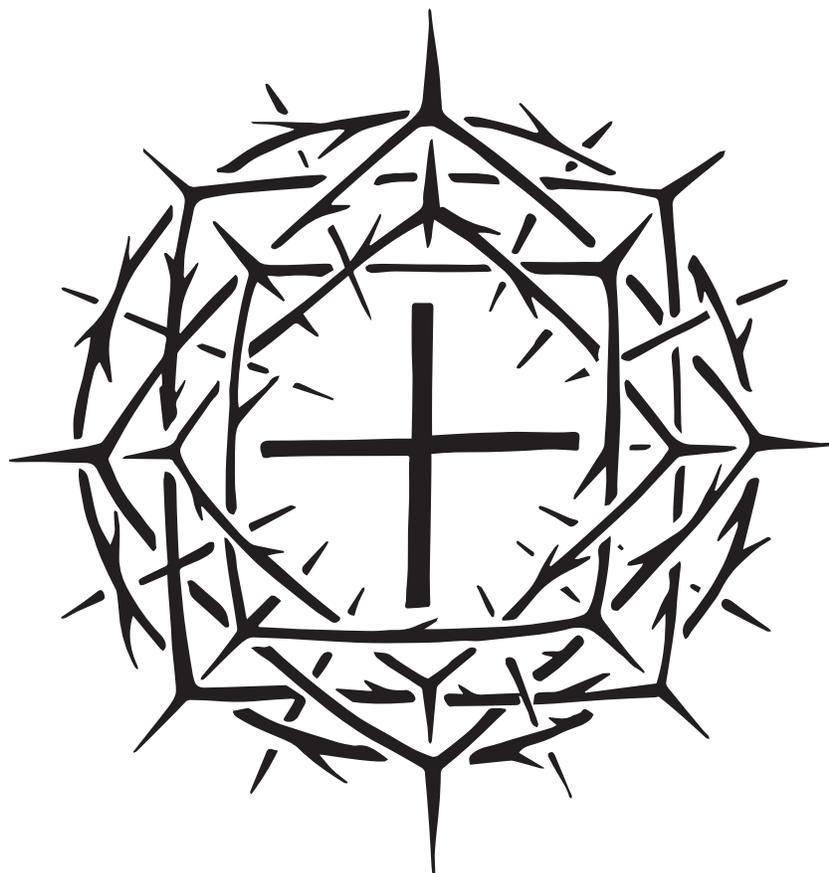


You are God: We Praise You

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



Lent 2020

Week Two

(March 8- March 14, 2020)



Our Lady of
Perpetual Help

The 2nd Week of Lent

YOU ARE GOD: WE PRAISE YOU

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

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

In relying upon the Lord, we are able to live justly in ways that are holy and good. As the Lord deepened his relationship with the people, he created the covenant at Sinai. Through Moses, He delivered the law, at which the people affirmed their intention to follow God's ways (of course, recall, they were already turning away from the Lord while Moses was on the mountain). The prophets would reaffirm the law but remind us that the Lord would help, restoring a new covenant with His people and write the law on our hearts.

The Psalms often reflect our sense of helplessness in the face of sin and addiction. We are brought low by our sins. We struggle over and over with habits. Each day we ought to examine our conscience, but first recall that the Lord remains faithful even when we sin. Even if we are overwhelmed, ask for the Lord's mercy and strength. By God's grace, we are able to live rightly. Psalm 69 reflects our desperation as we recognize our condition.

As desperate as our situation may be, the mercy and forgiveness of the Lord is far stronger. While our efforts may seem futile or pointless, the Lord recognizes the efforts of his people. He understands our struggle.

This week, before examining your conscience, first give praise to the Lord for His mercy and generous forgiveness. Pray with Psalm 69. Who are the oppressors in your life, or what are the obstacles that make living right such a challenge? Ask for the Lord's help. Consider seeking the sacrament of Reconciliation this Lent as an act of praise, allowing God's work of salvation to triumph.

