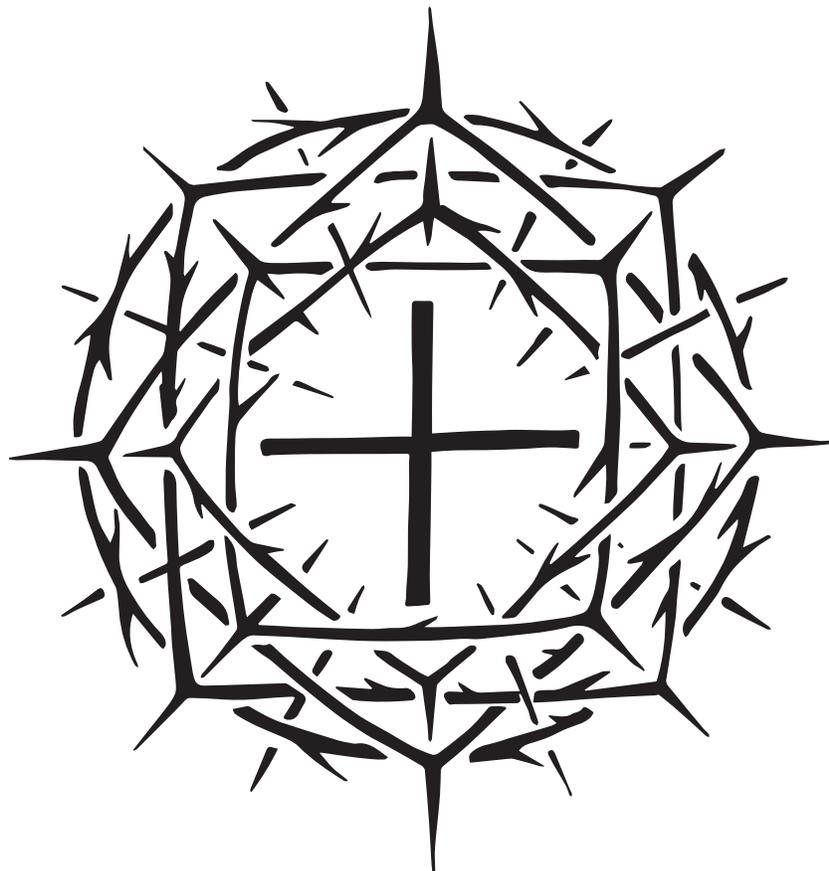


You are God: We Praise You

A Lenten Journey with the Psalms, Scripture
and Te Deum Prayer



Lent 2020

Week Three

(March 15 - March 21, 2020)



Our Lady of
Perpetual Help

The 3rd Week of Lent

YOU ARE GOD: WE PRAISE YOU

V. Lord, show us your love and mercy;

R. for we put our trust in you.

We plead with the Lord for a glimpse at His merciful face. Like a parent whose attention we seek, we long to experience the Lord's forgiveness. We desire that the weight of our sins and failures be lifted. And we discover that it is not due to the withdrawal of God or the withholding of His mercy by which we fail to see him. The Lord is neither distracted nor disinterested in our dilemma and sufferings. Our sin blinds us to the Lord, but He offers us healing and restores our sight.

Each day, one who prays the Liturgy of the Hours begins with this invitatory, quoting Psalm 51:17, "O Lord, open my lips, and my mouth shall proclaim your praise." Each day our words--and indeed our very life--should be offered in praise to the Lord. Strive to hold onto the experience of God's graciousness and love; recall throughout the days God's goodness.

Recall a time when you have experienced the profound mercy of God. How has the Lord gazed upon you? How has the Lord revealed Himself in your life? Consider how you might share this experience of God or personal knowledge of Him with a family member, co-worker or acquaintance.

Invite the Lord this week to continue molding your heart, granting you purity and renewed courage to follow the Lord's ways.

Peace,

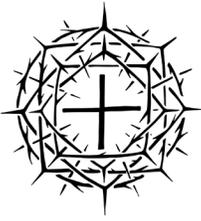
Fr. Mike Triplett

HOW TO MAKE USE OF THIS PACKET

Each day, we invite you personally, as a family, or as a small faith community, to enrich your Lenten journey by use of the suggested hymn and psalm for the week, the Te Deum, and our Lenten Reflections drawn from the daily Mass readings. Below is a suggested order for this short prayer service, which is also the layout for each page of this packet.

