

PRAYER TO BEGIN THE LENTEN SEASON

This prayer will help your community begin their Lenten journey with CRS Rice Bowl. You can incorporate it into Mass after the homily, or during prayer services or other gatherings. Make sure you have enough CRS Rice Bowls to pass out after the prayer—and recruit volunteers to hand one to each family.

Introduction

As we look ahead to our Lenten journey, may our fasting be a hunger for justice, our alms an offering of peace, and our prayers a reflection of humble and grateful hearts. We ask the Holy Spirit to accompany us as we spend these 40 days reflecting on our responsibility to share what we have with our global human family. How may our Lenten reflection inspire us to reach out to those most in need? How may our prayers, fasting and almsgiving support people worldwide, especially those who are hungry and lack proper nutrition? We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, one God forever and ever.

Amen

Reading

Let us listen to the Gospel of Matthew (25:31-40).

Weekly Prayer Intentions

Pray for those in need around the world and our own community. See page 5 or crsricebowl.org.

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God of mercy,

You call us to recognize you in our sisters and brothers and to care for those most in need—for whatever you do for the least of these, you do for me.

This Lent, ignite your love in us so that through our prayer, fasting and almsgiving we may support all who experience hunger in body, heart and spirit.

May these CRS Rice Bowls be instruments of encounter, bringing us closer to you—our God—and to our neighbors both near and far.

May our Lenten journey help us to see our role in caring for the most vulnerable—particularly those experiencing hunger, poverty and obstacles to thrive.

Through these 40 days, may we deepen our faith in you and our love for one another, as we await with joyful anticipation the great celebration of Easter.

Amen



Photo by Karen Kasmauski for CRS