

# Lenten Prayer

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## [The Seven Penitential Psalms and the Songs of the Suffering Servant](#)

The Seven Penitential Psalms and the Songs of the Suffering Servant from the Book of the Prophet Isaiah are traditionally used for meditation and prayer during Lent. At the page link above, you will find links to the text of the psalms and songs from the *New American Bible, Revised Edition*, along with audio versions and written reflections to encourage the practice of *Lectio Divina* or “divine reading,” a way of praying with Scripture that calls one to listen to, study, contemplate and thoughtfully assimilate God's Word.

## [Stations of the Cross](#)

The Stations of the Cross are traditionally prayed on the Fridays of Lent. Follow the link above for more information on this popular devotional practice, including prayers for the Stations of the Cross prayed by Blessed John Paul II on Good Friday 1991 and an audio version for download.

## [A Scriptural Way of the Cross for Lent - \[English\]\(#\) - \[en Español\]\(#\)](#)

The Scriptural Way of the Cross was first introduced by Pope John Paul II. This unique version can be used during this season of fasting, prayer and alms-giving. It features reflections on global and national issues that we can all be praying for and images from the Catholic Campaign for Human Development's Multimedia Youth Contest. Please use this for your own personal reflection, or with your parish, your school, your CCD class and friends.

## [Lenten Reflections from the Director of CCHD](#)

## [A Week of Prayers for Lenten Devotions from the Department of Justice, Peace & Human Development](#)

## [USCCB Prayer Library](#)