

Prayer for the Tuesday before Ash Wednesday

Blessed are you, Lord God of all creation,
for it is from your goodness that we have this day
to celebrate on the threshold of the Season of Lent.

Tomorrow, we will fast and abstain from meat.
Today, we feast.
We thank you for the abundance of gifts you shower upon us.
We thank you especially for one another.

As we give you thanks,
we are mindful of those who have so much less than we do.
As we share these wonderful gifts together,
we commit ourselves to greater generosity toward those who need our support.

As our feasting fills us with gratitude,
so may our fasting and abstinence hollow out in us
a place for deeper desires and an attentiveness to hear the cry of the poor.

May our self-denial turn our hearts to you
and give us a new freedom for
generous service to others.

We ask you these graces with our hearts full of delight
and stirring with readiness for the journey ahead.
We ask them with confidence in the name of Jesus the Lord.

Source: Online Ministry of Creighton University