

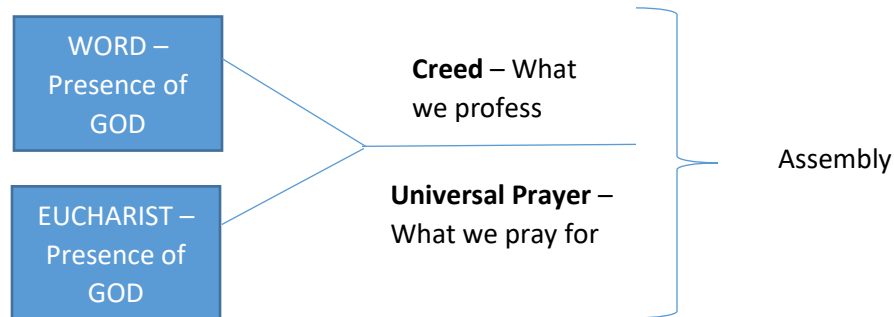
*Spiritual exercises for the home or apartment. The Catholic Diocese of Memphis and all of west Tennessee will be praying together at 7pm except Sunday, when we will have live-streaming Mass.*

## Sunday

### The Mass

From Bishop David:

At each Holy Mass, we are fed at two tables; the Ambo (Liturgy of the Word) and the Altar (Liturgy of the Eucharist). The presence of God is offered in the Word and the Eucharist. They are connected by the Creed (what we profess) and the Universal Prayer (what we pray for) we are the Assembly



In the name of the Father and of the Son and of the Holy Spirit. AMEN

#### Liturgy of the Word:

*Penitential Act:* I confess to almighty God, that I have greatly sinned. In my thoughts and in my words, in what I have done and what I have failed to do. Through my fault, through my fault, through my most grievous fault. Therefore, I ask Blessed Mary, every virgin, and you my brothers and sisters to pray for me to the Lord our God.

*Opening prayer:* Pray from your heart about your needs, the needs of your Parish, the Diocese of Memphis and the entire world.

*Three Readings:* [USCCB Daily Readings](#)

*Profession of Faith:* I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son,

who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

*Universal Prayer:* Pray for the sick, the poor, all those affected by COVID 19, vocations in the diocese, the faithful departed and for your needs and those things you keep in silence of your heart.

*Eucharistic Prayer:* Matthew 26: 26-30 **and** 1Corinthians 11:23-26

*Closing:* It is in the trine God and in the sign of the cross that we find our blessing. "May almighty God bless you, the Father, and the Son, and the Holy Spirit". AMEN

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## Monday

### Scripture

Yeshua...Jesus of Nazareth, the Crucified and Risen Lord, was formed by Torah, by the prophets, by the Psalms and by the great festivals held in Jerusalem. Recognizing that we are members of the Body of Christ (1 Cor. 12.27), our spiritual longing should be to grow close to our Lord, the Head of the Body. Please use these Mondays...to ponder the scriptures that Yeshua know...and his exhortation to all.

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

Prayerfully read Romans 5:5, then ask the Holy Spirit to allow you to enter into the adoration of the Word of God. After you have called on the Spirit and rested in a minute or two in silent prayer (eyes closed, heart opened), read the scriptures slowly, knowing that the Lord will speak to you through this Word.

*Exodus 14*

*Psalms 23*

*Isaiah 58. 3 – 12 (Matthew 25. 31 – 46)*

*Ezekiel 36. 25 – 27*

*Joel 2. 12 – 13 (Matthew 25. 31 – 46)*

*Matthew 5. 1 – 7. 28 (especially 7.12, the Golden Rule) ; 17.21*

*Luke 6. 17 – 49; 18. 9 -14*

*1 Cor. 12. 1 – 13.13*

*Acts 4. 32 – 35*

**Closing Prayer:** Thank the Lord God for every gift given.

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

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## Tuesday

### Chaplet of the Divine Word

You can use your rosary beads as a guide through this prayer or follow along online [CLICK HERE](#)

**In the name of the Father and of the Son and of the Holy Spirit.** Amen.

**Opening prayer:** You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself upon us. O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You.

