

A Graced Heart -- Lent

Call to Prayer Leader: "The heart is the crucible of a person's true essence." Gail Godwin

ALL: Glory be to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now and ever shall be. Amen.

Hymn "Change Our Hearts" Rory Cooney

Refrain

Change our hearts this time, your word says it can be. Change our minds this time, your life could make us free. We are the people your call set a-part, Lord, this time change our hearts. hearts. This time change our hearts. This time change our minds. This time change our hearts, change our hearts.

1-3 to Verses Final

Verse 1

1. Brought by your hand to the edge of our dreams, one foot in 1. par-a-dise, one in the waste; drawn by your prom-is-es, 1. still we are lured by the shad-ows and the chains we leave be-hind. But

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"A Graced Heart in Lent" (Alternate lines, reading slowly.) Joyce Rupp

Return my heart when it is lost. Warm my heart when it is cold.

Embrace my heart when it is lonely. Strengthen my heart when it is weak.

Widen my heart when it is narrow. Rest my heart when it is weary.

Open my heart when it is closed. Caution my heart when it is careless.

Straighten my heart when it is crooked. Soften my heart when it is hard.

Enlighten my heart when it is searching. Repair my heart when it is broke

Call to my heart when it is straying. Relieve my heart when it is burdened.

Engage my heart when it is bored. Direct my heart when it is disoriented.

Grace & Heart

A Graced Heart -- Lent (con't)

Quiet my heart when it is wrestling. Console my heart when it is sorrowful.

Loosen my heart when it is controlling. Calm my heart when it is anxious.

Entice my heart when it is distracted. Ration my heart when it is greedy.

Focus my heart when it is blurred. Encourage my heart when it is dejected.

Feed my heart when it is empty. Raise my heart when it is downcast.

Urge my heart when it is hesitant. Expand my heart when it is withered.

Nurture my heart when it is depleted. Embolden my heart when it is fearful.

Tame my heart when it is uncontrolled. Soothe my heart when it is fretting.

Bless my heart when it is parched. Assure my heart when it is hesitant.

Heal my heart when it is ailing. Grace my heart when it is troubled.



Reflection and Sharing

Which of the above sentences touches my mind and heart currently?

How is God inviting me to “change my heart” this Lenten season?

Response Leader: Why would God’s salvation of the human race have to include something as horrifying as the Crucifixion of the Son of God?

ALL: The just rapport between God and human beings could not be re-established through our moral effort or with simply a word of forgiveness. Something had to be done and God alone could do it. adapted from Bishop Robert Barron, Daily Gospel Reflection, 4/2/23

Intercessions Leader: Let us pray to our God who showed us unconditional love in Jesus,

Response -- ALL: Help us love, O God.

+ that we may grow in appreciation of God’s incredible love for us this Lent, we pray ...

+ that we may nurture loving hearts as we accept our situations and those of others, we pray ...

+ that we may open our hearts to our suffering sisters and brothers, we pray ...

(Spontaneous prayers are welcome.)

Our Father



Prayer ALL: O God, let us love you with the strength of our arms and the sweat of our brows. Let us also love one another and bear with one another as you would wish. We are sent not only to love you, but to make you loved. It is not enough for us to love you if our neighbor does not love you. For you are love and want us to open our hearts in love, through Jesus and the Spirit. Amen.

(adapted from Coste 11:#25, p. 32; 7:#2768, p. 449; 12:#207, p. 215; 1:#49, p. 81)

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Prayer Texts

Matthew 15: 18 “... come from the heart ...”

1 John 3: 7-10 “God’s love was revealed in ... his only Son ...”