

JustHOPE

REFLECTIVE PRAYER RESOURCE FOR LENT 2025

Using the season of Lent to pray with the Jubilee 2025 Pilgrims of Hope Prayer

Father in heaven,
may the faith
you have given us
in your son,
Jesus Christ,
our brother,
and the flame of charity
enkindled in our hearts
by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.



May your grace transform us
into tireless cultivators
of the seeds of the Gospel.
May those seeds transform from within
both humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.
May that same grace spread
the joy and peace of our Redeemer
throughout the earth.
To you our God, eternally blessed,
be glory and praise for ever.
Amen



Also available
to download
as sound
recordings from
missionministry.ie

How to use

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INTRODUCTION

The Jubilee Pilgrims of Hope prayer is divided into 6 moments of reflection.

We begin by taking time to place ourselves in the presence of God who brings hope into our lives.

2

THE JUBILEE PRAYER

Next we pray using a part of the prayer rather than the whole thing.

This allows us the chance to focus and gives us food for thought and reflection.

3

GUIDED REFLECTION

After we have heard part of the prayer, we take some time to think about what it might mean. What insights does it offer to us for our Lenten journey in this Year of Jubilee as Pilgrims of Hope?

4

ACTION

Each week we allow the prayer and reflection to lead us to some possible action, connected with the theme.

5

PRAYERS OF INTERCESSION

We end by praying some prayers of intercession. We allow space after the intention to make that prayer... then we end with the response:
Lord, fill us with your hope.

Week 3

Welcome to the third moment of our Lenten JustHOPE resource where we are reflecting on the Jubilee Pilgrims of Hope prayer.

We begin by taking a moment to pause and remember that we are in the presence of God who brings hope into our lives.

Let's pray the third part of the prayer...

**May those seeds transform
from within both humanity
and the whole cosmos
in the sure expectation of
a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.**

This part of the Jubilee Prayer invites us to connect with each other and the entire world, the cosmos that brings us together. This year marks 10 years since the publication of *Laudato Si'* on caring for our common home. While much has been done, we still have more to do, so that we 'may protect life', and we 'may sow beauty, not pollution and destruction'. Often we notice the drastic weather differences more than the daffodils in bloom on the side of the road. It can be easier to focus on the negatives, rather than the positive changes and impact we can have together.

The prayer reminds us that Lent is a season of transformation, a time to step back and allow God to renew our hearts. It is not just about giving things up but about making space for the Holy Spirit to work within us. We are all called to plant seeds of hope and transformation. This begins with small, intentional acts—choosing kindness, offering forgiveness, and trusting in God. Maybe this week, intentionally seek out an opportunity to plant a seed of hope in your daily life, transforming an encounter with another, or a seed that takes a small step to care for the physical world we live in.

**As I continue my journey through Lent,
how can I take time this week
to reflect on how God is calling me to
transformation in my relationships with
others and with the world I live in?**

**What seeds of faith, love, or hope am I
being invited to plant?**

We pray for the family of the Church; that it may inspire and guide each other to plant seeds of faith, love, and reconciliation in a world longing for hope.

Lord, fill us with your hope.

We pray for those working in Trócaire; that their efforts may alleviate the struggles of those suffering daily from the consequences of climate change.

Lord, fill us with your hope.