

1. A - gain we keep this sol - emn fast, A gift of
 2. The law and proph - ets from of old In fig - ured
 3. More spar - ing, there - fore, let us make The words we
 4. Let us a - void each harm - ful way That lures the
 5. We pray, O bless - ed Three - in - One, Our God while

1. faith from ag - es past, This Lent which binds us
 2. ways this Lent fore - told, Which Christ, all ag - es'
 3. speak, the food we take, Our sleep, our laugh - ter,
 4. care - less mind a - stray; By watch - ful prayer our
 5. end - less ag - es run, That this, our Lent of

1. lov - ing - ly To faith and hope and char - i - ty.
 2. Lord and Guide, In these last days has sanc - ti - fied.
 3. ev - 'ry sense; Learn peace through ho - ly pen - i - tence.
 4. spir - its free From schem - ing of the e - ne - my.
 5. for - ty days, May bring us growth and give you praise.

FIRST READING: Is 55:10-11

Thus says the LORD: Just as from the heavens the rain and snow come down And do not return there till they have watered the earth, making it fertile and fruitful, Giving seed to the one who sows and bread to the one who eats, So shall my word be that goes forth from my mouth; It shall not return to me void, but shall do my will, achieving the end for which I sent it.

RESPONSORIAL PSALM: From all their distress God rescues the just.

Glorify the LORD with me, let us together extol his name.	and ears for their cry.
I sought the LORD, and he answered me and delivered me from all my fears.	The LORD confronts the evildoers, to destroy remembrance of them from the earth.
Look to him that you may be radiant with joy, and your faces may not blush with shame.	When the just cry out, the LORD hears them, and from all their distress he rescues them.
When the poor one called out, the LORD heard, and from all his distress he saved him.	The LORD is close to the brokenhearted; and those who are crushed in spirit he saves.

The LORD has eyes for the just,

THE HOLY GOSPEL: Mt 6:7-15

Jesus said to all his disciples: "In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him. "This is how you are to pray:

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.

“If you forgive men their transgressions, your heavenly Father will forgive you. But if you do not forgive men, neither will your Father forgive your transgressions.”

Look Beyond

Refrain



Look be-yond the bread you eat; See your Sav-ior and your



Lord. Look be-yond the cup you drink; See his love poured out as

To verses Final ending



blood. See his life poured out as blood.

Verses



1. Give us a sign that we
 2. I am the bread which
 3. The bread I give you will
 4. This man speaks harsh - ly; who can
 5. You, my dis - ci - ples, will



might be-lieve in you. Mos - es had
 from the heav-ens came; Those who eat had
 be my ver - y flesh; My blood will
 lis - ten to his word? We shall no
 you al - so leave? Lord to



man - na from the sky.
 bread will nev - er die.
 tru - ly be your drink.
 long - er fol - low him.
 whom can we go?

ST. MICHAEL PRAYER

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

ATTENDE DOMINE

Have Mercy on Us, Lord

ATTENDE DOMINE

Refrain

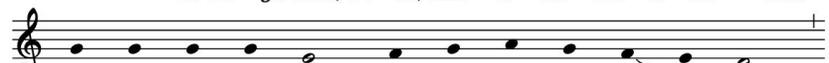


Have mer-cy on us, Lord, Je-sus our Sav-ior: Bur-dened with sin, we im-
At - tén-de Dó-mi-ne, et mi-se-ré-re, Qui - a pec-cá-vi-mus

Verses



plore you! 1. O great — Re-deem-er, King of all cre - a - tion,
ti - bi. 2. Ex - alt - ed Sav-ior, Cor-ner-stone of heav - en,
 3. We beg — you, Je - sus, God im-mense in pow - er:
 1. *Ad te Rex sum-me, — óm - ni - um re-dém - ptor,*
 2. *Déx - te - ra Pa - tris, — la - pis an - gu - lá - ris,*
 3. *Ro - gá-mus, De - us, — tu - am ma - ie - stá - tem:*



1. As we are sin - ners, we de - serve your judg - ment:
 2. Gate of sal - va - tion, Way to life im - mor - tal:
 3. Lis - ten in kind - ness as we ask for - give - ness:
 1. *Ó - cu - los nó - stros sub - le - vá - mus flen - tes.*
 2. *Ví - a sa - lú - tis iá - nu - a cae - lé - stis,*
 3. *Áu - ri - bus sa - cris gé - mi - tus ex - áu - dí:*

to Refrain



1. Je - sus, be gra - cious; hear our prayer of sor - row.
 2. Send forth your Spir - it; heal your hum - bled peo - ple!
 3. Though sin con-demns us, you are strong to save us!
 1. *Ex - áu - di, Chri - ste, sup - pli - cán - tum pre - ces.*
 2. *Áb - lu - e no - stri má - cu - las de - lí - cti.*
 3. *Crí - mi - na no - stra plá - cí - dus in - dúl - ge.*

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|--|---|
| 4. We stand convicted, owning our offenses;
Guilty before you, yet we seek your pardon:
O gentle Savior, great is your compassion! | 4. <i>Tibi fatémur, crimina admíssa:
Contrito corde pándimus occúlta:
Túa redémptor, píetas ignóscat.</i> |
| 5. Remember, Jesus, you gave all to save us;
Dying for sinners, you endured the Passion:
Savior, immortal, grant your gift of freedom! | 5. <i>Innocens captus, nec repúgnans ductus,
Téstibus falsis, pro ímpis damnátus:
Quos redemísti, tu consérva, Chriсте.</i> |