

# CONTENTS

Introduction	vi
How to Use This Journal	viii

## PART 1: PRAYER

### *HEALING OUR RELATIONSHIP WITH GOD*

#### **WEEK OF ASH WEDNESDAY**

Ash Wednesday: The Inner Room	4
Thursday: The School of Love	8
Friday: Your Heart with Jesus	12
Saturday: The Lord's Tender Mercy	16

#### **FIRST WEEK OF LENT: THE DESERT**

Sunday: Lay All Things Bare	22
Monday: Take Him as Your Guide	26
Tuesday: Trust in His Faithfulness	30
Wednesday: A Covenant of Eternal Love	34
Thursday: The Captivating Love of God	38
Friday: Our Response to His Love	42
Saturday: Lent as a Healing Journey	46

## PART 2: FASTING

### *HEALING OUR RELATIONSHIP WITH OURSELVES*

#### **SECOND WEEK OF LENT: FREEDOM OF HEART**

Sunday: Ordering Our Loves	54
Monday: Turn toward the Lord	58
Tuesday: The Ache for Communion	62
Wednesday: The Problem of Suffering	66
Thursday: The Truth of Who You Are	70
Friday: Our Refuge	74
Saturday: His Love Washes Over Us	78

## THIRD WEEK OF LENT: THE ROOTS OF SIN

Sunday: The Ache of Emptiness	84
Monday: The Roots of Our Hunger	88
Tuesday: Fast So You Can Feast	92
Wednesday: The Hidden Ways of Our Hearts	96
Thursday: What Sin Reveals	100
Friday: The Nature of Desire	104
Saturday: Unhealed Wounds	108

## PART 3: ALMSGIVING

### *HEALING OUR RELATIONSHIP WITH OTHERS*

## FOURTH WEEK OF LENT: THE HEALING BALM OF ALMSGIVING

Sunday: We Belong to Each Other	116
Monday: A Pierced Heart for the Sake of the Other	120
Tuesday: Do You Want to Be Well?	124
Wednesday: The Gift of Tenderness	128
Thursday: Love in Action	132
Friday: The Spiritual Works of Mercy	136
Saturday: Bearing Wrongs with Patience	140

## FIFTH WEEK OF LENT: THE JOURNEY OF FORGIVENESS

Sunday: Receiving Forgiveness	146
Monday: Honoring Our Emotions	150
Tuesday: Engaging the Heart	154
Wednesday: Healing through Forgiveness	158
Thursday: Choosing to Forgive	162
Friday: A Forgiveness Meditation	166
Saturday: The Sacrament of Reconciliation	168

## **PART 4: SACRIFICE**

*JESUS TAKES ON OUR SIN AND DEATH  
AND RESTORES US TO LIFE*

### **HOLY WEEK, THE WEEK OF ALL WEEKS**

Palm Sunday: Our Lord's Passion	176
Monday: Reveal Your Heart	180
Tuesday: Stand Firm in Truth	184
Wednesday: Dispel All Darkness	188
Holy Thursday: Priestly Power	192
Good Friday: Surrender	196
Holy Saturday: Be Still	200
Easter Sunday: The Fullness of All Things	204