



# S E P S

## FOLLOWING IN THE FOOTSTEPS OF JESUS

### LENT 2021: PRACTICE

**What's great about prayer is that ultimately God does the heavy lifting. We do the work of praising and thanking Him, asking for His help, and surrendering things outside our control to Him. This is the work that we do. From there, He takes it and does the moving and the changing and the saving.**

**Sometimes though, this can be a challenging thing. So often we want to control and change things in our lives, but in prayer, we offer that up (or attempt to anyway!). This can make persevering in prayer difficult; bringing the same intention to our Lord again and again.**

**What can make it even more of a struggle is when our prayers seem to go unanswered. There seems to be a special place in our hearts for the ache of unanswered prayers. And hopefully, there's a special place in heaven for those who persevere in prayer through this ache.**

**The Catechism of the Catholic Church says, " For 'we have not been commanded to work, to keep watch and to fast constantly, but it has been laid down that we are to pray without ceasing.' This tireless fervor can come only from love. Against our dullness and laziness, the battle of prayer is that of humble, trusting, and persevering love (2742).**

**Why else would we keep praying? Because we know the God who is love. A love we can trust and hope in. A love that "so loved the world that He gave his only begotten Son." (Jn. 3:16). And when we feel like we are far from this love, how do we return to Him? We Pray!!**



**"God, who is rich in mercy, because of the great love he had for us, even when we were dead in our transgressions, brought us to life with Christ.**

**For by grace you have been saved through faith, and this is not from you; it is the gift of God; it is not from works, so no one may boast."**

**Ephesians 2:4,8,9**

Sometimes praying on our own can be challenging. So we want to offer you a chance to pray with others:

**Confessions:**  
Sundays, 10-10:45am  
Thursdays, 7-7:45pm

**Adoration:**  
Thursdays, 7-8pm  
In-person and livestream

**Mass:**  
Heart to Heart Series on  
Sundays at 9am and 6pm  
Masses in person and  
livestream

WEEK FOUR:

## *Hanging in There*



For the next 5 Sundays of Lent at the 9am and 6pm Masses we will be focusing on a particular theme: Heart to Heart. This week, we're "Hanging in There".

I have had some amazing answers to prayer. My husband is an answer to prayer, my job is an answer to prayer, a healed relationship with one of my sisters is an answer to prayer. Heck, even being able to harmonize while singing is an answer to prayer! I was at a youth conference in high school and said in my heart, "God, I would really love to be able to harmonize, I have no idea how, can you give me that gift though?" That night, out of nowhere I started harmonizing. True story!

There are many prayers though that feel like I've been saying them forever. "Lord, help me be patient." I know each time I utter these words, He hears me because every time I do, there's some new opportunity that I get to try and be patient. BUT, He also gives me the grace to **actually** be patient. Jesus doesn't leave me hanging. And He doesn't leave you hanging either.

Sometimes He does let us hang there for a little bit though. It's in these times when prayer can feel dry or hopeless. And the question rises in our hearts, "Is this really worth it? Do you even hear me, Lord?" We can respond to these moments of doubt by sinking deeper into it or choosing to trust that God will not leave us hanging. This trust stretches our hearts and gives us a greater capacity to receive His love. And, even if our prayer is never answered, know that the Lord is working for our good and bringing us constantly closer to His heart.

written by Clare Field, Director of Youth Ministry

**"To begin is easy, to preserve is sanctity"**

**St. Josemaria Escriva**