

## CARRYING THE CROSS

RESPONSE: JESUS, GRANT US STRENGTH TO CARRY OUR CROSS.

- + On the days when the demands of life with all its cares weigh heavy.
- + When we experience great loneliness deep inside and nobody seems to be near.
- + When we feel the pain of another's suffering and feel helpless.
- + When we are asked to follow in the steps of Christ.
- + When we feel depressed and discouraged and want to run away from others.
- + When we experience the effects of aging in our bodies and in our minds.
- + When we are challenged to risk our security and be open to new possibilities.
- + When we rely on ourselves rather than You.

During these 40 days of Lent may we draw closer to God. May we place our lives in God's hands and know that our prayer for those less fortunate is making a difference in our world. Amen