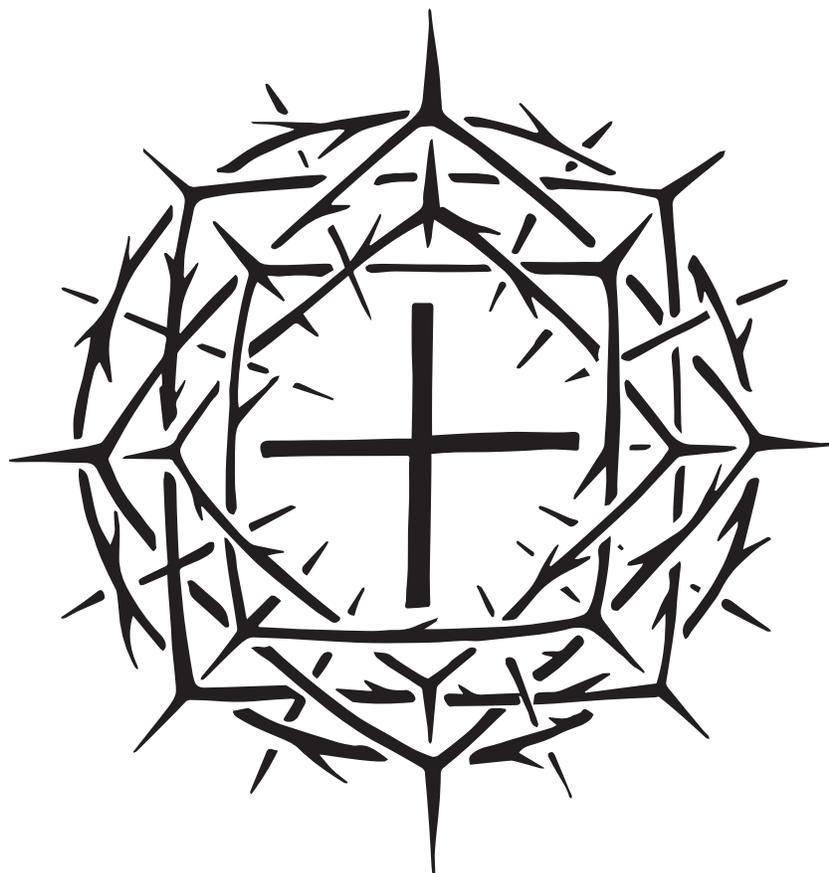


You are God: We Praise You

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



Lent 2020

Week One

(March 1- March 7, 2020)



Our Lady of
Perpetual Help

The 1st Week of Lent

YOU ARE GOD: WE PRAISE YOU

V. Day by day we bless you.

R. We praise your name for ever.

In the season of Lent during the Liturgy, we refrain from uttering the word Alleluia. In “addition by subtraction,” we prepare for praise on Easter Sunday. The Hebrew language has many words for praise, with nuances that remind us that we praise God with shouts of joy, with instruments (song and dance), with hands raised, and with blessing.

WHAT DOES IT MEAN TO BLESS THE LORD? The response gives a clue to the meaning of blessing God, as a synonym to praise in this context. We bless the Lord by praising, both with our voice and with our lives. We bless the Lord by acknowledging who God is and allowing God to be God and us to be God’s servants. Being in proper relationship with God reminds us of Abraham and the Patriarchs, who learned to trust in God. In response to Abraham’s act of faith, in being prepared to offer his son Isaac, the Lord promises many nations.

The prophet Jonah, though, struggles to live in-right relationship with God. Jonah serves as a humorous account (there is a lot of humor that is difficult to translate). Rather than being a prophet that listens to the Lord, Jonah seeks control of his own life and to whom he preaches. While most of the prophets are far from successful (few seem to listen to them), Jonah has miraculous success in calling the people of Nineveh to conversion. This account reminds us to trust in the Lord.

When you bless the Lord, recall or place before your mind an attribute of the Lord Almighty. Pray with a psalm of praise, which can include Psalms 134, 117, and 100. Try to keep that attribute on your mind throughout the day.

May the Lord of blessings guide your heart, thoughts and actions this week as I remain in prayer with you!

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 1, 2020

Lenten Week 1

Genesis 2:7-9, 3:1-7; Psalms 51:3-4, 5-6, 12-13, Romans 5:12-19 or 5:12, 17-19 Matthew 4:1-11

Pray/Sing Hymn - O God Beyond All Praising

(page 10 of this booklet)

QUICKSAND

“Through one man sin entered the world, and through sin, death...”
- Romans 5:12

Years ago, I had a scenario come to my mind to describe sin and the lack of God’s grace in our lives. The scene is to imagine yourself blindfolded and stuck in quicksand. You struggle to get free of the quicksand so you thrash around trying to escape, but you cannot see how to escape because you are blindfolded. That quicksand is where all of us stand in sin. We thrash around and sometimes hurt each other trying to pull ourselves out, but the more that we struggle, the more we sink.

