

# Prayer

In prayer, we turn to God, listen to His voice, and let Him fill our hearts and guide us. During Lent, our prayer takes on a special tone: we are especially aware of our sins. We are attentive to Jesus, the suffering servant. We join in prayer for candidates and catechumens, and we pray for our own deeper conversion to the Lord.

Many find it helpful to go beyond Sunday Mass and use Lent as a chance to broaden and deepen their spiritual lives:

- Celebrate the Sacrament of Reconciliation.
- Attend Mass or Communion Service during the week.
- Read and pray with the Mass Readings for each day.
- Participate in a Bible Study or Faith Sharing Group.
- Use one of the many Catholic daily devotionals available.
- Pray the Stations of the Cross.
- Pray the Rosary.
- Spend time in Eucharistic Adoration.
- Do some extra spiritual reading.

