

Lenten Prayer:

God of the living and of the resurrected, during this season of Lent, bring me closer to you. Prepare my heart and home for silence and solitude so that I may discover your grace throughout my entire being. Strengthen me with your Spirit to fast from those things that threaten my wellbeing, and help me to feast on all that is good so that I may be faithful to the ways of Christ Jesus, Amen.

Lenten Promise:

I promise to Fast From: _____

I promise to Feast On: _____

For Lent I will pray for: _____