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 8, 2020

Lenten Week 2

Genesis 12:1-4a; Psalm 33:4-5, 18-19, 20, 22; 2 Timothy 1:8b-10; Matthew 17:1-9

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 9 of this booklet)

KEEPING OUR EYES OPEN

“Go forth from the land of your kinsfolk and from your father’s house to a land I will show you.”

- Genesis 12:1

To experience righteousness and justice, Israel must become a nation. In the call of Abram, God demands that Abraham give up his past and move on to a land of the Lord’s choosing. The point to be made is that it is God who takes the initiative. If Israel hopes to become a great nation, then she must follow the Lord’s commands. The reward promised for doing so is divine blessings. The Responsorial Psalm offered today is an expression of faith in God’s fidelity, an acknowledgement that He fulfilled in the promise to Abraham.

Just as God responds, so we too are called to recognize His presence among us in liturgy, in prayer and the people around us. As we engage with those who need divine healing, we can take the initiative to bring transformation and hope to others in His name.

Because Jesus Christ is not with us in the exact same way He was with His disciples, He can seem hidden from us. The truth is that God, Jesus and the Holy Spirit are always present to us. Share His presence with others in love offered as comfort and sympathy.

Recite Psalm 69 -

A City of Anguish in Great Distress

(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.

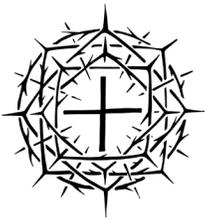
V. Lord, show us your love and mercy;

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 9, 2020

Lenten Week 2

Daniel 9:4b-10; Psalm 79:8, 9, 11 and 13; Luke 6:36-38

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 9 of this booklet)

MERCY

“Be merciful, just as your Father is merciful.”

- Luke 6:36

Luke 6 is one of the shorter passages that we have during Lent, but it is filled with such wisdom. We struggle with our knowledge of God’s love and forgiveness of us, but once we accept the grace of God as our birthright, it brings a great obligation. None of us is only the sum of our weaknesses and sins, but instead we are children of God the Most High which obligates all of us to give the mercy that God has bestowed upon us to others. If we honestly look at ourselves, we will see that we fall short in so many ways and may be blind to similar struggles in others.

When someone is rude to you struggles with addiction, or has some other obvious difficulty, we must remember the line from Psalm 69:3b, “I have entered the waters of the deep, where the flood overwhelms me.” Many people have entered the deep and feel like they are drowning, flailing to keep their head above water. As Christians, we must respond with kindness and reflect God’s infinite grace back to them because the only kindness they may receive in their day may come from you, and that tiny act of kindness may help them find their foothold on the solid earth of God’s love. What is a small way that you can reflect God’s grace to those who hurt?

Recite Psalm 69 -

A City of Anguish in Great Distress

(page 10 of this booklet)

Offer Petitions and Intercession

for your family, Church, community and beyond

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You are the eternal Father:
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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.
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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.

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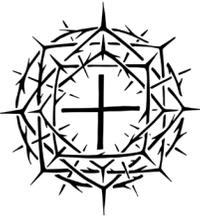
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R. for we put our trust in you

V. In you, Lord, is our hope:

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Tuesday, March 10, 2020

Lenten Week 2

Isaiah 1:10, 16-20; Psalm 50:8-9, 16bc-17, 21 and 23; Matthew 23:1-12

Pay/Sing Hymn - Holy God We Praise Thy Name

(page 9 of this booklet)

HUMBLE HEART

“Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.”

- Matthew 23:12

In today’s reading, Isaiah announces to the people of Sodom and Gomorrah, “Listen to the instruction of our God...learn to do good.” They are called not only to turn away from evil, but conversion to a life of service. God offers his saving power to those who are willing.

God doesn’t want us to simply recite His laws or perform works to be seen. The Scribes and the Pharisees in today’s gospel didn’t see the deeper meaning behind the laws. Jesus tells us not to follow their example. He instead calls us to humility. He calls us to learn His way and follow Him. What better way to praise God than to follow the example of His Son.

