A LENTEN PRAYER  
Based on the Sorrowful Mysteries of the Rosary

Opening song: (repeat 3-5 times)  
STAY WITH ME  

The Agony in the Garden (I surrender my fear and anxiety)  
Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” Then he returned to his disciples and found them sleeping. “Couldn’t you keep watch with me for one hour?” he asked Peter. “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” (Matthew 26:38-41)  
Meditate:  
Jesus, in the Garden of Gethsemane you faced unimaginable anxiety. Your closest friends could not provide the support and comfort that you needed, and you had to face these sufferings alone. But you were not alone… You surrendered your will to your God, and in return an angel was sent to comfort and support you. In your human nature you experienced fear but through that, taught us that fear can never determine our choice to fulfill the will of God for us.  

Reflect with Saint Mother Theodore  
“Sometimes I feel almost sinking under the weight, not only of present miseries, but still more, perhaps, under the apprehension of future misfortunes with which we are threatened.”  
ALL: “If you lean with all your weight upon Providence, you will find yourselves well supported.”  
“My heart is so oppressed I no longer have the strength to pour out my soul.”  
ALL: “If you lean with all your weight upon Providence, you will find yourselves well supported.”  
“Occupy yourself less about yourself and more about God.”  
ALL: “If you lean with all your weight upon Providence, you will find yourselves well supported.”  

Pray*  
Response: I surrender to your Will, O God.  
When I experience great loneliness deep inside and the pain of separation fills my spirit…  
When worries and concerns choke my peacefulness and leave me with anxiety and fear...
When I am with others in their physical pain, or when I vigil with one in the grips of terminal illness...
(Add any prayers from your own heart...)

**ALL:** Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me.

St. Ignatius Loyola

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**The Scourging at the pillar (I surrender my body)**

“Then Pilate said, ‘I find no guilt in this man. I will therefore chastise Him and release Him’.”

(Luke 23:4, 16)

“Upon him was the chastisement that makes us whole, by his stripes we are healed (Isaiah 53:5)

**Meditate:**

Jesus, Pilate found no guilt in you, but still succumbed to the will of the crowds. Your scourging was unfair but was the result of cowardice and fear. You surrendered your body to the cruelty of the whips, and took on the injustice that was brought about by our sins. Through your scourging, teach us to surrender ourselves also, that the injustice that we see may be overcome.

**Reflect with Saint Mother Theodore**

“Now from the very spot I say to you before God that there is nothing to fear and everything to hope.”

**ALL:** “After all, our only support, our only strength is God.”

“Have courage. Pray, pray much for yourself, for your mission...”

**ALL:** “After all, our only support, our only strength is God.”

“There is much life in a worn-out body when God sustains it.”

**ALL:** “After all, our only support, our only strength is God.”

**Pray**

**Response:** I surrender to your Will, O God.

On those days when life seems too demanding with all its cares, burdens and concerns...
When I experience the effects of aging or extended illness on my body or my mind...
When I feel the pain of our world and unite in compassion with Earth's suffering people...
(Add any prayers from your own heart...)

**ALL:** Provident God, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all. Let only your will be done in me, and in all your creatures –I wish no more than this, O God.
Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my God.
Amen.

Adapted from Charles de Foucauld

The Crowning with Thorns (I surrender my Pride)
And plaiting a crown of thorns, they put it on His head, and a reed into his right hand. And bending the knee before him they mocked him saying, ‘Hail, King of the Jews!’ (Matthew 27:29)

Meditate
Jesus, you were recognized as a king, not with respect for your “kingship” but in disdain and mockery. You did not fight back, but humbly accepted the rebuke. Teach me the humility to surrender my personal pride and sense of righteousness for the right to join with you in soul and heart and mind.

Reflect with Saint Mother Theodore
“Humble yourself - that is very good - but do not yield to discouragement.”
ALL: “I turned to my God and felt my confidence reanimated.”
“Give yourself generously to God with all that belongs to [God]. Oh, how many graces would be the fruit of this self-surrender!”
ALL: “I turned to my God and felt my confidence reanimated.”
“Let not a cross look or a word vex you; no, nothing in the world is worth losing our peace for…”
ALL: “I turned to my God and felt my confidence reanimated.”

Pray*
Response: I surrender to your Will, O God.

When I struggle with decision-making and the time comes to make good choices about my life…
When I feel discouraged, desolate, and depressed and want to withdraw from others…
When I am challenged to risk my security and accept new growth in my relationship with you…
(Add any prayers from your own heart…)

ALL: Lord Jesus, when you walked the earth, your humility obscured your “kingship.” Your meekness confused the arrogant, hindering them from grasping your purpose, your nobleness attending to the destitute.
Teach me to model after your eminence, to subject my human nature to humility.
Grant me with a natural inclination to never view myself greater than anyone.
Banish all lingering sparks of self-importance that could elevate me greater than you.
Let my heart always imitate your humility.

