LENTEN WEEKDAYS

Ash Wednesday

\[\text{Be merciful, O Lord, for we have sinned.}\]

Thursday after Ash Wednesday

\[\text{Blessed are they who hope in the Lord.}\]

Friday after Ash Wednesday

\[\text{A heart contrite and humbled, O God, you will not spurn.}\]

Saturday after Ash Wednesday

\[\text{Teach me your way, O Lord, that I may walk in your truth.}\]


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THE FIRST WEEK OF LENT

Monday

Your words, Lord, are Spirit and life.

Tuesday

From all their distress God rescues the just.

Wednesday

A contrite and humbled, O God, you will not spurn.

Thursday

Lord, on the day I called for help, you answered me.

Friday

If you, O Lord, mark iniquities, who can stand?

Saturday

Blessed are they who follow the law of the Lord!
THE SECOND WEEK OF LENT

Monday

Lord, do not deal with us according to our sins.

Tuesday

To the upright I will show the saving power of God.

Wednesday

Save me, O Lord, in your kindness.

Thursday

Blessed are they who hope in the Lord.

Friday

Remember the marvels the Lord has done.

Saturday

The Lord is kind and merciful.


THE THIRD WEEK OF LENT

Optional Mass During the Week

Monday

If to-day you hear his voice, hard-en not your hearts.

A-thirst is my soul for the liv-ing God. When shall I go and be-hold the face of God?

Tuesday

Re-mem-ber your mer-cies, O Lord.

Wednesday

Praise the Lord, Je-rus-a-lem.

Thursday

If to-day you hear his voice, hard-en not your hearts.

Friday

I am the Lord your God: hear my voice.

Saturday

It is mer-cy I de-sire, and not sac-ri-fice.


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THE FOURTH WEEK OF LENT

Optional Mass During the Week

Monday
The Lord is my light and my salvation.
I will praise you, Lord, for you have rescued me.
The Lord of hosts is with us; our stronghold is the God of Jacob.
The Lord is gracious and merciful.
Re-member us, O Lord, as you favor your people.

Friday
The Lord is close to the broken-hearted.

Saturday
O Lord, my God, in you I take refuge.


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THE FIFTH WEEK OF LENT

Optional Mass During the Week

Lord, when your glory appears, my joy will be full.

Even though I walk in the dark valley I fear no evil;
for you are at my side.

O Lord, hear my prayer, and let my cry come to you.

Glory and praise for ever!

The Lord remembers his covenant for ever.

Friday

In my distress I called upon the Lord, and he heard my voice.

The Lord will guard us, as a shepherd guides his flock.


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HOLY WEEK

Monday

\[ \text{The Lord is my light and my salvation} \]

Tuesday

\[ \text{I will sing of your salvation} \]

Wednesday

\[ \text{Lord, in your great love, answer me} \]


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SOLEMNITIES AND FEASTS OF LENT

February 22—The Chair of Saint Peter, Apostle

The Lord is my shep-herd; there is noth-ing I shall want.

March 19—Saint Joseph, Husband of the Blessed Virgin Mary

The Son of Da - vid will live for ev - er.

March 25—The Annunciation of the Lord

Here I am, Lord; I come to do your will.


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