



CATHOLIC CHARITIES
DIOCESE OF PITTSBURGH



**LENTEN
MEDITATIONS**

LABYRINTHS have long been used by the faithful as a means of drawing close to God. The many twists and turns represent the winding reality of our spiritual journeys and the daily lives for many of our clients.

Whether walking a labyrinth or tracing your finger along a smaller version like the one here, you can begin by:

- Finding a calm space
- Offering a prayer based on the weekly meditations here or considering if you have a burden you want to release to God or a hope to place before Him
- Placing your finger at the entrance
- Following the path slowly, mindful of His presence
- Pausing as you reach the center and reflecting on God's guidance
- Tracing your way back out

Our hope for each of us is that as we return to life from the center of the labyrinth, we do so secure in the knowledge God walks with us at each step along the way.

CHARTRES CATHEDRAL.



LEFT Our Lady of Chartres Cathedral top-down layout (1836).

TOP Chartres Cathedral etching (1836).

BOTTOM Chartres Cathedral floor labyrinth (2023).

LENTEN MEDITATIONS

These brief prayers are based on one of the Sunday readings during Lent. For a complete calendar of readings during the season, scan the QR code below.

FIRST WEEK of Lent

As Lent begins, I surrender to divine guidance. Teach me, O Lord, reveal Your truths. In humble trust, I navigate life's journey, remembering that Your steadfast love is my anchor. Amen.

Psalm 25:4,5

SECOND WEEK of Lent

In moments of doubt, I choose to trust, remembering that the Kingdom of God is not hidden from His people. It is near. It is here.

Mark 1:12-15

THIRD WEEK of Lent

Amidst seeking signs, I embrace the cross's wisdom. The world sees folly, but I know Your divine power even when I can't see clearly. My faith rests in Christ crucified.

1 Corinthians 1:22-25

FOURTH WEEK of Lent

Our hearts are laid bare before You. Choosing the Son reveals God's radiant path. Our paths forward become a testimony to the transformative power of embracing the Light.

John 3:14-21

FIFTH WEEK of Lent

Renew my spirit, O God, kindle within me a steadfast joy. Restore the melody of grace in my soul. As I embrace Your ways, let my life become a testament to Your redemption.

Psalm 51:12-13

HOLY WEEK

Like Simon of Cyrene, we are each laden with surprising burdens. Transform these hardships, Father, and help us discover sacred intersections where human struggle converges with the redemptive journey of Christ.

Mark 14:1-15:47

EASTER SUNDAY

Give thanks to the Lord, for He is good; His steadfast love endures forever. In Easter's joy, let gratitude bloom. The risen Christ, our cornerstone, anchors our celebration. Hallelujah, for His love triumphs eternally, guiding us on paths of resurrection hope.

Psalm 118:1-2

For a complete calendar of readings during the season, visit ccpgh.org/pray/2024/lent or scan this QR code.







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