Holy Cross Catholic Church
Grief Support

Session 11 of 18 • Thursday, February 18, 2027

Entering Lent with What We Carry

Opening Prayer

Our Father, in this season of sorrow, we turn to you. When we feel weakened with sadness, grant us the courage to shed tears that seek to flow and embrace us where we are. Help us to receive those you send so that we may feel safe to experience your love and consolation. In this season of sorrow, we gather and lift our hearts and minds to you. Heal us with your tender mercy and make this a season of hope. Trusting in your infinite kindness, gentleness, and love grant us peace and allow us to experience the comfort of your presence along with the Son and the Holy Spirit. Amen.

Scripture for Reflection

Matthew 11:28 — Christ invites the weary and burdened to come near.

Reflection

Lent is not a demand to hide pain or add unnecessary burdens. It can be an invitation to bring our grief to Christ and choose a practice that creates room for healing and mercy.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Choose a Lenten intention centered on receiving or offering mercy. Keep it specific, gentle, and possible.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

Jesus, companion of the weary, receive what we carry. Lead us through Lent with mercy, courage, and hope. Help us recognize that accepting support can itself be an act of faith. Amen.

If I Need More Support

I can contact a trusted person, my parish, my physician, or a licensed mental health professional. If I am in immediate danger or unable to stay safe, I will contact emergency services or the 988 Suicide and Crisis Lifeline by calling or texting 988.