

# Lenten Prayers from Restore the Roots

## ⚠ Indulgence Alert! ⚠

To gain an indulgence, you must be a baptized Catholic, have the intention of gaining the indulgence, be free of attachment to sin, make a good confession within 3 weeks of the specific day, pray for the intentions of the Holy Father with an Our Father and Hail Mary, and receive Communion on the day (or within a few days). If all these conditions are not met, the indulgence becomes partial, not full. You can gain the indulgence for yourself (not any other living person) or for the Holy Souls in purgatory. You may gain one full indulgence per day but as many partial indulgences as you'd like.

Description of Indulgences taken from the May Issue of Restore the Roots:

There is much confusion around indulgences. A simple explanation is when we sin, there is both guilt and temporal punishment (time in purgatory) that comes along with the sin, even though we confess. We are forgiven the guilt of sin but penance (reparation) still needs to be done. Let's try an analogy:

Little Johnny's parents told him not to play baseball in the front yard. Johnny does and breaks a window. He knows what he did was wrong so he admits and apologizes to his parents (confession). His parents say that he is forgiven however, the window must be repaired or replaced. He cannot play baseball for a week (penance) and he must pay for the window by doing chores. This is the indulgence part! Not playing baseball will not replace the window, but the chores will earn him money (or save his parents money or time) to replace the window. Indulgences help repair the damage to our relationship with God and purify our souls in the process. Not only do they reduce our time in purgatory, but they help form our spiritual and moral character. There are two types of indulgences; plenary (full) and partial. They either remove all or part of the temporal punishment in purgatory due to our sin. Indulgences can be obtained all year long for different feast days, holy days, prayers offered, visits to the Blessed Sacrament, etc.

## ⚠ Indulgence Alert! ⚠

A partial indulgence is granted to the faithful who on devoutly recite after Communion the prayer "En ego, O bone et dulcissime Iesu" or the Anima Christi (below) before a crucifix.

### The Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds hide me.  
Separated from Thee let me never be.  
From the malignant enemy, defend me.  
At the hour of death, call me.  
And close to Thee bid me.  
That with Thy saints I may be  
Praising Thee, forever and ever.  
Amen.

## ⚠ Indulgence Alert! ⚠

A plenary indulgence is granted to the faithful who on any of the Fridays of Lent devoutly recite after Communion the prayer "En ego, O bone et dulcissime Iesu" (below) before a crucifix.

### En ego, O bone et dulcissime Iesu

Behold, O kind and most sweet Jesus, I cast myself upon my knees in thy sight, and with the most fervent desire of my soul, I pray and beseech thee that thou wouldst impress upon my heart lively sentiments of faith, hope, and charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul I ponder within myself and mentally contemplate thy five wounds, having before my eyes the words which David the prophet put on thy lips concerning thee: "My hands and my feet they have pierced, they have numbered all my bones."

## **Indulgence Alert!**

A plenary indulgence is granted to the faithful who read the Sacred Scriptures as spiritual reading, from a text approved by competent authority and with the reverence due to the divine word, for at least a half an hour; if the time is less, the indulgence will be partial.

If for some good reason a person is unable to read the Sacred Scriptures, a plenary or partial indulgence is granted, as above, if the text of Sacred Scripture is listened to while another person is reading or if it is heard by means of a video or audio recording.

### **Four Gospel Accounts of Christ's Passion**

Matthew 26-27

Mark 14-15

Luke 22-23

John 12-19

## **Psalm 22**

For the leader; according to "The deer of the dawn." A psalm of David.

My God, my God, why have you abandoned me? Why so far from my call for help, from my cries of anguish? My God, I call by day, but you do not answer; by night, but I have no relief. Yet you are enthroned as the Holy One; you are the glory of Israel. In you our fathers trusted; they trusted and you rescued them. To you they cried out and they escaped; in you they trusted and were not disappointed. But I am a worm, not a man, scorned by men, despised by the people. All who see me mock me; they curl their lips and jeer; they shake their heads at me: "He relied on the LORD—let him deliver him; if he loves him, let him rescue him." For you drew me forth from the womb, made me safe at my mother's breasts. Upon you I was thrust from the womb; since my mother bore me you are my God. Do not stay far from me, for trouble is near, and there is no one to help.

Many bulls surround me; fierce bulls of Bashan encircle me. They open their mouths against me, lions that rend and roar. Like water my life drains away; all my bones are disjointed. My heart has become like wax, it melts away within me. As dry as a potsherd is my throat; my tongue cleaves to my palate; you lay me in the dust of death. Dogs surround me; a pack of evildoers closes in on me.

They have pierced my hands and my feet I can count all my bones. They stare at me and gloat; they divide my garments among them; for my clothing they cast lots. But you, LORD, do not stay far off; my strength, come quickly to help me. Deliver my soul from the sword, my life from the grip of the dog. Save me from the lion's mouth, my poor life from the horns of wild bulls.

