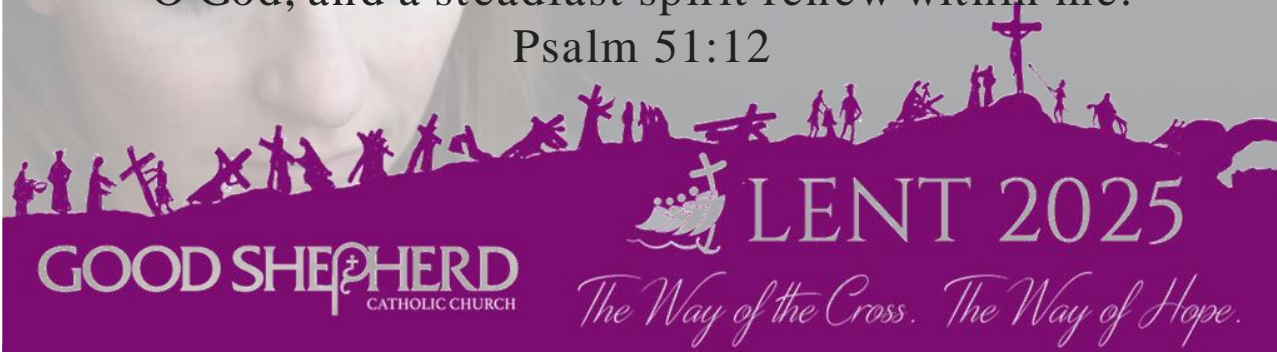


DAILY LENTEN REFLECTIONS

40 Days 40 Ways
READ REFLECT PRAY DO

MARCH 5, 2025
ASH WEDNESDAY

A clean heart create for me,
O God, and a steadfast spirit renew within me.
Psalm 51:12



Daily Lenten Reflection

March 5: Ash Wednesday

READ

"A clean heart create for me, O God, and a steadfast spirit renew within me" (Ps. 51:12).

REFLECT

Today, we recall that our life on earth will end one day. The final purpose of our life is to grow in our love for God to bring about the Kingdom of God on earth, to partake in the Church's mission to save souls in the ordinary work and responsibilities of our life, and to one day enter into eternal life with God in Heaven.

PRAY

Jesus, you are gracious and merciful, slow to anger and rich in kindness. Help me this Lent to more closely unite all the pains and all the joys of my life to your own sufferings and your own joys. Help me to offer my sorrow and joy with your sacrifice on the Cross to the Father. Amen.

DO

This Lent, it is good to resolve to practice a particular penance and to stick to it as best we can. Lent is a time where we focus on prayer, on fasting, and on good works. Today is an official fast day, which means that we can have one full meal and two small meals which together do not equal a full meal. Visit a food pantry as a good work, or make a visit to Jesus in the Blessed Sacrament. Smile when you do not feel like it.