When Adam and Eve sinned, they placed each one of us into that quicksand. The gift that Jesus gave was to pull off our blindfolds and show us how to escape. His grace opens our eyes and then offers a rope for us to latch onto in order to climb out of the sin that is grabbing at us to pull us down. He is the sure escape. During this Lent, how can you open your heart to accepting the help that Jesus offers?

Recite Psalm 117

The Nations Called to Praise

(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.

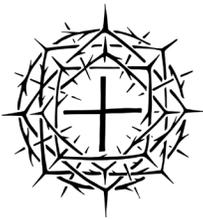
V. Lord, show us your love and mercy;

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 2, 2020

Lenten Week 1

Leviticus 19:1-2, 11-18; Psalm 19:8, 9, 10, 15; Matthew 25:31-46

Pray/Sing Hymn – O God Beyond

All Praising

(page 10 of this booklet)

THE KEY TO AN ABUNDANT LIFE

“Your words, Lord, are Spirit and life.”

- John 6:63b (from the Responsorial Psalm)

During the Lenten season, the Church gives us a focused time of self-examination, penance, and prayer in order for us to be reminded more deeply of our need for constant conversion, to be reminded of our need to “turn” to the Lord and “be saved” (Isaiah 45:22). The Word of God is the instruction manual for our life; when we follow it, we find peace and happiness.

So often when undertaking our Lenten practices, we feel the pain of removing attachments from our lives that are hindering our relationship with God. Perhaps you are feeling some of that pain this Lent as you strive to fast from certain material attachments or spend more time in prayer. Let the words from today’s Responsorial Psalm, “Your words, Lord, are Spirit and life,” be a consolation that ultimately the small pains that come with trying to live out the Word of God in our life will bring us more peace and happiness than we can ask for or imagine. We know that Jesus desires our holiness and happiness even more than we do, but sometimes we lack the trust to follow His word. During this Lent practice confidence in the Lord and in the truth that His words are Spirit and life; following His words will bring us a truly abundant life!

Recite Psalm 117

The Nations Called to Praise

(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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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:
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and the Holy Spirit, advocate and guide.
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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,
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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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V. Keep us today, Lord, from all sin.

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

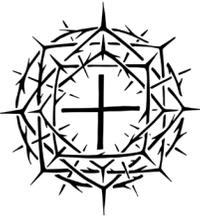
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R. for we put our trust in you

V. In you, Lord, is our hope:

R. and we shall never hope in vain.





Tuesday, March 3, 2020

Lenten Week 1

Isaiah 55:10-11; Psalm 34:4-5, 6-7, 16-17, 18-19; Matthew 6:7-15

Pray/Sing Hymn – O God Beyond

All Praising

(page 10 of this booklet)

KEEP IT SIMPLE!!

“In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.”

- Matthew 6:7-8

“Your Father knows what you need before you ask him.” Did you ever find it hard to pray? Or, just felt that you couldn’t come up with the right words to say? Sometimes, our feelings are so deeply rooted in our hearts, that there just aren’t words to express them. So, what do we do? “Be still and know that I am God” (Psalm 46:10). Our loving Father hears our hearts crying out and feels our pain and our joy! We are never alone. So just be still, and in the quiet of your heart let the Lord know how you are feeling. No special words are needed. He is your best friend.

The Lord keeps his promises. In Psalm 34:7 we read today, “When the afflicted man called out, the Lord heard, and from all his distress He saved him.” God saves us too! I invite you today to carve out a quiet moment in your day and have a conversation with God, just as you would when having coffee with a friend. Don’t forget to listen, and God will be there for you!

Recite Psalm 117

The Nations Called to Praise

(page 10 of this booklet)



Offer Petitions and Intercession

for your family, Church, community and beyond

Recite Te Deum

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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.
Come then, Lord, and help your people,
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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:

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Wednesday, March 4, 2020

Lenten Week 1

Jonah 3:1-10; Psalm 51:3-4, 12-13, 18-19; Luke 11:29-32

Pray/Sing Hymn – O God Beyond

All Praising

(page 10 of this booklet)

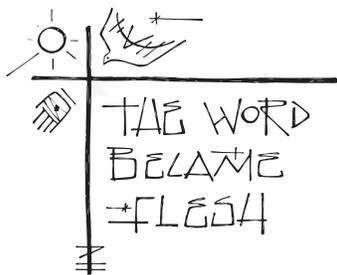
A PROPHETIC WORD

“Set out for the great city of Nineveh, and announce to it the message that I will tell you.”

- *Jonah 3:2*

A prophet desires to communicate the message of the Lord. More often than not, the prophet is not welcomed; his message is not well received. The call to conversion is met with derision. Even Jesus who is the Incarnate Word is ignored, particularly when He calls people to repentance.

