



# Title: Lent and Fairtrade

## Prayers

### Prayer to St Julie Billiart

Saint Julie, through your great devotion to the Sacred Heart of Jesus, you were miraculously cured and favoured by many graces.

By your powerful intercession, obtain for us above all, a great trust in God in all the difficulties of life, the strength to accomplish in all things the adorable will of God, and the special grace we now ardently ask of you.

"We must have courage in the times we live in. Great souls are needed, souls having the interest of God at heart"

St Julie Billiart

### Matthew 4:1-11

Then the Spirit led Jesus into the desert to be tempted by the Devil. After spending forty days and nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread."

But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.'"

Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, and said to him, "If you are God's Son, throw yourself down, for the scripture says, 'God will give orders to his angels about you; they will hold you up with their hands, so that not even your feet will be hurt on the stones.'"

Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test.'"

Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness. "All this I will give you," the Devil said, "if you kneel down and worship me."

Then Jesus answered, "Go away, Satan! The scripture says, 'Worship the Lord your God and serve only him!'"

Jesus, our Good Shepherd, walk with us through this season of Lent. As we make our journey with you to the cross, remind us to think of others; inspire us to be generous; encourage us to be truthful; and strengthen us on our journey.  
**Amen**

Lord, as we take steps with You through Lent help us to be mindful of those who live in need each day. We pray especially for those who rely on the success of Fairtrade products to be able to make a living: to eat, to educate their families and to improve their standard of living. Remind us Lord, that with each choice we make we affect the lives of others, and help us to choose wisely. **Amen**

Focus on one each day

**Reflect:** So, Lent is well underway. Sunday's Gospel reading (opposite) is the one we can all relate to when it comes to Lent, it reminds us of why we 'do' Lent Jesus went into the wilderness and fasted for 40 days, and he was tempted. Anyone who commits to fasting or challenging themselves in some way during Lent gains a small insight into how Jesus must have felt, and we draw comfort from the fact that he struggled too!

Jesus' fast was quite extreme, and although many people do commit to serious fasting during Lent - eating only one meal a day, or having only a basic water and bread diet for example - most of us don't go to those lengths. Lent is a good time, however, to remember those who don't have a choice about food—they just don't have enough. Last week and the week before's FairTrade fortnight were useful reminders that the choices we make when we shop can influence whether farmers of certain products are able to feed their families or send their children to school. FairTrade really does make a difference - please try where possible to make the fair (trade) choice when shopping, knowing that you are doing the RIGHT thing even if it isn't the EASY thing - and that is what Lent is all about!

- How have you decided to challenge yourself this Lent?
- How can temptation make us stronger?



# LENT

### Prayer in action this week:

a meaningful Lent for each of us.

- FairTrade farmers and the foundation that supports them.
- those who don't get a fair price for the food they produce.
- women in the world treated unfairly by their governments and laws.
- the success of our Good Shepherd Challenge.

### Prayer in action this week:

Choose the FairTrade option in the shops.

- Get involved in GSC fundraising to show you care.
- Make a commitment to DO something for Lent.
- Spend some time in silence.
- Do a mini fast on Friday.

Lord, we all benefit from international trade.  
We pray for the producers and workers who are deprived of their just reward for the work they do.  
May we do all we can to support fairer trade throughout the world. **Amen**

Great Creator God, who gave life to the world and everyone in it, create in us a heart of love.  
As we stand in a shop, as we prepare and eat our meals, help us to remember that what we buy and eat comes from farmers, growers, workers and labourers in fields and factories across the world.  
Help us to remember that someone's life and wellbeing depends on the products we hold in our hands, place into our shopping baskets, and eat from our plates, so that we may be thankful and act with justice. **Amen**

We pray for world leaders and for all who hold positions of responsibility and authority, that they may recognise and actively seek opportunities to tackle poverty and bring about greater equality, so that all may enjoy the possibility to achieve their potential and live their lives to the full.

Lord, in your mercy,  
**All: Hear our prayer**

*Lord, Let everything I do today and during this season of Lent come from you, be inspired by you.*

*Help me to become closer to you this Lent through the choices I make and challenges I set myself. It's so easy to get caught up in the daily life, and to keep saying: "Tomorrow, I will do something extra, tomorrow I will pray more, tomorrow I will give myself to our Good Shepherd Challenge." instead, help me to do it now. Today! Lord, help me to make this Lent a time when I show love to you and to others every day.*

*Amen*

Father, through our observance of Lent, help us to understand the meaning of your Son's death and resurrection, and teach us to reflect it in our lives. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. **Amen.**

Loving God, you give us the gift of Lent that we might recall how deep your love is for us.

During Lent, help us to let go of habits and behaviours that are self-destructive.

Strengthen our understanding of one another and our compassion for those who suffer rejection and cruelty.

Help us to reach out in kindness to those who are unhappy. **Amen**



Lord, as we begin Lent and our Good Shepherd Challenge: help us to be creative in imagination, help our spirits to be generous and help our community join together in the spirit of love so that we can make a difference to the lives of our brothers and sisters both near and far.  
We ask this in your name,  
**Amen**