

First Week of Lent Prayer

Good morning, I am back to our JPC Facebook page for a weekly video prayer especially for this Lent season. Today is Ash Wednesday. It is the beginning of 40 days' Lent to prepare ourselves before Easter celebration of Jesus' resurrection/new life. It is a time for us to sit back and reflect of our own wrongs or struggles with God. We then ask God in prayer to give us some strength while trying to improve our behaviour within ourselves and others as well.

God, you know me before I was born. You know me and love me. Thank you for giving me/us your son, Jesus to die for my/our sins. Lent time means we become more aware of our sins and times we have been not good in behaviour or thoughts. During this Lent, we prepare for Jesus coming to save us. We know Jesus suffer for us. We are grateful Jesus gives his life for us.

God, help us now in Lent, to prepare our hearts to be open and accept your love in our lives. Help us to know your love for us and accept you into our hearts fully. We pray in gratitude and trust your forgiveness of us always. Amen.

