

## A Spiritual Exercise on Love for Lent

For each of the 40 days of Lent.

In the morning read:

**“Charity suffereth long, and is kind;  
charity envieth not;  
charity vaunteth not itself, is not puffed up,  
Doth not behave itself unseemly, seeketh not her own,  
is not easily provoked,  
thinketh no evil;  
Rejoiceth not in iniquity, but rejoiceth in the truth;  
Beareth all things, believeth all things, hopeth all things, endureth all things.  
Charity never faileth.”** (1 Corinthians 13:4-8a KJV)

Then pray:

O Almighty God, who taught us through Thy Word that Thou art Love, teach my heart to love as Thou lovest. *Amen.*

For the sake of love, teach me to be long-suffering and kind;  
not to envy;  
not to vaunt myself or be puffed up;  
not to behave myself unseemly;  
not to seek my own;  
not to be easily provoked;  
not to think evil;  
not to rejoice in iniquity, but to rejoice in the truth;  
to bear all things, believe all things, hope all things, endure all things.

Let my love not fail.

Just for today.

*Amen.*

At Night:

Read:

**“Charity suffereth long, and is kind;  
charity envieth not;  
charity vaunteth not itself, is not puffed up,**

**Doth not behave itself unseemly, seeketh not her own,  
is not easily provoked,  
thinketh no evil;  
Rejoiceth not in iniquity, but rejoiceth in the truth;  
Beareth all things, believeth all things, hopeth all things, endureth all things.  
Charity never faileth.” (1 Corinthians 13:4-8a KJV)**

Ask yourself, “how closely does this describe my love today?”

If any anything it does not, confess it to God and ask His help to do better tomorrow.