



**“I feel great joy when someone becomes healthy again, that they are well and are able to live.”**

Sister Consilia, Zimbabwe

God of all wholeness,

heal our hearts  
of all that prevents us responding  
to our sisters and brothers,  
excluded by poverty  
and prevented from living a full  
and healthy life.

This Lent, may we:  
implore justice through our prayer,  
stand in solidarity through our fasting,  
and reach out through our giving.

Send your life-giving power  
to revive the weary,  
restore the broken  
and renew the face of the earth.

We ask this through Christ our Lord.

Amen.

**no one  
beyond reach**

For more prayers see: [cafod.org.uk/prayers](https://cafod.org.uk/prayers)