CONTENTS

Introduction viii
How to Use This Journal x

PART 1: PRAYER

HEALING OUR RELATIONSHIP WITH GOD

WEEK OF ASH WEDNESDAY

Ash Wednesday: The Inner Room 4
Thursday: The School of Love 8
Friday: Your Heart with Jesus 12
Saturday: The Lord's Tender Mercy 16

FIRST WEEK OF LENT: THE DESERT

Sunday: Lay All Things Bare 22
Monday: Take Him as Your Guide 26
Tuesday: Trust in His Faithfulness 30
Wednesday: A Covenant of Eternal Love 34
Thursday: The Captivating Love of God 38
Friday: Our Response to His Love 42
Saturday: Lent as a Healing Journey 46

PART 2: FASTING

HEALING OUR RELATIONSHIP WITH OURSELVES

SECOND WEEK OF LENT: FREEDOM OF HEART

Sunday: Ordering Our Loves 54
Monday: Turn toward the Lord 58
Tuesday: The Ache for Communion 62
Wednesday: The Problem of Suffering 66
Thursday: The Truth of Who You Are 70
Friday: Our Refuge 74
Saturday: His Love Washes Over Us 78

THIRD WEEK OF LENT: THE ROOTS OF SIN
Sunday: The Ache of Emptiness 84
Monday: The Roots of Our Hunger 88
Tuesday: Fast So You Can Feast 92
Wednesday: The Hidden Ways of Our Hearts 96
Thursday: What Sin Reveals 100
Friday: The Nature of Desire 104
Saturday: Unhealed Wounds 108

PART 3: ALMSGIVING
HEALING OUR RELATIONSHIP WITH OTHERS
FOURTH WEEK OF LENT: THE HEALING BALM OF ALMSGIVING
Sunday: We Belong to Each Other 116
Monday: A Pierced Heart for the Sake of the Other 120
Tuesday: Do You Want to Be Well? 124
Wednesday: The Gift of Tenderness 128
Thursday: Love in Action 132
Friday: The Spiritual Works of Mercy 136
Saturday: Bearing Wrongs with Patience 140
FIFTH WEEK OF LENT: THE JOURNEY OF FORGIVENESS
Sunday: Receiving Forgiveness 146
Monday: Honoring Our Emotions 150
Tuesday: Engaging the Heart 154
Wednesday: Healing through Forgiveness 158
Thursday: Choosing to Forgive 162
Friday: A Forgiveness Meditation 166
Saturday: The Sacrament of Reconciliation 168

PART 4: SACRIFICE

JESUS TAKES ON OUR SIN AND DEATH AND RESTORES US TO LIFE

HOLY WEEK, THE WEEK OF ALL WEEKS

Palm Sunday: Our Lord's Passion 176
Monday: Reveal Your Heart 180
Tuesday: Stand Firm in Truth 184
Wednesday: Dispel All Darkness 188
Holy Thursday: Priestly Power 192
Good Friday: Surrender 196
Holy Saturday: Be Still 200
Easter Sunday: The Fullness of All Things 204