

# The Year of Prayer 2024

## Second Sunday of Lent

Prayer can be difficult. At times we can only sit and wait for God to speak to us. We need to find a quiet corner and let the peace of Christ wash over us and bring us that consolation and hope that springs from our loving Father.

A Prayer based on "He did not know what to say, they were so frightened."

Mark 9: 6

Lord,  
When words cannot come.  
and I cannot share my feelings in prayer.  
Reach into my innermost heart and give me the reassurance  
that only you can give.  
Lift my drooping spirit and give me the strength  
to face whatever today and all my tomorrows may bring.

Amen

*A Weekly Prayer offering from David Frank*



# WHAT IS PRAYER?

For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.

(St. Thérèse of Lisieux, *Manuscrits autobiographiques*, C 25r.)

## THE YEAR OF PRAYER

In preparation for the 2025 Jubilee Year 'Pilgrims of Hope', 2024 has been designated a **Year of Prayer** by Pope Francis. It started in Advent 2023.

There is a particular focus on the *Our Father*, and this presents us with a great opportunity to go back to the basics of prayer.

Our Father,  
Who art in Heaven,  
hallowed be Thy name;  
Thy Kingdom come,  
Thy will be done  
on earth as it is in Heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
Amen.

If the Gospel is a message of Joy, then it is one we should be eager to share with others, and this can be done especially by inviting people to a deeper, prayerful encounter with Jesus Christ this year.

Find out more about the Year of Prayer. <https://www.iubilaeum2025.va/en/giubileo-2025/verso-il-giubileo/2024-anno-della-preghiera.html>