There is no sin that will separate you from the love of God. It is for that reason He waits for your humble heart yearning to offer His Mercy, where Love meets suffering. In praise of God today how can you take a step to be His humble servant?

**Recite Psalm 69 -
A City of Anguish in Great Distress**

(page 10 of this booklet)



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for your family, Church, community and beyond**

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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.
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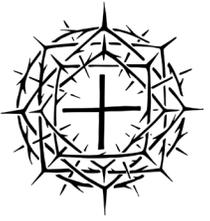
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Wednesday, March 11, 2020

Lenten Week 2

Jeremiah 18:18-20; Psalm 31:5-6, 14, 15-16; Matthew 20:17-28

Pray/Sing Hymn - Holy God We Praise Thy Name
(page 9 of this booklet)

SNARES

“You will free me from the snare they set for me,
for you are my refuge.”
- Psalm 31:5

Most of us who dwell in the suburbs or metropolitan areas are not familiar with snares. They are used to capture animals by entangling their legs, and once the leg is captured the only recourse is for the animal to remove its leg or wait to be captured. This fairly gory line in the psalm shows how desperate the writer was, that they felt they would be captured in a horrible way. However, even in their terror, they trusted that the Lord God cared enough about them to free them from such an inescapable trap as a snare.

Take a look at your life right now. Do you feel there are snares set for you, problems that seem inescapable? Are you able to trust that the Lord will free you from those snares, even if you can see no human solution to the issue?

**Recite Psalm 69 -
A City of Anguish in Great Distress**
(page 10 of this booklet)



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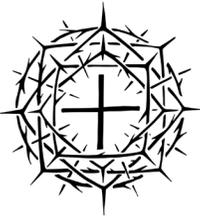
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Thursday, March 12, 2020

Lenten Week 2

Jeremiah 17:5-10; Psalm 1:1-2, 3, 4 and 6; Luke 16:19-31

Pray/Sing Hymn - Holy God We Praise Thy Name
(page 9 of this booklet)

DON'T WORRY...BE HAPPY!

“Blessed is the man who trusts in the Lord,
whose hope is the Lord.”
- Jeremiah 17:7

Did you know that when one is baptized, the theological virtues of faith, hope and love are bestowed upon us? Yes! We are all capable of believing, hoping and loving our God. With the help of the Holy Spirit, we are reminded daily that God is in control of our lives.

I try to live a healthy lifestyle--get a good night's sleep, eat healthy foods, exercise and spend time outside for plenty of fresh air. But still, as I age, I worry that every ache and pain may be something more serious. One day, I was asking my doctor about my concerns, and after each of my worries he basically kept shrugging his shoulders. I began to wonder: didn't he have the answer to all of my worries? But then the Holy Spirit hit me!! I expressed what I was thinking to my doctor, “Maybe I just want to be in control of my life.” As he walked towards the door, with a big smile, his response was, “Yeah, good luck with that!”

To me, my doctor's voice was the voice of God reminding me that He is in control. He's got my back! He will provide whatever I need to continue this life on earth. If I will only trust in Him and stop worrying, blessings will come, as Jeremiah the prophet proclaimed. So today, don't worry, be happy, and respond to the God who loves us with an unconditional love by loving others and trusting in His guidance for your life.

Recite Psalm 69 -
A City of Anguish in Great Distress
(page 10 of this booklet)

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

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

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V. In you, Lord, is our hope:

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Friday, March 13, 2020

Lenten Week 2

Genesis 37:3-4, 12-13a, 17b-28a; Psalm 105:16-17, 18-19, 20-21; Matthew 21:33-43, 45-46

Pray/Sing Hymn - Holy God We Praise Thy Name
(page 9 of this booklet)

CONTROL OR CONSOLE

“The kingdom of God will be taken from you and given to a people that will produce its fruit.”

