

## Meal Prayers Lent



### Monday of Holy Week

We have now begun our journey to Jerusalem with Jesus. We accompany him through his passion, death and eventual resurrection. Let us take a moment to be conscious of this journey which is also our journey.

Let us hear God's Word spoken to us through Psalm 24.

***“Six days before the solemn Passover Jesus set his face towards Jerusalem. He was met by children waving palms. They shouted: ‘Blessed are you who have come to us, so rich in love and mercy’ So open wide your gates and doors. Lift high the ancient portals. The King of glory comes’.”***

Let us pray,

Buddha said that you cannot travel until you have become the path.

Dag Hammarskjöld commented that the longest journey is the journey inward.

In his poem William Cowper says:

***“With all His suffering full in view,  
And woes to us unknown,  
Forth to the task His spirit flew,  
'Twas love that urged Him on.”***

Lord Jesus,

During this week with love we will make this journey with you,

a journey inward to the inner cave of our hearts

so that, having contemplated and lingered long

in your suffering, pain and death,

we may rise with you to new life on Easter Day.

Amen. Live Jesus in our hearts forever.

## **Tuesday of Holy Week**

Let us take a moment to reflect on the journey of Jesus  
and our own journey to the Cross through this week..  
Let us give remember and give thanks for our experiences today.

Let us listen to the Word of God:

***“Hail to you Jesus, our King, obedient to the Father;  
you went to your crucifixion like a gentle Lamb.  
Glory and praise to you, Lord Jesus Christ!”***

Let us pray,

God, Father and Mother of all Creation,  
We give thanks to you for your Son, Jesus Christ, born of Mary.  
We give thanks for your creation so rich and diverse;  
For our lives lived as Brothers in community.  
For the food and the meal which we share,  
For all we give you our eternal praise and gratitude. Amen.  
Live Jesus in our hearts. Forever!

## **Wednesday of Holy Week**

“We need to find God, and God cannot be found  
in noise and restlessness. God is the friend of silence.  
See how nature - trees, flowers, grass- grows in silence;  
See the stars, the moon and the sun, how they move in silence...  
We need silence to be able to touch people.”(Mother Teresa).  
In stillness let us hear God’s Word spoken to us today.

***“At the Name of Jesus every knee shall bend,  
in heaven, on earth and under the earth:  
Christ became obedient for us even to death, dying on the Cross.  
Therefore, to the glory of God the Father, Jesus is Lord.” Phil 2***

Faith as Paul saw it was a living, flaming thing leading  
to surrender and obedience to the commandments of  
Jesus Christ. (A.W. Tozer).

Let us pray,

Lord Jesus Christ,

We continue to contemplate your Paschal Mystery and our sharing in it.  
We enter this solemn Passion time, with silent, still hearts pondering anew

your great love and obedience to the will of your Abba-Father.  
Help us to be conscious of this as we share this meal in thanksgiving.  
Amen. Live Jesus in our hearts forever.



Jesus Washing Peter's Feet

**Holy Thursday**

This is Holy Thursday.

Before we begin our meal,

Let us recall the last meal Jesus had with his friends and his great action of washing their feet.

We now hear Jesus speaking to each one of us in these words.

***“Do you know what I have done?”***

***You have called me Lord and Teacher and you are right for this is what I am.***

***So, if I your Lord and Teacher have washed your feet, you ought to wash one another's feet.***

***For I have set for you an example that you also should do as I have done to you.” John 13***

Lord Jesus Christ,

As we are nourished by and thankful for this earthly food on our table,

We are also thankful for the nourishment we receive in your gift of the Eucharist.

May our lives be modeled on your example of service to the poor and marginalized in our world. May we do everything with a servant's heart. Amen



### **Good Friday**

Solemnly we gather in silence on this Good Friday.  
We ponder the broken and torn body of Jesus who died for his Vision.

His vision was and is simple.

Jesus tried to convince God's people that the Mystery of God;  
the Kingdom of God was among them already!

He taught them that the Spirit of God was alive in them.

“he said that if you live in love, you live in God.

This unconditional love of God for us was his message!

Let us pray,

Lord Jesus Christ,

You showed your love for us and for the world  
by your life and death on the Cross.

May we have the grace to respond with our minds and hearts  
With a love like yours that transforms us into people worthy of you.  
Teach us to live in love for God and for one another as you taught us.

Amen. Live Jesus in our hearts forever.