- I. Pray/Sing a Hymn, which lifts our voices and minds to God in praise
- II. Read daily Scripture and the reflection offered
- III. Recite the suggested Psalm for this week
- IV. Offer Prayers of Intercession for the needs of our Church, our community and the World and your own personal petition
- V. Close by reciting the beautiful Te Deum Prayer





Sunday, March 15, 2020

Lenten Week 3

Exodus 17:3-7; Psalm 95:1-2, 6-7, 8-9; Romans 5:1-2, 5-8; John 4:5-42

Pray/Sing Hymn - O God Beyond All Praising

(page 10 of this booklet)

EMBRACE THE LORD'S MERCY

"Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?" - Exodus 17:3b

In the moment, the treatment for our illness, disease, or pain may often seem worse than the original concern itself. For example, in the dentist's chair we may have preferred to just deal with the ongoing pain, or in a much more serious example, those with cancer often describe the chemotherapy and other treatments as worse than the cancer itself. As the Hebrews are led from slavery in the Exodus, they are quickly grumbling and complaining about the new-found freedom because there are no amenities in the desert. The promised land is not yet in sight. They have difficulty seeing what life would be like, if only they trust the Lord and live by His law.

Our nation is blessed by the ancestors that could describe the ideal, who had a glimpse into God's Kingdom, and the desire to create a nation that closely resembled that Kingdom. In coming together, our nation recognized the source of our rights as from the Lord; therefore, not even the government can take away those rights. A prime example of this vision is Rev. Dr. Martin Luther King, Jr., who called all people to see the inherent dignity and worth of their brothers and sisters. He challenged others to make sacrifices to help us to keep alive the dream of a nation, "under God."

In our own personal lives, we have to ask ourselves, "What makes us grumble?" What sin might we prefer to ignore, rather than confront and collaborate with God's call to conversion? Jesus, the Divine Physician, is ready and available. We need to trust, even if that trust leads us into the desert. Let us pray with the Psalmist, "If today you hear his voice, harden not your hearts." (Cf. Ps 95:7-8).

Recite Psalm 27 - Trust in God

(page 10 of this booklet)

Offer Petitions and Intercession

for your family, Church, community and beyond

Recite Te Deum

You are God: we praise you;
You are the Lord: we acclaim you;
You are the eternal Father:
All creation worships you.
To you all angels, all powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaims you:
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.
You, Christ, are the King of glory,
the eternal Son of the Father.
When you became man to set us free
you did not spurn the Virgin's womb.
You overcame the sting of death,
and opened the kingdom of heaven to all
believers.
You are seated at God's right hand in glory.
We believe that you will come, and be our judge.
Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

V. Save your people, Lord, and bless your inheritance.

R. Govern and uphold them now and always.

V. Day by day we bless you.

R. We praise your name for ever.

V. Keep us today, Lord, from all sin.

R. Have mercy on us, Lord, have mercy.

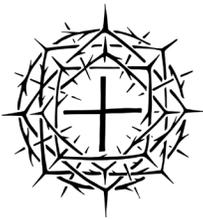
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R. for we put our trust in you

V. In you, Lord, is our hope:

R. and we shall never hope in vain.





Monday, March 16, 2020

Lenten Week 3

2 Kings 5:1-15ab; Psalm 42:2, 3, 43:3, 4; Luke 4:24-30

Pray/Sing Hymn - O God Beyond All Praising

(page 10 of this booklet)

ENCOUNTER HIM

*"My soul thirsts for the living God. When will I go
and behold the face of God?"*

- Psalm 42:3

The cry of the psalmist's heart is an encounter with God, yet something is holding him back. In seeking forgiveness, we offer God all that we are and ask for Him to transform us into the son or daughter He created us to be. In those moments of forgiveness union with God takes place, and our hearts can be lifted in praise because we hold nothing back from Him.

Is there anything that holds us back from God that we can offer to Him in order to truly encounter Him?