Pray one Our Father, one Hail Mary and the Apostle's Creed (on the first three rosary beads)

For each decade on your rosary beads, say the following words on the Our Father bead...

*Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.*

...say the following words on each of the 10 Hail Mary beads:

*For the sake of His sorrowful Passion, have mercy on us and on the whole world.*

Continue this for each of the 5 decades on the rosary beads.

After the 5 decades, recite the following words THREE TIMES:

*Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.*

**Closing prayer:** O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in you. Eternal God, in whom mercy is endless and the treasury of compassion, inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to You holy will, which is Love and Mercy itself.

**In the name of the Father and of the Son and of the Holy Spirit.** Amen.

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## Wednesday

### Stations of the Cross

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

**Preparatory Prayer:** O Jesus, my adorable Savior, I seek Your forgiveness and mercy for myself and for my loved ones, for those hardened by sin, and all the faithful departed. Wash away my sins and those of the whole world through the infinite merits of Your Passion. Give me the grace to enter more deeply into the mystery of Your Cross, so that sharing in Your suffering and death, I may experience a deep sorrow for my sins and be ready to embrace willingly, even with joy, all the sufferings and humiliations of this life and pilgrimage. Amen.

**You will say an Our Father, a Hail Mary and a Glory Be AFTER each station**

**I. JESUS IS CONDEMNED TO DEATH**

*Meditate on how Jesus was scourged and crowned with thorns, and how He was then unjustly condemned by Pilate to die on the cross.*

**II. JESUS CARRIES HIS CROSS**

*Meditate how the heavy cross was laid upon Jesus' bruised shoulders. He accepts it meekly and courageously, because by that cross he wills to redeem the world*

**III. JESUS FALLS FOR THE FIRST TIME**

*Meditate how Jesus, laboring under the weight of the cross, slowly sets forth on the way to Calvary. His agony in the garden has exhausted His body; He is sore with blows and wounds; His strength fails Him; He falls to the ground under the cross.*

**IV. JESUS MEETS HIS MOTHER**

*Meditate on the meeting between Son and mother on the way to Calvary. How oppressive that experience must have been for both of them. What a sword of anguish must have pierced Mary's maternal heart.*

**V. SIMONE OF CYRENE HELPS JESUS CARRY THE CROSS**

*Meditate on Jesus's failing physical strength. He became unable to go on, and how the soldiers then seized Simon of Cyrene and forced him to help Jesus carry His cross.*

**VI. VERONICA WIPES THE FACE OF JESUS**

*Meditate on Veronica seeing Jesus so afflicted, His face soiled with sweat and blood. She offered Him her veil. Jesus took the veil, wiped His face, and left imprinted on the cloth the image of His divine countenance.*

**VII. JESUS FALLS FOR THE SECOND TIME**

*Meditate on how Jesus' struggle to go on increased His pain and cost Him a constantly greater loss of blood, until His strength failed a second time, and He fell upon the ground again.*

**VIII. JESUS SPEAKS TO THE WOMEN OF JERUSALEM**

*Meditate on the holy women of Jerusalem, upon seeing Jesus stumbling along, bathed in His own blood, wept with compassion. To them Jesus said: "Do not weep for Me; weep instead for yourselves and for your children."*

**IX. JESUS FALLS FOR THE THIRD TIME**

*Meditate on Jesus, arriving exhausted at the foot of Calvary, falling for the third time. His weakness was extreme and the cruelty of His executioners was excessive; they tried to hasten His steps when He hardly had the strength to move.*

**X. JESUS IS STRIPPED OF HIS GARMENTS**

*Meditate now on how Jesus arrived at the place of His Crucifixion. The soldiers tore His clothes from His bleeding body, leaving Him exposed to the cold, rude stare of the scoffing crowd.*

**XI. JESUS IS NAILED TO THE CROSS**

*Meditate on how Jesus lies down upon His cross, and how He extends His arms to offer up the sacrifice of His life for our salvation. The soldiers nail His hands and feet, to His gibbet. And then they raise it, leaving Him to die upon it in terrible anguish.*

