

# Living Lent



## A Prayer for Lenten Simplicity

Free me, Lord Jesus, from anything that obstructs my way to you. Clear away the clutter of petty grudges. Remove smudges of resentment and bitterness.

Cleanse me of thoughts filled with anger envy, or self-pity.

Create space in my life for more kindness and less spitefulness, greater generosity and stronger compassion.

Enlarge my heart with a spirit of gratitude this Lent, so that I recognize the simple gifts that lay in abundance all around me.

In your sacred name, I pray. Amen.