- Matthew 21:43

The words of Jesus to the Pharisees in today’s Gospel are quite harsh yet speak to a reality of the Kingdom of God--that Christ calls all people to Himself, but not all respond in the same way. Many prefer to be the master rather than the faithful steward.

When we read Jesus’ rebuke to the Pharisees in Scripture, it can be a good examination of conscience for us. Are we acting like Pharisees in the way we practice our Christianity? It’s a hard question to ask, but one that can help us to be honest with ourselves and identify when we are more concerned with being in control of our own lives, rather than bearing fruit for Christ in the vineyard of our life. Take a moment to reflect on the areas of your life in which Christ is calling you to bear fruit. Are you more concerned with being in control than with working with Christ to bring forth the Kingdom of God in your life and in the world?

**Recite Psalm 69 -
A City of Anguish in Great Distress**
(page 10 of this booklet)



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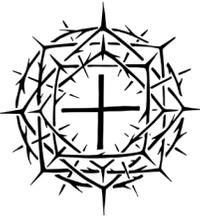
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Saturday, March 14, 2020

Lenten Week 2

Micah 7:14-15, 18-20; Psalm 103:1-2, 3-4, 9-10, 11-12; Luke 15:1-3, 11-32

Pray/Sing Hymn - Holy God We Praise Thy Name
(page 9 of this booklet)

DELIGHT

“...Who does not persist in anger forever, but delights rather in clemency...”

- Micah 7:18

We are a couple of weeks into Lent, and there is an emphasis on repentance, so of course, we are reminded of how we fall short and sin almost continuously. It is easy to get overwhelmed at how far we need to travel to even approach holiness, and we might despair. Fear not, for ever before us is our Lord who doesn't just forgive us in our transgressions, but actually delights in forgiving us.

Can you imagine yourself being delighted to forgive someone who cut you off in traffic, or said mean things to you? Think of how that points to the perpetual, perfect and pure love of God which delights in forgiving us. Our sins are great, but our Lord's love is always greater. Take a few moments to contemplate a love so vast that He delights in you, even when you may feel unforgivable. He Loves you too much to leave you in that place of despair. Come closer to Him, and encounter His love and mercy for you!

Recite Psalm 69 -
A City of Anguish in Great Distress
(page 10 of this booklet)



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Hymn Suggestion for the 2nd Week of Lent

Holy God, We Praise Thy Name

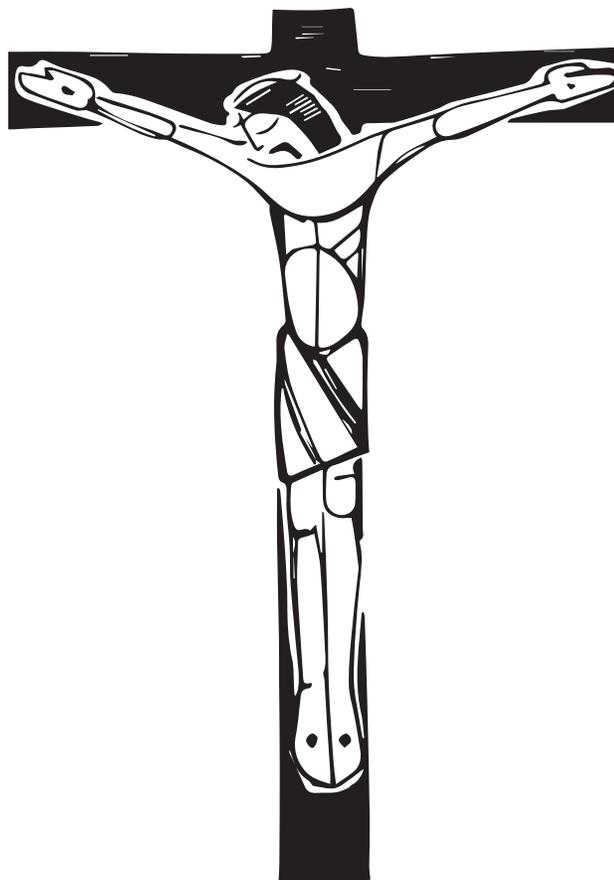
Holy God, we praise Thy name
Lord of all, we bow before Thee
All on earth Thy scepter claim
All in heaven above adore Thee
Infinite Thy vast domain
Everlasting is Thy reign