Jonah met amazing success, even though his own heart and desire were absent from his preaching. How have you met success in sharing your faith? Give thanks for the Lord, even for the small graces experienced in proclaiming the Lord's goodness. Share your story of success as a source of praise for the Lord.



Recite Psalm 117

The Nations Called to Praise

(page 10 of this booklet)



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for your family, Church, community and beyond

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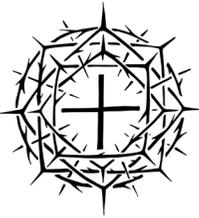
V. Lord, show us your love and mercy;

R. for we put our trust in you

V. In you, Lord, is our hope:

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Thursday, March 5, 2020

Lenten Week 1

Esther C:12, 14-16, 23-25; Psalm 138:1-2ab, 2cde-3, 7c-8; Matthew 7:7-12

**Pray/Sing Hymn – O God Beyond
All Praising**
(page 10 of this booklet)

FAITHFUL

“Lord, on the day I called for help, you answered me.”
– Psalm 138:3

Today’s Responsorial Psalm emphasizes God’s faithfulness – that He is worthy of our praise and blessing because on the day we call out for help, He responds. Sometimes His response can take shape in ways we might not have originally planned, and at other times we might more readily recognize His movements.

Whatever the case, today we are reminded to lift our voices to Him in thanksgiving for His faithfulness. In what capacity do we recognize the faithfulness of God in our lives? In what ways are we challenged by this, and how can lifting our voice in praise strengthen our trust in Him?



Recite Psalm 117
The Nations Called to Praise
(page 10 of this booklet)



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

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V. Lord, show us your love and mercy;

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Friday, Friday, March 6, 2020

Lenten Week 1

Ezekiel 18:21-28; Psalm 130:1-2, 3-4, 5-7a, 7bc-8; Matthew 5:20-26

Pray/Sing Hymn - O God Beyond All Praising
(page 10 of this booklet)

KINDNESS

“For with the LORD is kindness and with him is plenteous redemption; And he will redeem Israel from all their iniquities.”
- Psalm 130:7-8

One of the many beautiful attributes of our Lord is His kindness. In today’s readings we hear again and again how kind God is, especially with regards to our sin. We all sin, and we all have a choice to either stay in our sin or turn from our sin and turn to God. On our own, we cannot stand. We cannot redeem ourselves.

Thanks be to God that He is filled with kindness towards us and redeems us. It doesn’t matter how much we have sinned, His redemption is “plenteous” as the psalmist says. His redemption never runs out. As you reflect today on God’s redemption, think about His unfailing kindness towards you, and lift your heart in praise for His kindness and His redemption. In what ways has God shown you His kindness? When have you experienced His plenteous redemption in your life?

Recite Psalm 117
The Nations Called to Praise
(page 10 of this booklet)



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Saturday, March 7, 2020

Lenten Week 1

Deuteronomy 26:16-19; Psalm 119:1-2, 4-5, 7-8; Matthew 5:43-48

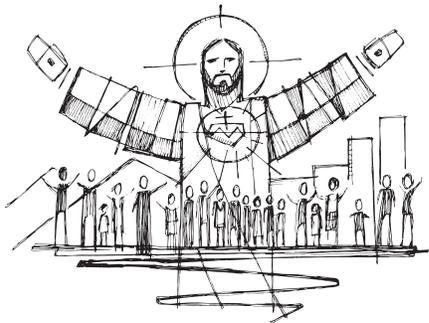
Pray/Sing Hymn - O God Beyond All Praising
(page 10 of this booklet)

LOVE BY EXAMPLE

“Serve the Lord with gladness.” - Psalm 100:2

The blessings today in Deuteronomy come from a place of mercenary love, following God’s law for benefits because God’s blessing comes to His people who follow the law. The Old Covenant became a burden because the weight of sin, i.e., not following God’s law, was too much and no one was perfect. Enter Jesus Christ! The perfect man who is also God. He is able to lead by example in word and deed as well as offer help to the imperfect.

Because of grace, we are no longer burdened by sin provided we give our sin over to Jesus. We are also held to a higher standard in the Gospel. No longer mercenary love but filial love, at least, is asked of us. Jesus calls us to perfection, though knowing our weakness, provides help in and through our faults. Let us today, like Psalm 100 says, “Cry out with joy to the Lord,” and “Serve the Lord with gladness,” because he has provided us a new way forward!



Recite Psalm 117
The Nations Called to Praise
(page 10 of this booklet)



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

Recite Te Deum

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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.



Hymn Suggestion for the 1st 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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Psalm Suggestion for the 1st Week of Lent

Psalm 117 – The Nations Called to Praise

O praise the Lord, all you nations;
acclaim him, all you peoples!

For his merciful love has prevailed over us;
and the Lord's faithfulness endures forever.

Alleluia!

