



### A PRAYER FOR KEEPING A HOLY LENT

Lord, Bless me this Lent.  
Let me fast most truly and profitably  
by feeding in prayer on thy Holy Spirit.  
Reveal me to myself in the light of thy holiness.  
Suffer me never to think that I have knowledge  
enough to need no correction, talents enough  
to need no grace, goodness enough to need no  
progress, humility enough to need no repentance,  
devotion enough to need no quickening, strength  
sufficient without thy Spirit; lest, standing still, I  
fall back for evermore.  
Show me the desires that should be disciplined,  
and sloths to be slain.  
Show me the omissions to be made up and the  
habits to be mended.  
And behind these, weaken, humble and annihilate  
in me self-will, self-righteousness, self-satisfaction,  
self-sufficiency, self-assertion, vainglory.  
Make my whole effort be to return to thee: serious  
and sincere, humble; a vessel empty and broken, to  
be restored and remade in your image.  
With the help of the Holy Spirit I make my petition  
to my Lord and my God.

*Amen.*