Recite Psalm 27 - Trust in God

(page 10 of this booklet)



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Tuesday, Memorial of St. Patrick, March 17, 2020

Lenten Week 3

Daniel 3:25, 34-43; Psalm 25:4-5ab, 6 and 7bc, 8-9; Matthew 18:21-35

Pray/Sing Hymn - O God Beyond All Praising

(page 10 of this booklet)

FREE GIFT OF MERCY

*"I say to you, not seven times but
seventy-seven times."*

- Matthew 18:22

In today's Gospel, we encounter Jesus' teaching on the depth of forgiveness and our call to forgive others. As we consider our own sins this week and seek to restore our relationship with God, Christ invites us to look out to those around us and seek to restore those relationships as well.

What relationships in our own life would benefit from an invitation of forgiveness? Is anything holding you back from a free gift of mercy to another person the way Christ offers it to us?

Recite Psalm 27 - Trust in God

(page 10 of this booklet)



**Offer Petitions and Intercession
for your family, Church, community and beyond**

Recite Te Deum

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You are seated at God's right hand in glory.
We believe that you will come, and be our judge.
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R. Govern and uphold them now and always.

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R. We praise your name for ever.

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R. Have mercy on us, Lord, have mercy.

V. Lord, show us your love and mercy;

R. for we put our trust in you

V. In you, Lord, is our hope:

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Wednesday, March 18, 2020

Lenten Week 3

Deuteronomy 4:1, 5-9; Psalm 147:12-13, 15-16, 19-20; Matthew 5:17-19

Pray/Sing Hymn - O God Beyond All Praising

(page 10 of this booklet)

MIRACLES

“However, take care and be earnestly on your guard not to forget the things which your own eyes have seen, nor let them slip from your memory as long as you live.”
- Deuteronomy 4:9

The first reading today contains the admonition, “However, take care and be earnestly on your guard not to forget the things which your own eyes have seen, nor let them slip from your memory as long as you live.” We have all seen miracles in our life whether it be an incredible healing, the birth of a child, or something simpler like a tree that blossoms in the Spring. However, in times of despair or when we feel weighted down with sin, it is easy to forget His power. We can bring Him more into focus if we remind ourselves of the times that He has given us miracles. We can know His infinite love for us by listing these miracles both large and small and appreciating His everlasting goodness. What are the miracles that God has done in your life?

Recite Psalm 27 - Trust in God

(page 10 of this booklet)



**Offer Petitions and Intercession
for your family, Church, community and beyond**

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You are seated at God’s right hand in glory.
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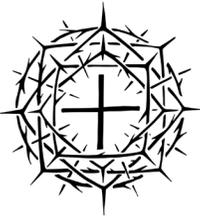
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Thursday, Solemnity Of St. Joseph, March 19, 2020

Lenten Week 3

2 Samuel 7:4-5a, 12-14a, 16; Psalm 89:2-3, 4-5, 27 and 29; Romans 4:13, 16-18, 22;
Matthew 1:16, 18-21, 24a or Luke 2:41-51a

Pray/Sing Hymn - O God Beyond All Praising

(page 10 of this booklet)

A FATHER'S CARE & PROTECTION

*"When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home."
- Matthew 1:24*

St. Joseph is the image of calmness and trust. While the message of an angel convinced him to take Mary into his home, Joseph already acted prudently, preserving the reputation and purity of Mary. He would diligently care for Mary and Jesus, helping to raise Jesus in the ways of the Lord. His foster father on earth, Joseph provided Jesus a human understanding of God the Father.

Skilled as a carpenter and guided as a father, Joseph taught the Divine Word by whom all creation was brought into being. Let us give thanks for the fatherly figures who have protected us, cared for us, and taught us this day. What quality do you admire most in a father?

Recite Psalm 27 - Trust in God

(page 10 of this booklet)



**Offer Petitions and Intercession
for your family, Church, community and beyond**

Recite Te Deum

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R. Have mercy on us, Lord, have mercy.

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Friday, March 20, 2020

Lenten Week 3

Hosea 14:2-10; Psalm 81:6c-8a, 8bc-9, 10-11ab, 14 and 17; Mark 12:28-34

Pray/Sing Hymn - O God Beyond All Praising

(page 10 of this booklet)

LOVE

“One of the scribes came to Jesus and asked him, “Which is the first of all the commandments?” Jesus replied, “The first is this: Hear, O Israel! The Lord our God is Lord alone! You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You shall love your neighbor as yourself. There is no other commandment greater than these.”