Hark the glad celestial hymn
Angel choirs above are raising
Cherubim and seraphim
In unceasing chorus praising
Fill the heavens with sweet accord
Holy, holy, holy Lord

All apostles join the strain
As Thy sacred name they hallow
Prophets swell the glad refrain
And the blessed martyrs follow
And from morn to set of sun
Through the church the song goes on

Holy Father, Holy Son
Holy Spirit three we name Thee
Though in essence only one
Undivided God we claim Thee
And adoring bend the knee
While we sing our praise to Thee

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Psalm Suggestion for the 2nd Week of Lent

**Psalm 69 – A City of Anguish in
Great Distress**

Save me, O God, for the waters
have risen to my neck.
I have sunk into the mud of the deep,
where there is no foothold.
I have entered the waters of the deep,
where the flood overwhelms me.
I am wearied with crying aloud;
my throat is parched.
My eyes are wasted away
with waiting for my God.
More numerous than the hairs on my head
are those who hate me without cause.
Many are those who attack me,
enemies with lies.
What I have never stolen,
how can I restore?
O God, you know my folly;
from you my sins are not hidden.
May those who hope in you not be shamed
because of me, O Lord of hosts;
may those who seek you not be put to shame
because of me, O God of Israel.
It is for you that I suffer taunts,
that shame has covered my face.
To my own kin I have become an outcast,
a stranger to the children of my mother.
Zeal for your house consumes me,
and taunts against you fall on me.
When my soul wept bitterly in fasting,
they made it a taunt against me.
When I made my clothing sackcloth,
I became a reproach to them,
the gossip of those at the gates,
the theme of drunkards' songs.
But I pray to you, O Lord,
for a time of your favor.
In your great mercy, answer me, O God,
with your salvation that never fails.
Rescue me from sinking in the mud;
from those who hate me, deliver me.
Save me from the waters of the deep,
lest the waves overwhelm me.
Let not the deep engulf me,
nor the pit close its mouth on me.
Lord, answer, for your mercy is kind,

in your great compassion, turn toward me.
Do not hide your face from your servant;
answer me quickly, for I am in distress.
Come close to my soul and redeem me;
ransom me because of my foes.
You know my taunts, my shame, my dishonor;
my oppressors are all before you.
Taunts have broken my heart;
here I am in anguish.
I looked for solace, but there was none;
for consolers – not one could I find.
For food they gave me gall;
in my thirst they gave me vinegar to drink.
Let their table be a snare to them,
and for their friends, a trap.
Let their eyes grow dim and blind;
let their limbs continually tremble.
Pour out your anger upon them;
let your burning fury overtake them.
Let their camp be left desolate;
let no one dwell in their tents:
for they persecute one whom you struck;
they increase the pain of one whom you
wounded.
Charge them with guilt upon guilt;
let them have no share in your justice.
Blot them out from the book of the living;
do not enroll them among the just.
As for me in my poverty and pain,
let your salvation, O God, raise me up.
Then I will praise God's name with a song;
I will glorify him with thanksgiving:
a gift pleasing God more than oxen,
more than a bull with horns and hoofs.
The poor when they see it will be glad,
and God-seeking hearts will revive;
for the Lord listens to the needy,
and does not spurn his own in their chains.
Let the heavens and earth give him praise,
the seas and everything that moves in them.
For God will bring salvation to Sion,
and rebuild the cities of Judah,
and they shall dwell there in possession.
The children of his servants shall inherit it;
those who love his name shall dwell there.

