

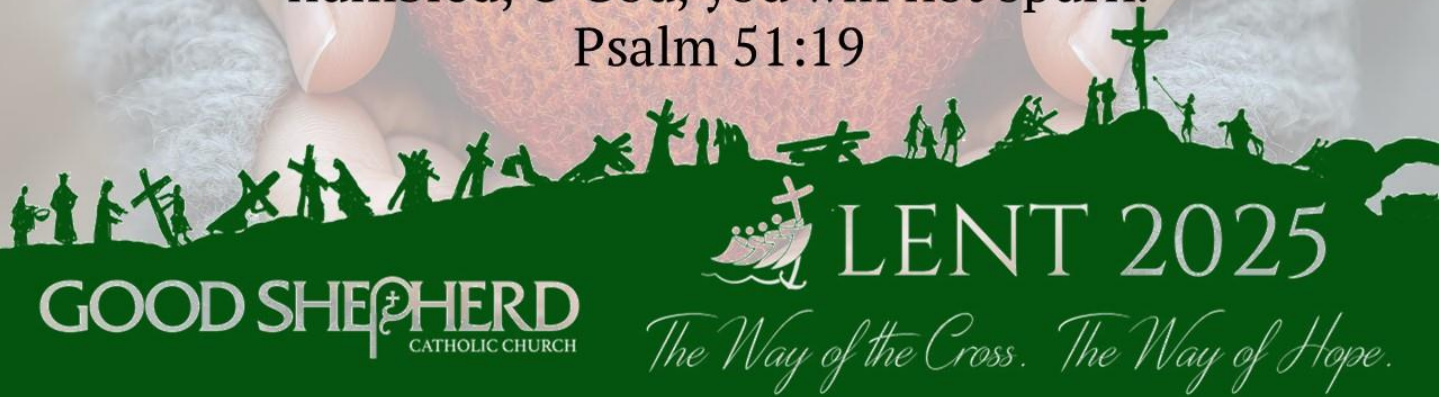
DAILY LENTEN REFLECTIONS

40 Days 40 Ways
READ REFLECT PRAY DO

MARCH 7, 2025
FRIDAY AFTER
ASH WEDNESDAY

My sacrifice, O God, is a contrite spirit; a heart contrite and humbled, O God, you will not spurn.

Psalm 51:19



Daily Lenten Reflection

March 7: Friday After Ash Wednesday

READ

“My sacrifice, O God, is a contrite spirit; a heart contrite and humbled, O God, you will not spurn” (Ps. 51:19).

REFLECT

Jesus suffered and died so that we could share in his eternal life. Jesus has gone before us into heaven, and we now await the fulfillment of the Kingdom of God when he returns. We are sustained in our waiting by Jesus' presence with us in the Eucharist.

PRAY

Most Sacred Heart of Jesus, I trust in you. Amen.

DO

As we abstain from meat today, let us also make the stations of the Cross, which you can find online. You can visit a Church or pray the Stations at home.