- Mark 12:28-31

In today’s Gospel, Jesus is telling us that there is no greater commandment than to love God with all our being, and then to love our neighbor as our self. Love is a wonderful act of praise to God. Sometimes it can be easiest to tell God how much we love Him, but do we show Him we love Him through our obedience to Him in loving our self and in loving others?

As you reflect on today’s Gospel, I encourage you to ask yourself if you truly love your neighbor as yourself. Perhaps you don’t love yourself very much and therefore find it difficult to show your neighbor kindness, compassion, and forgiveness. How have you shown God your love? How have you shown yourself love? How have you shown your neighbor love? Ask God to help you to love Him, self and neighbor more fully, and to love with the love that He has shown to us.

Recite Psalm 27 - Trust in God

(page 10 of this booklet)



**Offer Petitions and Intercession
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Saturday, March 21, 2020

Lenten Week 3

Hosea 6:1-6; Psalm 51:3-4, 18-19, 20-21ab; Luke 18:9-14

Pray/Sing Hymn - O God Beyond All Praising

(page 10 of this booklet)

HUMILITY BRINGS MERCY

*"...for everyone who exalts himself will be humbled,
and the one who humbles himself will be exalted."*

- Luke 18:14

In today's parable, Jesus is teaching us about prayer. While we need to persevere in prayer, Jesus will never turn His back on us if we seek Him with a humble heart.

The Pharisee was grateful, yet proud that he was doing all of the right things to please God. His pride, though, led him to feel as though he was better than another. He was unable to see his own sins or need for forgiveness. But the tax collector was the opposite. He bowed before the Lord with a sincere and humble heart, hoping that God would forgive his offenses. He truly valued his relationship with God and knew that if he changed his heart, his relationship with God would be reconciled.

How do we show God that we value our relationship with Him? Do we spend time with Him daily in prayer? Or do we take Him for granted and only pray when we are in need of something? Try to practice some different ways this Lent and respond to God's mercy and love.

Recite Psalm 27 - Trust in God

(page 10 of this booklet)



**Offer Petitions and Intercession
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Hymn Suggestion for the 3rd Week of Lent

O God Beyond All Praising

O God beyond all praising
We worship You today
And sing the love amazing
That songs cannot repay
For we can only wonder
At every gift You send
At blessings without number
And mercies without end
We lift our hearts before You
And wait upon Your word
We honour and adore You
Our great and mighty Lord

Then hear O gracious Saviour
Accept the love we bring
That we who know Your favour
May serve You as our king
And whether our tomorrows
Be filled with good or ill
We'll triumph through our sorrows
And rise to bless You still
To marvel at Your beauty
And glory in Your ways
And make a joyful duty
Our sacrifice of praise

CCLI Song # 5020063 - Gustav Theodore Holst,
Jane Holstein, Michael Perry

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Hope Publishing Company)

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Psalm Suggestion for the 3rd Week of Lent

Psalm 27 – Trust in God

The LORD is my light and my salvation;
whom shall I fear?
The LORD is the stronghold of my life;
whom should I dread?
When those who do evil draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.
Though an army encamp against me,
my heart would not fear.
Though war break out against me,
even then would I trust.
There is one thing I ask of the LORD,
only this do I seek:
to live in the house of the LORD
all the days of my life
to gaze on the beauty of the LORD,
to inquire at his temple.
For there he keeps me safe in his shelter
in the day of evil.
He hides me under cover of his tent;
he sets me high upon a rock.
And now my head shall be raised
above my foes who surround me,
and I shall offer within his tent
a sacrifice of joy.
I will sing and make music for the LORD.
O LORD, hear my voice when I call;
have mercy and answer me.
Of you my heart has spoken,
“Seek his face.”
It is your face, O LORD, that I seek;
hide not your face from me.
Dismiss not your servant in anger;
you have been my help.
Do not abandon or forsake me,
O God, my Savior!
Though father and mother forsake me,
the LORD will receive me.
Instruct me, LORD, in your way;
on an even path lead me
because of my enemies.
Do not leave me to the will of my foes,
for false witnesses rise up against me,
and they breathe out violence.
I believe I shall see the LORD's goodness
in the land of the living.
Wait for the LORD; be strong;
be stouthearted and wait for the LORD!

