

## Changes/ Lenten Prayer

Lord of all times and seasons

we offer to you all the changes that have touched our lives

All the changes that you have given us.

]We entrust to you the situations and events that have affected us

Changes in our relationships, family, friends, neighbors and all fellow traveler son our road of life.

We commit our personal well-being and safety to your care and protection

We bring to you all changes in ourselves, our health of mind, body and spirit.

We trust in you alone almighty and all- loving

Lord teach us what we need to learn during this holy season.

help us to understand the changes that will lead us to growth in You.

Be the source of calm in an ever-changing world

Be the source of peace in our turmoil

Be our source of energy when we get tired

Help us to accept the changing forces in our lives with faith, hope and love.

Amen