Then I will proclaim your name to my brethren; in the assembly I will praise you: "You who fear the LORD, give praise! All descendants of Jacob, give honor; show reverence, all descendants of Israel! For he has not spurned or disdained the misery of this poor wretch, Did not turn away from me, but heard me when I cried out. I will offer praise in the great assembly; my vows I will fulfill before those who fear him. The poor will eat their fill; those who seek the LORD will offer praise. May your hearts enjoy life forever!"

All the ends of the earth will remember and turn to the LORD; All the families of nations will bow low before him. For kingship belongs to the LORD, the ruler over the nations. All who sleep in the earth will bow low before God; All who have gone down into the dust will kneel in homage. And I will live for the LORD; my descendants will serve you. The generation to come will be told of the Lord, that they may proclaim to a people yet unborn the deliverance you have brought.

## Daily Examen

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific, and conclude with the "Our Father."

## Indulgence Alert!

**A plenary indulgence is granted to the faithful who devoutly recite the Marian rosary in a church or oratory, or in a family, a religious community, or an association of the faithful, and in general when several of the faithful gather for some honest purpose; Regarding the plenary indulgence: the five decades must be recited without interruption and devout meditation on the mysteries is to be added to the vocal prayer.**

## The Rosary Sorrowful Mysteries

The First Sorrowful Mystery:  
The Agony in the Garden

The Second Sorrowful Mystery:  
The Scourging at the Pillar

The Third Sorrowful Mystery:  
The Crowning with Thorns

The Fourth Sorrowful Mystery:  
The Carrying of the Cross

The Fifth Sorrowful Mystery:  
The Crucifixion

## Indulgence Alert!

**A partial indulgence is granted to the faithful who, especially in preparation for sacramental confession, first examine their conscience with the purpose of amendment; and then devoutly recite an act of contrition, according to any legitimate formula (e.g., the Confiteor, the psalm De profundis, or the psalm Miserere, or any of the gradual or penitential psalms).**

### Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

### Confiteor

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned  
in my thoughts and in my words,  
in what I have done,  
and in what I have failed to do;  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

# The Litany of Humility

O Jesus! Meek and humble of heart, Hear me.

From the desire of being esteemed, Deliver me, Jesus.

From the desire of being loved, Deliver me, Jesus.

From the desire of being extolled, Deliver me, Jesus.

From the desire of being honored, Deliver me, Jesus.

From the desire of being praised, Deliver me, Jesus.

From the desire of being preferred to others, Deliver me, Jesus.

From the desire of being consulted, Deliver me, Jesus.

From the desire of being approved, Deliver me, Jesus.

From the fear of being humiliated, Deliver me, Jesus.

From the fear of being despised, Deliver me, Jesus.

From the fear of suffering rebukes, Deliver me, Jesus.

From the fear of being calumniated, Deliver me, Jesus.

From the fear of being forgotten, Deliver me, Jesus.

From the fear of being ridiculed, Deliver me, Jesus.

From the fear of being wronged, Deliver me, Jesus.

From the fear of being suspected, Deliver me, Jesus.

That others may be loved more than I, Jesus, grant me the grace to desire it.

That others may be esteemed more than I, Jesus, grant me the grace to desire it.

That, in the opinion of the world, others may increase and I may decrease, Jesus, grant me the grace to desire it.

That others may be chosen and I set aside, Jesus, grant me the grace to desire it.

That others may be praised and I unnoticed, Jesus, grant me the grace to desire it.

That others may be preferred to me in everything, Jesus, grant me the grace to desire it.

That others may become holier than I, provided that I may become as holy as I should, Jesus, grant me the grace to desire it.

Amen.

## The Seven Last Words of Jesus

1. "Father, forgive them, they know not what they do." – The First Word (Forgiveness)
2. "Amen, I say to you, today you will be with me in Paradise" – The Second Word (Salvation)
3. "Woman, behold, your son....Behold, your mother." – The Third Word (Relationship)
4. "I thirst." – The Fourth Word (Distress)
5. "My God, my God, why have you forsaken me?" – The Fifth Word (Abandonment)
6. "It is finished." – The Sixth Word (Triumph)
7. "Father, into your hands I commend my spirit." – The Seventh Word (Reunion)



# The Seven Sorrows Devotion

**1. The prophecy of Simeon:** "And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall and for the resurrection of many in Israel, and for a sign which shall be contradicted; And thy own soul a sword shall pierce, that out of many hearts thoughts may be revealed." – Luke II, 34-35.

**Meditation:** How great was the shock to Mary's Heart at hearing the sorrowful words, in which holy Simeon told the bitter Passion and death of her sweet Jesus, since in that same moment she realized in her mind all the insults, blows, and torments which the impious men were to offer to the Redeemer of the world. But a still sharper sword pierced her soul. It was the thought of men's ingratitude to her beloved Son. Now consider that because of your sins you are unhappily among the ungrateful.

