



*Act of Hope
O my God, relying on Your infinite goodness and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.*

Jesus, during the Lenten Season draw me closer to You with my almsgiving, prayer, and fasting. Help me to share Your suffering and offer You comfort.

Ponder Jesus, our King, having the crown of thorns placed on His precious head.

Jesus, help me to be more and more like you.

Talk to Jesus about your Lenten sacrifice and how are you doing with it.

*Have mercy on me, O God.
x 10*

Look at Jesus quietly for 2 minutes.

Tell Jesus all the things you are thankful for.

I adore You, O Christ, and I praise You because, by Your holy cross, You have redeemed the world.

We can all offend God by our actions, thoughts, and words. In your heart, ask Jesus to show you how you may have sinned against Him. Tell Him you are sorry.

*My Eucharistic King, Jesus, I love You.
x 10*

Jesus, You are Salvation. You give me life. You save me from my sin. You have so much love, mercy, and forgiveness for me. I love You!

Jesus, I see Your Body, Blood, Soul, and Divinity in what looks like bread, but is really and truly You.

As you say each prayer in the Lenten stained-glass panels, color that section in. Be sure to think about the words you are saying and look up at Jesus in the Eucharist often. Color the crown of thorns and nails while you use your own words to talk to Jesus.