



MISSIONARI DI SAN CARLO - SCALABRINIANI

**San Carlo in S. Maria del Carmine**

CHIESA DEL  
**CARMINE**

Prayer Guide from the Archdiocese of Milan for the  
**Celebration of the Word**

**At the beginning of Lent - Ambrosian Rite**

## **Act of Spiritual Communion**

My Jesus, I believe that You are present  
in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Eternal Father,  
I offer Thee the Most Precious Blood of your son, Jesus Christ  
in atonement for my sins,  
and in supplication for the holy souls in purgatory  
and for the needs of the holy Church.  
Amen

## **For the children**

Lord Jesus,  
You are next to me.  
I thank you!

Teach me to cultivate  
the same feelings as yours  
and I will run fast on the roads of life.  
I will be a sign of your love,  
I will be your disciple in the world.  
Amen.



## **LET'S START THE LENT TOGETHER** in our family

In a certainly singular way, this beginning of Lent does not see us gathered together in the Sunday liturgy, rather distantly. As such, a prayer guide is proposed wherein the whole family can pray united in a proper space at home in front of the image of the Holy Cross.

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

*Let's start with the prayer of the Archbishop for this particular moment  
Italy, and more specifically our region, is experiencing*

**Lord, bless our land, our families, our activities.  
Instill in our hearts and around us  
conviction and commitment for the common good,  
attention to those who are alone, poor and sick.  
Bless, o Lord, and give strength and wisdom  
to all those who dedicate themselves  
to the service of the common good  
and to us all:  
may defeats not be a reason for humiliation or resignation,  
may emotions and fear not be a cause for confusion,  
for instinctive and fearful reactions.  
May the vocation to holiness help us, even at this moment,  
to overcome mediocrity, to react to banality, to live out charity  
and to dwell in peace.  
Amen**

*Let us listen to the Gospel of the first Sunday of Lent*

**A Reading from the Holy Gospel according to Matthew**

At that time, the Lord Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him: «If you are the Son of God, command that these stones become loaves of bread.» He said in reply: «It is written: 'One does not live by bread alone, but by every word that comes forth from the mouth of God'.» Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him: «If you are the Son of God, throw yourself down. For it is written: 'He will command his angels concerning you and 'with their hands they will support you, lest you dash your foot against a stone.'» Jesus answered him: «Again it is written, 'You shall not put the Lord, your God, to the test.'» Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him: «All these I shall give to you, if you will prostrate yourself and worship me.» At this, Jesus said to him: «Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'» Then the devil left him and, behold, angels came and ministered to him.

*If possible, a moment of sharing among each other can follow the Gospel according to the message this passage communicates to everyone's life of Faith.*

*Three questions are suggested that refer to the Gospel and that can help identify a path of Lenten penance in the family*

- What place does the Word of God occupy in my/our lives?
- Which pretenses do I/we have to free myself/ourselves from, in order to give space to trust?
- Maybe there are "idols" I/we need to get rid of. Which are they?

*In the pastoral letter, the part concerning Lent, the Archbishop invites us to learn more about the Apostles' Creed. Let's recite it together*

I believe in God the Father almighty,  
Creator of heaven and earth.  
And in Jesus Christ, His only Son, our Lord,  
Who was conceived by the Holy Spirit, born of the Virgin Mary,  
suffered under Pontius Pilate, was crucified, died, and was buried.  
He descended into hell; the third day He rose again from the dead;  
He ascended into heaven,  
and sits at the right hand of God the Father almighty,  
from thence He shall come to judge the living and the dead.  
I believe in the Holy Spirit, the holy Catholic Church, the  
communion of saints,  
the forgiveness of sins, the resurrection of the body and life  
everlasting.  
Amen.

*During a moment of recollection, we remember the sick, people who are  
lonely, civil authorities, medical staff and researchers*

Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done  
on earth, as it is in heaven.  
Give us this day  
our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.

May the blessing of almighty God - the Father, the Son and the Holy Spirit descend upon us and remain with us forever. **Amen.**