

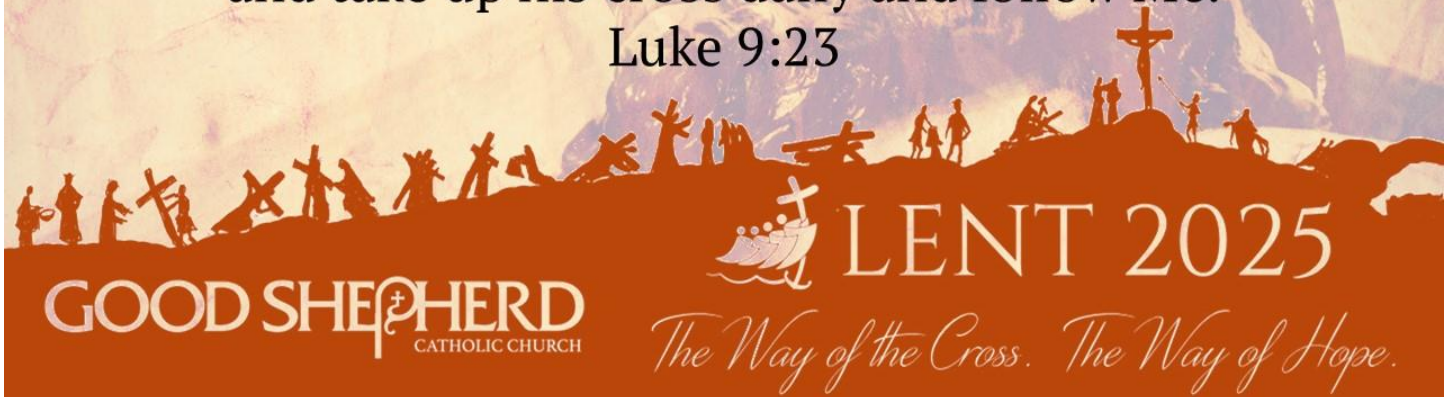
DAILY LENTEN REFLECTIONS

40 Days 40 Ways
READ REFLECT PRAY DO

MARCH 6, 2025
THURSDAY AFTER
ASH WEDNESDAY

If anyone wishes to come after Me, he must deny himself
and take up his cross daily and follow Me.

Luke 9:23



Daily Lenten Reflection

March 6: Thursday After Ash Wednesday

READ

"If anyone wishes to come after Me, he must deny himself and take up his cross daily and follow Me" (Luke 9:23).

REFLECT

The first step in following Christ is repentance. Each of us must repent of the ways in which we do not love God as we ought to. Even if we have not committed serious sins, Jesus is always inviting us to love him more. We must die to our own wishes and desires, if we are to love more perfectly. Love is self-sacrificial.

PRAY

Holy Spirit, I ask today for the grace of the spirit of repentance, so that I may grow in love of you. Amen.

DO

Pray a morning offering or pray the 'Hail Holy Queen' prayer before going to bed.