

Shijunsetsu no Inori

Itsukushimi ni michita Kami yo, watashitachi wa kokoro o komete

Anata o aogi, Anata ni yori sugarimasu.

Anata wa awaremi fukaku, seigi ni michi, tsumibito ni michi o shimeshi

herikudaru mono ni yurushi o oatae ni narimasu.

Tsumi no omoni aegu watashitachi o kaerimi sessei ni yotte

kono yo no kairaku o tatou to tsutomeru watashitachi ni

tsumi ya yokubou no kizuna o tatsu chikara o ataete kudasai.

Watashitachi no tsugunai no waza ga Onko no junan to musubarete

yutaka na minori o musubi kokoro mo karada mo kiyomerarete

Shu no fukkatsu no yorokobi o ajiwao koto ga dekimasu youni

Shu Kirisuto ni yotte Amen.

Lenten Prayer

Loving Father, we put our hearts together

We look up at You and we will hold on to You.

You are full of compassion and righteousness.

You show the way to the sinners.

We humbly ask for Your forgiveness.

Give us the power to break the bond of sins and desires as we strive to cut off the pleasures of the world by taking care of us who are burdened with sin.

May our work of atonement be tied to the sufferings of our Lord.

May it give us graces to cleanse our hearts and bodies

so as to enjoy the resurrection of our Lord

Through Christ our Lord. Amen.

