

A Lenten Commitment

It is with humility, O God, that I enter into this season. I want to know you more deeply and relate to you more closely. To aid me in reaching out for you, I choose to let go of _____ for forty days. I know that there is nothing magic in exercising this fast. But as I let go of this earthly pleasure, I pray that you will help me to cling anew to you. As I feel the discomfort of loss, may I find a fresh measure of your comfort. And as I struggle might I find a deeper appreciation of your struggle for _____ and a new empathy for the struggles of others.

Grant me a pure heart, O God, and renew a steadfast spirit within me.

Signature: _____ Date: _____

A Lenten Prayer (The Prayer of Saint Ephrem the Syrian)

O Lord and Master of my life, take from me the spirit of
sloth,
despair,
lust of power,
and idle talk.

But give rather the spirit of
chastity,
humility,
patience,
and love
to your servant.

Yes, O Lord and King, grant me to see my own transgressions,
and not to judge my brother, for blessed are you, unto ages of ages.
Amen.