Prayer to be Said Every
Morning During Lent:

O Lord Jesus, I offer up to thee my fasting and self-denial, to be united to Thy fasting and sufferings, for Thy glory, in gratitude for so many benefits received from Thee, in satisfaction for my sins and those of others, and to obtain Thy holy grace that I may overcome my sins and acquire the virtues which I need. Look upon me, O Jesus, in mercy.

Amen.