

## Prayer suggestions from Caritas during Lent

### **Ash Wednesday:**

L: Let us pray that this Lent may be a time of true conversion. May Caritas' Lent Campaign help us to make love concrete. We pray to you ...

L: Let us pray for all those who today live without security and hope – and who are affected by war, flight, hunger and hardship. May God strengthen the Church in its work to provide help and hope through Caritas' Lent campaign. We pray to you ...

### **1st Sunday of Lent:**

L: Let us pray that during Lent we may resist the temptation to live only for ourselves. May Caritas' Lent campaign be a concrete expression of our faith in action. We pray to you...

L: Let us pray for people who are suffering hardship and crisis – who lack food, security and hope for the future. May they receive help through Caritas and through our congregation's support for the Lent campaign. We pray to you...

### **2nd Sunday in Lent:**

L: Let us pray that we, like the disciples on the mountain, may see the light of Christ and find new hope in faith. May this hope shape our choices and make us more willing to support diaconal work. We pray to you...

L: Let us pray for all those who are affected by fear; in war, hunger and insecurity. That the Church, with the help we give through Caritas, may bring light and hope. We pray to you ...

### **3rd Sunday of Lent:**

L: Let us pray that Lent may bear fruit in us: more justice, greater kindness and genuine care for those who suffer. That Caritas' Lent Campaign may help us to live out mercy in our lives. We pray to you ...

L: Let us pray for people in crises who receive little attention, and for people who suffer in silence. May Caritas reach out with help and hope and lift up the voices of the voiceless. We pray to you...

**4th Sunday of Lent:**

L: Let us pray that God will strengthen us with the joy of Lent; the hope that comes from Christ. May this hope give us the courage to share more and support Caritas with volunteering and donations. We pray to you...

L: Let us pray for people who are excluded from society and working life here in Norway, especially refugees and immigrants. That the Church's work for them, through Caritas, contributes to inclusion, dignity and new opportunities. We pray to you ...

**5th Sunday of Lent:**

L: Let us pray that we never lose faith in God's mercy. That Caritas is a clear witness to Christ, who is the only hope and savior of mankind. We pray to you ...

L: Let us pray for all those who suffer from war and violence, and for families who have lost loved ones. That the Church, through Caritas, may have the strength to offer help, comfort and hope. We pray to you ...

**Palm Sunday:**

L: Let us pray that during this Holy Week we may follow Christ not only in words, but in our lives and actions. That our commitment to the Church's own relief organisation, Caritas, may be an expression of faithful love for those who suffer. We pray to you...

L: Let us pray for the Church throughout the world, that she may always be clear in her care for the poor and vulnerable. That Caritas, as the Church's aid organisation, may be strengthened in its mission through the Lent Campaign. We pray to you ...