



OFFICE OF THE BISHOP

DIOCESE OF MEMPHIS IN TENNESSEE

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For our Lenten journey, to ponder our own disobedience, and the sin of the world, Pope Francis suggests this traditional prayer: in contemplating the FIVE SACRED WOUNDS that Jesus suffered during His Crucifixion ... wounds in each hand and each foot and in His side:

1. Focus on each wound that is accepted by the Lord Jesus for our healing (1 Pe. 2.24).
2. After pondering a wound, then repeat the plea of the Leper (Mt. 8.2)
" Lord, if you wish, you can make me clean".
3. Then ponder the Lord's response (Mt. 8.3): "I do will it. Be made clean"
4. In thanksgiving, prayer the Lord's Prayer, the Our Father. .. given to us by Jesus.

I suggest this as part of your morning prayer, your evening prayer and as you take your rest at night. AMDG

I will give you a new heart Ezekiel 36:26