

*An  
Intentional  
Lent  
2017*

***This Lent as a Couple We Will Resolve to:***

*Pray:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***This is a version of the five-step Daily Examen that St. Ignatius practiced:***

- 1. Become aware of God's presence.*
- 2. Review the day with gratitude.*
- 3. Pay attention to your emotions.*
- 4. Choose one feature of the day and pray from it.*
- 5. Look toward tomorrow.*

*Reflect on:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Sacrifice:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*As an Individual I (woman) will:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Pray:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Reflect on:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Sacrifice:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

As an Individual I (man) will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Pray: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reflect on: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Sacrifice: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Lenten Prayer for Spiritual Renewal:**

*God, heavenly Father, look upon me and hear my prayer during this holy Season of Lent. By the good works You inspire, help me to discipline my body and to be renewed in spirit. Without You I can do nothing. By Your Spirit help me to know what is right and to be eager in doing Your will. Teach me to find new life through penance. Keep me from sin, and help me live by Your commandment of love. God of love, bring me back to You. Send Your Spirit to make me strong in faith and active in good works. May my acts of penance bring me Your forgiveness, open my heart to Your love, and prepare me for the coming feast of the Resurrection of Jesus. Lord, during this Lenten Season, nourish me with Your Word of life and make me one with You in love and prayer. Fill my heart with Your love and keep me faithful to the Gospel of Christ. Give me the grace to rise above my human weakness. Give me new life by Your Sacraments, especially the Mass.*

*Father, our source of life, I reach out with joy to grasp Your hand; let me walk more readily in Your ways. Guide me in Your gentle mercy, for left to myself I cannot do Your Will. Father of love, source of all blessings, help me to pass from my old life of sin to the new life of grace. Prepare me for the glory of Your Kingdom. I ask this through our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, forever.*

**Amen.**

