



The United States Association of
The Catechesis of the Good Shepherd®

Lenten Meal Prayers

First Week of Lent: February 22-28, 2026

Let us pray.

No one lives on bread alone, but on every word that comes from the mouth of God.

Lord, we are grateful for the food that gives us life, and for everything that you give to us.

Help us to remember that you alone are the source of all life.

We ask this in your most holy name, Amen.

Second Week of Lent: March 1-7, 2026

Lord, as we gather for our meal, we remember when you took Peter, John, and James up the mountain to pray. They witnessed the beautiful light and your divine glory. We thank you for the gift of the great light that is present in our lives, and how it nourishes us. Bless this food, that nourishes our bodies, so that we may always worship you and listen to your Voice. We ask this in your most holy name. Amen.

Third Week of Lent: March 8-14, 2026

Lord, we thank you for providing food for those who hunger and thirst. Just like the woman at the well, we ask you for “living water” to fill our hearts as this meal fills our bodies. We recall the woman at the well left her jar behind to share the Good News, help us to leave our worries at the table and proclaim your goodness to everyone we meet. Keep us close to you today and always. We ask this in your most holy name. Amen.

Fourth Week of Lent: March 15-21, 2026

Lord, we gather at this table mindful that you are the Light of the World who seeks us out even when we are in the dark. We thank you for this food and for the eyes to see all the beautiful gifts that you have given to us. Today we do not just ask for physical sight, but for the courage to say, “Lord, I believe,” and to walk as a child of the Light. Amen.

Fifth Week of Lent: March 22-28, 2026

Heavenly Father, we thank you for the life that fills our home, the food that fills our table, and the love that binds us together as a family. In the same way that you were deeply moved by the sorrow of your friends at Bethany, we thank you for being close to our family in all our joys and burdens. For you are the Resurrection and the Life, now and forever. Amen.