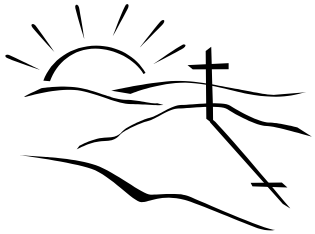
Lenten Grace

Lord, we give you thanks for all that we receive. May the food we have today nourish us and give us strength to fulfil our Lenten observances. Amen



Easter Grace

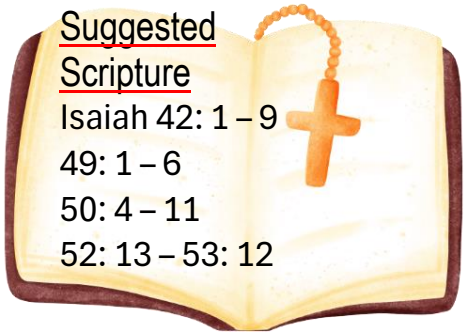
On this the day of Resurrection, we give you thanks for all that we have. Help us to be loving and generous to those in need. Amen

40 days of fasting, leading to 50 days of praising!
May our journey through Lent renew us so as we celebrate your Resurrection, we also celebrate our new life in you.
Help us to always live that new life by proclaiming your love and word to all and inviting others into a relationship with you.

Mary, Our Mother, you brought your precious baby into the world and returned him in love.
You watched him grow and followed him closely as he started, inspired by the Spirit, to teach his way of love and faith to the world. He needed to spread God's love to all. You watched as he was mocked and tortured and it broke your heart. My heart breaks for you too. He gave you to us as a mother. You want all children to be saved. Your heart must be breaking over and over again as you watch us being indifferent and openly opposed to his teaching.
Mary, please intercede for us and ask God to forgive us.
Help us to open our hearts to receive Jesus in love and faith.

Lent & Easter
Prayers and Reflections 2026
The Parish of St. Maximilian Kolbe

God
ALWAYS
begins again!



Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?
Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?
Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you,
the glory of the Lord shall be your rear guard.
Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.
Isaiah 58:6-10

Create a Prayer Space this Lent

Some ideas you might like to consider are –

- Plant a bulb or seeds and care for them each day as you pray so that they grow and flower in time for Easter.
- Use an icon/picture/statue that is special to you
- Light a candle (taking great care!)

Dear Father, You LENT us your son as an example for us to follow. Help us, dear Father, to follow in His footsteps, to learn to love our neighbours along the way and to bring peace to the world. Amen

Lord Jesus, we thank you for bringing God's words of truth, hope and freedom to all, especially the poor and downtrodden.
You were mocked, tortured and died for us. As your followers we don't always live as we should. Forgive us Jesus for sometimes becoming cold and straying away from your love and from one another.
This Lent is an opportunity to follow you more closely and to be grateful for all you have given us. Through our sacrifices and prayers may we, in justice, help whoever is in need in our own town and in the world.

The Quiet Path

The ashes mark our
foreheads, soft and grey,
The quiet start of a long
and holy way.
We enter the desert,
turning toward the soul,
Seeking the Mercy that
makes the broken whole.
In our Churches we gather,
in stillness and in prayer,
To find the silent Grace
that lingers in the air.
What do we bring to the
altar this Lent?
The fractured moments,
the time poorly spent.
The selfish hunger,
the comforting sin,
We lay them down,
to let the healing begin.
We walk as a family,
united in our search,
Within these holy walls, our
beloved parish church.
To encounter the Master in
the bread and the wine,
To let His light through our
own shadows shine.
For Lent is the season where
the heart finds its room,
To wait for the glory that will
break from the tomb.
We seek to love Jesus,
to know Him more deep,
To find the lost brothers,
the wandering sheep.
So as we fast and pray,
with hope we fill our hearts,
Knowing the cross is where
the true resurrection starts.
The desert is not endless;
the dawn is drawing near,
The love of the Father shall
cast out every fear.
From dust to life,
from darkness to the flame,
We walk this Lenten journey,
in Jesus' holy name.
Amen.

Lean into me Holy Spirit with your strength
Encourage me with your wisdom.
Nurture my soul with your love.
Trust in you is all I need for my Lenten journey.
Come Holy Spirit come.

Father, thank you so much for the forty days of Lenten love. Now, fifty days of excited anticipation... COME, HOLY SPIRIT, COME!

Our God humbled himself to become fully human in the person of Jesus, his only Son who suffered and was crucified as the perfect sacrifice for our sins overcoming death forever. During this season of Lent may we, by the power of the Holy Spirit, be attentive to prayer, generous in our support of those in need and seek to turn away from our selfish ways remembering the commandment to love God with all our hearts and our neighbour as ourselves. Amen

Jezu, naucz mnie być jak dobry łotr - uznać swoje słabości, zaufać Twojemu miłosierdziu i zwrócić się do Ciebie całym sercem. Pomóż mi naprawdę docenić to, co zrobiłeś dla mnie na krzyżu, i żyć tak, aby moja wdzięczność była widoczna w czynach.
Jesus, teach me to be like the good thief - to acknowledge my weaknesses, to trust in Your mercy, and to turn to You with all my heart. Help me truly appreciate what You did for me on the cross, and to live in such a way that my gratitude is visible in my actions.

Lord, inspire me through my Lenten journey to give myself time and space to fast from all that is hindering my spiritual time of reflection, prayer and reading scripture. Holy Spirit guide me in following Jesus' example by supporting our less fortunate brothers and sisters by my kindness and generosity leading me to celebrate the Glory of the Resurrection. Amen.