

DAILY LENTEN REFLECTIONS

40 Days 40 Ways
READ REFLECT PRAY DO

MARCH 14, 2025
FRIDAY OF THE FIRST
WEEK OF LENT

Out of the depths I cry to you, O LORD; LORD, hear my voice!
Let your ears be attentive to my voice in supplication.

Psalm 130:1-2



Daily Lenten Reflection

March 14: Friday of the First Week of Lent

READ

"Out of the depths I cry to you, O LORD; LORD, hear my voice! Let your ears be attentive to my voice in supplication" (Ps. 130:1-2).

REFLECT

The first reading from mass today emphasizes that when we turn from sin, God will bless us. Our responsibility to turn from sin is a serious one, exactly because our sin hurts God who loves us. There is no sin that God cannot forgive. God's mercy is the most powerful force in the universe.

PRAY

Your grace, Lord, will always sustain me. You will never abandon me or forsake me. Help me to reject the lies of the Enemy that I have accepted into my life.

DO

Visit a church to pray the Stations of the Cross. You can find the prayers for the Stations of the Cross online.