**XII. JESUS DIES ON THE CROSS**

*Meditate how Jesus agonized for three hours, dying upon the cross. Then, overcome at last, His body sagged limply; His head fell forward upon His chest; and He handed over His Spirit.*

**XIII. JESUS IS TAKEN DOWN FROM THE CROSS**

*Meditate how two of His disciples, Joseph and Nicodemus, took Jesus' body down from His cross, and how they laid Him in the arms of His stricken mother. She received Him with tenderness, pressing Him close to her afflicted heart.*

**XIV. JESUS IS LAID IN THE TOMB**

*Meditate on how the body of Jesus is taken from the arms of His mother and laid in the tomb. The tomb is closed, and the lifeless body remains until the hour of its glorious Resurrection.*

**Closing Prayer:** O Jesus, lying buried in the tomb, I reverently kiss the stone that encloses You. But on the third day, You rose in glory. By the Resurrection, call me too to rise in glory on the last day, to be forever united with You.

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

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## Thursday

### Passion Scriptures

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Call to mind the Spirit of the Lord lives in your heart. Remember a reading we heard in the third Sunday of Lent:

*The Love of God has been poured out into our hearts through the Holy Spirit who has been given to us (Romans 5:5)*

Call upon the Holy Spirit so that you may read the Word of God and know that the Lord is with us still. Please ponder in prayer any of the following scriptures:

*Matthew 26.36 – 27.66*

*Mark 12.32 – 15.47*

*Luke 22.39 – 23.56*

*John 18.1 – 19.42*

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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## **Friday**

### *The Rosary (Sorrowful Mysteries)*

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

*Recite the Apostle's Creed, the Our Father, three Hail Mary's and the Glory Be.*

**For each Mystery:** Meditate on the scripture and the fruit of the mystery. Then pray one Our Father and ten Hail Mary's, the Glory Be and the Fatima Prayer

1. **The Agony in the Garden** – Jesus prays to the Father in anticipation of His Passion  
Fruit of the Mystery: Acceptance of God's Will  
Scripture: Mark 14: 35-36
2. **The Scourging at the Pillar** – Jesus is cruelly scourged at Pilate's direction  
Fruit of the Mystery: Purity of Intention  
Scripture: Luke 23: 14b-16
3. **The Crowning with Thorns** – A crown of thorns is placed on Jesus' head in mockery  
Fruit of the Mystery: Contrition  
Scripture: John 19:2-3
4. **The Carrying of the Cross** – Jesus carries the heavy cross upon His shoulders to Calvary  
Fruit of the Mystery: Patience  
Scripture: John 19 16b-17
5. **The Crucifixion** – Jesus is nailed to the Cross and dies after three hours of agony  
Fruit of the Mystery: Perseverance  
Scripture: John 19:18

*Hail Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us. And after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ*

*O God, whose only begotten Son, by His life, death and resurrection has purchased for us the rewards of eternal life; grant, we beseech Thee, that meditating on these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord.*

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

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## Saturday –

Pray for the intercession of the Blessed Mother

Prayerfully read Romans 5:5, then ask the Holy Spirit to allow you to enter into the adoration of the Word of God. After you have called on the Spirit and rested in a minute or two in silent prayer (eyes closed, heart opened), read the scriptures slowly, knowing that the Lord will speak to you through this Word.

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

*Annunciation: Luke 1: 26-38*

*Nativity: Matthew 1.18-2.12*

*Luke 2: 1-20*

### **Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in the mercy hear and answer me. Amen

### **Our Lady of Guadalupe**

Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas. We fly to you today as your beloved children. We ask you to intercede for us with your Son, as you did at the wedding in Cana.

Pray for us, loving Mother, and gain for our nation and world, and for all our families and loved ones, the protection of your holy angels, that we may be spared the worst of this illness.

For those already afflicted, we ask you to obtain the grace of healing and deliverance. Hear the cries of those who are vulnerable and fearful, wipe away their tears and help them to trust.

In this time of trial and testing, teach all of us in the Church to love one another and to be patient and kind. Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence, knowing that you truly are our compassionate mother, health of the sick and cause of our joy.

Shelter us under the mantle of your protection, keep us in the embrace of your arms, help us always to know the love of your son, Jesus.

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**