*1 Our Father and 7 Hail Marys*

**2. The flight into Egypt:** "And after they (the wise men) were departed, behold an angel of the Lord appeared in sleep to Joseph, saying: Arise and take the child and His mother and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the child to destroy Him. Who arose and took the child and His mother by night, and retired into Egypt: and He was there until the death of Herod." – Matt. II, 13-14.

**Meditation:** Consider the sharp sorrow which Mary felt when, St. Joseph being warned by an angel, she had to flee by night in order to preserve her beloved Child from the slaughter decreed by Herod. What anguish was hers, in leaving Judea, lest she should be overtaken by the soldiers of the cruel king! How great her privations in that long journey! What sufferings she bore in that land of exile, what sorrow amid that people given to idolatry! But consider how often you have renewed that bitter grief of Mary, when your sins have caused her Son to flee from your heart.

*1 Our Father and 7 Hail Marys*

**3. The loss of the Child Jesus in the temple:** "And having fulfilled the days, when they returned, the Child Jesus remained in Jerusalem; and His parents knew it not. And thinking that he was in the company, they came a day's journey, and sought him among their kinsfolk and acquaintance. And not finding Him, they returned into Jerusalem, seeking Him." Luke II, 43-45.

**Meditation:** How dread was the grief of Mary, when she saw that she had lost her beloved Son! And as if to increase her sorrow, when she sought Him diligently among her kinsfolk and acquaintance, she could hear no tidings of Him. No hindrances stayed her, nor weariness, nor danger; but she forthwith returned to Jerusalem, and for three long days sought Him sorrowing. Great be your confusion, O my soul, who has so often lost your Jesus by your sins, and has given no heed to seek Him at once, a sign that you make very little or no account of the precious treasure of divine love.

*1 Our Father and 7 Hail Marys*

**4. The meeting of Jesus and Mary on the Way of the Cross:** "And there followed Him a great multitude of people, and of women, who bewailed and lamented Him." – Luke XXIII, 27.

**Meditation:** Come, O ye sinners, come and see if ye can endure so sad a sight. This Mother, so tender and loving, meets her beloved Son, meets Him amid an impious rabble, who drag Him to a cruel death, wounded, torn by stripes, crowned with thorns, streaming with blood, bearing His heavy cross. Ah, consider, my soul, the grief of the blessed Virgin thus beholding her Son! Who would not weep at seeing this Mother's grief? But who has been the cause of such woe? I, it is I, who with my sins have so cruelly wounded the heart of my sorrowing Mother! And yet I am not moved; I am as a stone, when my heart should break because of my ingratitude.

*1 Our Father and 7 Hail Marys*

**5. The Crucifixion:** "They crucified Him. Now there stood by the cross of Jesus, His Mother. When Jesus therefore had seen His Mother and the disciple standing whom he loved, He saith to His Mother: Woman: behold thy son. After that he saith to the disciple: Behold thy Mother." – John XIX, 18-25-27.

**Meditation:** Look, devout soul, look to Calvary, whereon are raised two altars of sacrifice, one on the body of Jesus, the other on the heart of Mary. Sad is the sight of that dear Mother drowned in a sea of woe, seeing her beloved Son, part of her very self, cruelly nailed to the shameful tree of the cross. Ah me! how every blow of the hammer, how every stripe which fell on the Saviour's form, fell also on the disconsolate spirit of the Virgin. As she stood at the foot of the cross, pierced by the sword of sorrow, she turned her eyes on Him, until she knew that He lived no longer and had resigned His spirit to His Eternal Father. Then her own soul was like to have left the body and joined itself to that of Jesus.

*1 Our Father and 7 Hail Marys*

**6. The taking down of the Body of Jesus from the Cross:** "Joseph of Arimathea, a noble counselor, came and went in boldly to Pilate, and begged the body of Jesus. And Joseph buying fine linen, and taking Him down, wrapped Him up in the fine linen." – Mark XV, 43-46.

**Meditation:** Consider the most bitter sorrow which rent the soul of Mary, when she saw the dead body of her dear Jesus on her knees, covered with blood, all torn with deep wounds. O mournful Mother, a bundle of myrrh, indeed, is thy Beloved to thee. Who would not pity thee? Whose heart would not be softened, seeing affliction which would move a stone? Behold John not to be comforted, Magdalen and the other Mary in deep affliction, and Nicodemus, who can scarcely bear his sorrow.  
*1 Our Father and 7 Hail Marys.*

**7. The burial of Jesus:** "Now there was in the place where He was crucified, a garden; and in the garden a new sepulcher, wherein no man yet had been laid. There, therefore, because of the pasceve of the Jews, they laid Jesus, because the sepulcher was nigh at hand." John XIX, 41-42.

**Meditation:** Consider the sighs which burst from Mary's sad heart when she saw her beloved Jesus laid within the tomb. What grief was hers when she saw the stone lifted to cover that sacred tomb! She gazed a last time on the lifeless body of her Son, and could scarce detach her eyes from those gaping wounds. And when the great stone was rolled to the door of the sepulcher, oh, then indeed her heart seemed torn from her body!  
*1 Our Father and 7 Hail Marys.*