



LENT *with*  
POPE FRANCIS

DAILY REFLECTIONS AND PRAYERS

---

LENT *with*  
POPE FRANCIS

---

DAILY REFLECTIONS AND PRAYERS

Edited by Donna Giaimo, FSP

  
Pauline  
BOOKS & MEDIA  
Boston

Library of Congress Cataloging-in-Publication Data

Francis, Pope, 1936-

Lent with Pope Francis : daily reflections and prayers / edited by Donna Giaimo, FSP.  
pages cm

Summary: "Daily inspiration from Pope Francis for your Lenten journey"-- Provided by publisher.

ISBN 978-0-8198-4572-6 (pbk.) -- ISBN 0-8198-4572-8 (pbk.)

1. Lent--Prayers and devotions. 2. Catholic Church--Prayers and devotions. I. Giaimo, Donna, editor. II. Title.

BX2170.L4F73 2014

242'.34--dc23

The Scripture quotations contained herein are from the *New Revised Standard Version Bible: Catholic Edition*, copyright © 1989, 1993, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Excerpts from Pope Francis' audiences, homilies, angelus messages, addresses, encyclicals, and exhortations copyright © Libreria Editrice Vaticana. Used with permission.

Compiled and with reflection questions and prayers by the Daughters of St. Paul

Cover design by Rosana Usselman

Cover photo © Stefano Spaziani

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

"P" and PAULINE are registered trademarks of the Daughters of St. Paul.

Copyright © 2014, Daughters of St. Paul

---

Published by Pauline Books & Media, 50 Saint Pauls Avenue, Boston, MA 02130-3491

Printed in the U.S.A.

[www.pauline.org](http://www.pauline.org)

Pauline Books & Media is the publishing house of the Daughters of St. Paul, an international congregation of women religious serving the Church with the communications media.

1 2 3 4 5 6 7 8 9

19 18 17 16 15 14



*A Journey  
of Conversion*





Ash Wednesday



## Creating Something New

*Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing.*

—Joel 2:12–13



With these penetrating words of the Prophet Joel, the liturgy today introduces us into Lent, pointing to conversion of heart as the chief characteristic of this season of grace. The prophetic appeal challenges all of us without exception, and it reminds us that conversion is not to be reduced to outward forms or to vague intentions, but engages and transforms one's entire existence beginning from the center of the person, from the conscience. . . .

With its invitations to conversion, Lent comes providentially to awaken us, to rouse us from torpor, from the risk of moving forward by inertia. . . . Why must we return to God? Because something is not right in us, not right in society, in the Church, and we need to change, to give it a new direction. . . . Once again Lent comes to make its prophetic appeal, to remind us that it is possible to create something new within ourselves and around us, simply because God is faithful, always faithful, for he cannot deny himself, he continues to be rich in goodness and mercy, and he is always ready to forgive and start afresh.

*Homily, March 5, 2014*

## REFLECTION

In which areas of my life do I feel most in need of conversion?

## PRAYER

Lord, help me open my heart to you and to my brothers and sisters this Lent. Reawaken us to the grace you give us this holy season.



Thursday After Ash Wednesday



## Diving into God's Boundless Love

*O taste and see that the LORD is good; happy are those  
who take refuge in him. . . .*

*The LORD is near to the brokenhearted, and saves the  
crushed in spirit.*

—Psalm 34:8, 18



**T**he first element [of our Lenten journey] is prayer. Prayer is the strength of the Christian and of every person who believes. In the weakness and frailty of our lives, we can turn to God with the confidence of children and enter into communion with him. In the face of so many wounds that hurt us and could harden our hearts, we are called to dive into the sea of prayer, which is the sea of God's boundless love, to taste his tenderness. Lent



is a time of prayer, of more intense prayer, more prolonged, more assiduous, more able to take on the needs of the brethren; intercessory prayer, to intercede before God for the many situations of poverty and suffering.

*Homily, March 5, 2014*

## REFLECTION

How much time am I willing to set aside this Lent for prayer? When I enter God's presence, do I bring others and their intentions with me? Am I willing to intercede on behalf of all who suffer?

## PRAYER

Father, I want to take advantage of this most holy time to deepen my relationship with you. Enable me to be faithful to time set aside for prayer. Allow me to taste your tenderness and to remember to pray not only for my needs but also for those of my brothers and sisters.



## Fasting for Others

*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?*

—Isaiah 58:6



**T**he second key element of the Lenten journey is fasting. We must be careful not to practice a formal fast, or one which in truth “satisfies” us because it makes us feel good about ourselves. Fasting makes sense if it questions our security, and if it also leads to some benefit for others, if it helps us to cultivate the style of the Good Samaritan, who bends down to his brother in need and takes care of him. Fasting involves choosing a sober lifestyle; a way of life that does not waste, a way of life that does not “throw away.” Fasting helps us to attune our

hearts to the essential and to sharing. It is a sign of awareness and responsibility in the face of injustice, abuse, especially to the poor and the little ones, and it is a sign of the trust we place in God and in his providence.

*Homily, March 5, 2014*

## REFLECTION

How could my fasting benefit others? In what concrete ways might I imitate the Good Samaritan?

## PRAYER

Lord Jesus, you know our human nature, our tendency to satisfy ourselves even when engaging in “religious” acts. Help me to answer your challenge in the story of the Good Samaritan; to leave my convenience behind and be a true neighbor to those in need.



## Giving without Measure

*“But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. . . . Do not store up for yourselves treasures on earth . . . [but] treasures in heaven.”*

—Matthew 6:3–4, 19–20



The third element [in the journey through Lent] is almsgiving: it points to giving freely, for in almsgiving one gives something to someone from whom one does not expect to receive anything in return. Gratuitousness should be one of the characteristics of the Christian, who, aware of having received everything from God gratuitously—that is, without any merit of his own—learns to give to others freely. Today

gratuitousness is often not part of daily life where everything is bought and sold. Everything is calculated and measured. Almsgiving helps us to experience giving freely, which leads to freedom from the obsession of possessing, from the fear of losing what we have, from the sadness of one who does not wish to share his wealth with others.

*Homily, March 5, 2014*

## REFLECTION

How attached am I to my possessions? Do I recognize that everything I have received is a gift of God? How does this influence my attitude toward giving?

## PRAYER

Help me, Lord, to grow in freedom from material goods. Give me generosity of spirit and a willingness to share with others without calculating personal cost.