distractions come to you in the course of your prayer, calmly redirect your attention. It is simple!

Tuesday in Lent IV

Reading: “From being a grammarian, Gertrude became a theologian. She began to revolve in her mind, without ever being tired, all the pages of the holy books she could procure; she filled her heart with the most useful and sweetest sentences of Holy Scripture, and so always had words of edification

on her lips. In this way she satisfied all those who came to consult her, and confounded error by the testimony of Holy Scripture, which she quoted so aptly as to leave nothing to reply. Neither could she, in those days, be satisfied with the marvelous sweetness and delight which she found in contemplation and in the study of the Sacred Scriptures. This occupation was like honey in her mouth, a ravishing melody in her ears, and a spiritual jubilation in her heart.”

– *The Love of the Sacred Heart*

Practice: Ten minutes of spiritual reading. Apply what you read to your life.

Wednesday in Lent IV

Reading: Once, on the Feast of the Annunciation, St. Gertrude had a vision during which the Heavenly Mother revealed to her the glory of her spouse, St. Joseph, in order to awaken in the Saint a greater love for him and to encourage her to have confidence in his intercession. Of this vision St. Gertrude wrote:

“I saw Heaven opened and St. Joseph sitting upon a magnificent throne. I felt myself wonderfully affected when, each time his name was mentioned, all the Saints made a profound inclination toward him, showing by the serenity and sweetness of their looks that they rejoiced with him on account of his exalted dignity.” – *Favorite Prayers to St. Joseph*

Prayer: O St. Joseph, virgin father of Jesus and most pure spouse of the Blessed Virgin Mary, pray every day for us to the same Jesus, the Son of God, that being defended by

the power of His grace and striving dutifully in life, we may be crowned by Him at the hour of death. Amen.



Thursday in Lent IV

Reading: Gertrude’s love of God was eminently practical, leaving its impress on her daily life. One feast of St. Matthew, after offering the chalice during the Elevation in thanksgiving for all God’s favors to her, she reflected that her offering would be of little value if she did not prepare herself to endure all kinds of sufferings for Christ. So, ready to renounce her spiritual favors for God’s sake, she offered herself to endure all that might promote His glory. Often, after this, she would interrupt her private hours of prayer to go and help her Sisters in their various needs, or to give advice and consolation to those who sought her from outside.

Practice: Your love of God is measured by the love you have for your neighbor. Today, perform three acts of charity for those around you.

Friday in Lent IV

The Most Precious Blood

Reading: “Mental depression was a trial to which St. Gertrude was often subject, and up

and down her life there occur references to her weakness and low spirits, or to the consolation she sought in heavenly things. Sometimes the depression was merely the effect of physical weakness and then she would exclaim: 'What will become of me, Lord, and what dost Thou intend to do with me?' And Jesus would comfort her even as a mother comforts her little ones."

– Taken from *St. Gertrude the Great*

Practice: When depressed, saddened, or troubled in any way today, pray the first Sorrowful Mystery of the Rosary while meditating on the mental anguish of Our Lord in His Agony. He alone was able to say, "My soul is sorrowful unto death." Someone does understand.

Saturday in Lent IV

Reading: St. Gertrude's soul, so anxious to please our Lord, would have wished never to commit the smallest sin, or, at least, to be able to be cleansed at once from the stains inevitable to our human nature. "Teach me, my good Master," she said, "how I may be purified from the stains I may contract." Our Lord replied: "Do not let them remain in thee; as soon as thou dost perceive a fault say with a fervent heart, 'Have mercy on me, O God,' or this prayer: 'O Lord Jesus, my only salvation, grant me by Thy holy death the forgiveness of all my sins.'"

– *The Love of the Sacred Heart*

Practice: Memorize and recite one of the above prayers whenever you commit a fault today.

Passion Sunday

Reflection: During the Mass...as the words of the Gospel "*Thou hast a devil*" were read, she was grieved in her inmost soul for the contempt offered to Our Lord; and as she could not endure to hear these words, she exclaimed in the depth of her heart, in the sweetest and most loving manner: "Hail, vivifying Gem of Divine nobility! Hail, most loving Jesus! Unfading flower of human dignity! Thou art my Sovereign and only Good." And this benign Lord, to reward these testimonies of affection, inclined tenderly toward her, and whispered to her: "I am thy Creator, Redeemer and Lover. I left My beatitude to redeem thee by a bitter death." Then all the Saints, being rapt in admiration of the marvelous friendship which He manifested to her, praised God for it with the greatest joy.

Practice: Our Lord then said to her: "Whoever salutes Me, as you have done, in reparation for the blasphemies and outrages which are poured forth on Me throughout the world, when he is tempted at the hour of his death and accused by the demon, will be consoled by Me with the same words with which I have consoled you, and I will testify the same affection toward him; and if the Saints were thus amazed at the words I whispered into your ear, how astonished and amazed will be the enemies of his soul when they shall see him so marvelously consoled by My goodness!" – *The Life and Revelations of St. Gertrude the Great*



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*