

Padre Pio - Prayer Anthology

Prayer #8

Focus idea:

We are in the midst of the season of Lent, a season of self-sacrifice, spiritual cleansing and preparation to receive the gift of eternal life on Easter Sunday. As Fr. Joe explains, "Our sins may paralyse us spiritually, but through prayer, God will touch us and release us from our spiritual burdens." We pray that during Lent, we will seek forgiveness for our sins and strengthen our desire to become closer to God, thus becoming more worthy of the sacrifice that Jesus made for us on the Cross.

Prayer for Spiritual Fasting:

Loving God, help me to:

Fast from judging others, and feast on Christ dwelling in them.

Fast from words that are hurtful and feast on words of support.

Fast from negativity, and feast on encouragement.

Fast from bitterness, and feast on forgiveness.

Fast from self-concern, and feast on compassion.

Fast from pessimism, and feast on hope.

Fast from distractions, and feast on faith.

Fast from discontent, and feast on gratitude.

Help me to have the inner strength, the determination, and a genuine desire to become more worthy of Your infinite love. Amen.

Closing thoughts: Tell Jesus what is in your heart. Thank Him for your gifts and most of all, thank Him for loving you with His most sacred heart!