

## AT TABLE DURING THE WEEKDAYS OF LENT

*Begin after a short silence. The alternates with the others  
who are present.*

V. I was hungry.  
R. And you gave me food.

V. I was thirsty.  
R. And you gave me drink.

V. I was a stranger.  
R. And you welcomed me.

V. I was naked.  
R. And you gave clothed me.

V. I was ill.  
R. And you comforted me.

V. I was in jail.  
R. And you came to see me.

*The leader prays:*

Lord Jesus Christ,  
may our lenten fasting turn us  
toward all our brothers and sisters who  
are in need.  
Bless this table, our good food, and ourselves.  
Send us through Lent with good cheer,  
and bring us to the fullness of your Passover.

R. Amen.

*Another form of lenten prayer begins with the sign of the cross.*

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

*Someone at table reads one of the following Scriptures or the  
text assigned to the liturgy of the day.*

**A** Listen to the words of the apostle Paul to the Romans:

I urge you therefore, brothers [and sisters], by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. Do not conform yourself to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

Romans 12:1-2

Or:

**B** Listen to the words of the prophet Isaiah:

Wash yourselves clean!  
Put away your misdeeds from before my eyes;  
cease doing evil; learn to do good.  
Make justice your aim: redress the wronged,  
hear the orphan's plea, defend the widow.

Isaiah 1:16-17

Or:

**C** Listen to the words of the apostle Paul to the Corinthians:

[God says:]

“In an acceptable time I heard you,  
and on the day of salvation I helped you.”

Behold, now is a very acceptable time; behold, now is the day of salvation. . . . In everything we commend ourselves as ministers of God, through much endurance, in afflictions, hardships, constraints, beatings, imprisonments, riots, labors, vigils, fasts. . . . We are treated as deceivers and yet are truthful; as unrecognized and yet acknowledged; as dying and behold we live; as chastised and yet not put to death; as sorrowful yet always rejoicing; as poor yet enriching many; as having nothing and yet possessing all things.

2 Corinthians 6:2, 4-5, 8-10

*The reader concludes:*

This is the Word of the Lord.

*All respond:*

Thanks be to God.

*The leader invites:*

Lift up your hearts.

*All respond:*

We lift them up to the Lord.

*Then the leader prays:*

We thank you, O Lord,  
who give us this food to eat.  
We pray that you may also provide food  
for those who are hungry  
and gather us all together  
at the table of your heavenly kingdom.

We ask this through Christ our Lord.

R. Amen.

## **AFTER THE MEAL**

*The leader says:*

No one lives on bread alone.

*All respond.*

But on every word that comes from the mouth of God.

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