

# 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 and Opening Prayer

Lent is a time for reflection and preparation during which we seek to turn away from sin and toward God. The Lenten pillars of prayer, fasting and almsgiving help us do this. In prayer, we grow closer to God and reach out to our family, friends and neighbors near and far. When we fast, we make more room for God in our lives and unite with Christ's suffering. And in giving, we share with others so that all might have what they need to live.

As we journey through these next 40 days with CRS Rice Bowl, we pray that we may encounter God through our global family. We ask the Holy Spirit to accompany us as we reflect on what it means to be sisters and brothers with those in our community and around the world. May our prayers and Lenten sacrifices help us draw closer to our Lord and neighbors and support those experiencing poverty. We ask this through our Lord Jesus Christ.

Amen

## Reading

A reading from the Gospel of Matthew 6:1-6 and 6:16-18.

## Weekly Prayer Intentions

Pray for those in need around the world and our own community. See the Weekly Prayer Intentions on [crsricebowl.org/parishes](https://crsricebowl.org/parishes).

## Prayer to Begin CRS Rice Bowl

Lord Jesus, you call us to a conversion of heart during Lent, and you give us the tools to do this through prayer, fasting and almsgiving. When we pray, help us remember the needs of our sisters and brothers. When we fast, help us offer our sacrifice in union with you. When we give, help us recognize our gifts are from you so that we are generous with others.

May our Lenten journey with CRS Rice Bowl enable us to follow you more faithfully and love our neighbor more fully. Guide us throughout these 40 days so that we may be joined more closely to you when we arrive at the joyful celebration of Easter.

Amen



Photo by Lauren Carroll/CRS