- Author Unknown
Jesus carries his cross (I surrender my will)
If anyone wishes to come after Me let him deny himself and take up his cross daily and follow me.”
(Luke9:23)

Meditate
Jesus falls under the weight of this burden. To expiate sin, He wills to experience in His own flesh the oppression of sin. Fearing that Jesus will not reach the place of crucifixion alive, the Roman soldiers force Simon of Cyrene to help Christ to carry His cross, and Jesus accepts this assistance. In this, Simon represents all of us. As members of the Mystical Body of Christ, we should all help Jesus to carry His Cross. This is the one sure sign that we belong to Christ—if we carry our cross with Him. -- from EWTN.com

Reflect with Saint Mother Theodore
“If ever this poor little Community becomes settled, it will be established on the cross; and that is what gives me confidence and makes me hope, sometimes even against hope.”
ALL: “This is the path traced by Providence. And I follow it.”
“Let us take courage, my very dear Sisters; the Cross, it is true, awaits us at every turn, but it is the way to heaven.”
ALL: “This is the path traced by Providence. And I follow it.”
“All the greatest in heaven is the one who on Earth has been the servant of all.”
ALL: “This is the path traced by Providence. And I follow it.”

Pray*
Response: I surrender to your Will, O God.
When my trials seem overwhelming and too much to bear...
When I am asked to go the extra mile, to be generous with my time and my presence...
(Add any prayers from your own heart...)

ALL: O my God, I thank you for this cross you allow me to carry. Give me the strength and faith to persevere. Thank you for offering me a share in your suffering. Thank you also for every “Simon” that you have sent to help me bear this cross. Change my heart’s troubled cry of “How long, O Lord?” into words of trust: “However long, O Lord.” Permit me not to waste my suffering, but to make of these struggles a sacrificial offering for others. When I am weary and I fall, exhausted under the weight of this cross, give me the courage to press on as you did. I embrace with love my cross as a share in your own. I abandon myself totally to your will. Jesus, I trust in You.
Adapted from Catholic Prayer Cards.org
Jesus dies on the cross (I surrender my whole life)

"Father, forgive them, they know not what they do." (Luke 23:34)
"This day you will be with me in Paradise." (Luke 23:43)
"Woman, behold your son." (John 19:26-27)
"My God, My God, why have you forsaken me?" (Mark 15:34; Matthew 27:46)
"I thirst." (John 19:28)
"It is finished." (John 19:30)
"Into your hands I commit my spirit." (Luke 23:46)

Meditate
Jesus’ last words from the cross were those of forgiveness, love, and surrender. He did not lash out against his executioners. “This is what Jesus did: He hung on the cross and did not return the negative energy directed at him. He held it inside and made it into something much better. That is how he “took away the sin of the world” (see John 1:29). He refused to pass it on! He absorbed evil until it became resurrection! And this is exactly what contemplative practice helps us to do. Meditation is refusing to project our anxieties elsewhere and learning to hold and face them within ourselves and within God.

Reflect with Saint Mother Theodore
“As I said before, love caused her death. Love broke the bonds that held her soul captive. What a death! Oh, no, not death, but rather the beginning of life - and what a life!”
ALL: “Put yourself gently into the hands of Providence."
“We again offered up to heaven the sacrifices of all that we loved, and we thought of those who were weeping for us.”
ALL: “Put yourself gently into the hands of Providence.”
“When one has nothing more to lose, the heart is inaccessible to fear.”
ALL: “Put yourself gently into the hands of Providence.”

Pray*
Response: I surrender to your Will, O God.
When I feel weary and worn out, when it seems like all of my energy has been drained away...
When I feel I have been wrongly treated and misunderstood, when it is hard not to lash out...
When I am called to intervene in the injustice and cruelty that is present in the world...
(Add any prayers from your own heart...)

ALL: We glory in your cross, O Christ, and praise and glorify your holy resurrection: for by virtue of the cross, joy has come to the whole world.
God, be gracious to us and bless us and make your face to shine upon us,
that your way may be known upon earth,
your saving power among all nations.
We glory in your cross, O Christ, and praise and glorify your holy resurrection:
for by virtue of the cross, joy has come to the whole world.

Adapted from Justice/Anglican.org

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STAY WITH ME

Stay with me, remain here with me, watch and pray, watch and pray.

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*Prayers selected from “Carrying the Cross—a Litany Prayer for Lent”

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