

Ash Wednesday, February 14

Come back to me with all your heart. Joel 2: 12-18

In preparation for the Easter celebration of the resurrection our Lenten journey is an opportunity to deepen our relationship with the God of forgiveness – all he asks is a sincere desire to draw closer to him.

- Read Psalm 50, David's prayer of contrition, slowly and meditatively.

Thursday, February 15

A pure heart create for me, O God, and give me again the joy of your help. Psalm 50:10

- Resolve to use this Lent for prayer, reflection and spiritual growth.

Friday, February 16

Seek good and not evil so that you may live, and that the Lord God of hosts may really be with you. Amos 5:14

- Set aside time each day to read an inspirational article or book.

Saturday, February 17

I have not come to call the virtuous, but sinners to repentance. Luke 5:27-32

Lent offers the chance to wipe the slate clean and start anew, refreshed by God's love and mercy.

- Renewed by God's merciful love, how can we show that love and mercy to others?

Sunday, February 18 Lent 1

The Lord is good and upright, he shows the path to those who stray. Psalm 24:8

Our journey through Lent is sustained by the Lord guiding us on the right path. Pray to resist distractions and to keep firmly focused.

Monday, February 19

In so far as you did this to one of the least of these brothers of mine, you did it to me. Matthew 25:31-46

In serving others and thinking less of our own needs and desires we come closer to God.

- Join a refugee support group in your neighbourhood or befriend a newcomer in your community. jrsuk.net

Tuesday, February 20

Man does not live on bread alone but on every word that comes from the mouth of God. Matthew 4:4

It's easy to become discouraged by the problems facing our world: poverty, injustice, conflict, damage to creation – the scriptures and Catholic Social Teaching point the way to positive action.

Wednesday, February 21

I am all tenderness and compassion. Joel 2:12-13

- At the end of the day ask: "Have I shown tenderness and compassion to someone in need of a friend?"

Thursday, February 22

I have no helper but you, Lord. Esther 4:17

- Pray for God's help in our work for justice and peace – begin and end meetings with a time of prayer.

Friday, February 23

Go and be reconciled with your brother first. Matthew 5:20-26

• Repair any broken relationships with family and friends; be the first to make amends. Take inspiration from true-life stories of forgiveness and healing at: theforgivenessproject.com

Saturday, February 24

Blessed are those, who with a noble and generous heart, take the word of God to themselves and yield a harvest through their perseverance. Luke 8:15

- Re-read these words in times of discouragement and difficulty.

Sunday, February 25 Lent 2

[Abraham] I will shower blessings on you. I will make your descendants as many as the stars of heaven and the grains of sand on the seashore.' Genesis 22:17

- Pray for peace and harmony between the three great faiths descended from Abraham: Judaism, Christianity and Islam.

Monday, February 26

The seed is the word of God, Christ the sower, whoever finds this seed will remain for ever. Gospel Acclamation

- Pray for missionaries throughout the world who devote their lives to serving others. columbans.co.uk

Tuesday, February 27

Learn to do good, search for justice. Isaiah 1:10, 16-20

- Look for opportunities to help bring about change for good. togetherforthecommongood.co.uk
- Join a campaigning group avaaz.org

Wednesday, February 28

I am the light of the world, says the Lord; anyone who follows me will have the light of life. John 8:12

- Help shine a light into the darkness where basic human rights are abused amnesty.org.uk

Thursday, March 1

I will leave this place and go to my father and say: 'Father, I have sinned against heaven and against you.' Luke 15:18 (Gospel Accl)

In God's Kingdom justice is always paired with mercy.

- Read and reflect on Jesus' parable of the Loving Father and the Prodigal Son (Luke 15: 11-24)

Friday, March 2

This is the heir. Come on, let us kill him. Matthew 21:33-43,45-46

So many ways to kill: war, torture, neglect, starvation, abuse.

- Support Pax Christi's peace-making initiatives. paxchristi.org.uk

Saturday, March 3

Your brother here was dead and has come to life. Lk 15:1-3, 11-32

In Spring-time the days lengthen giving us more light and bringing new growth; life to what had seemed dead.

- Be encouraged to work for change even in the fallow times.

Sunday, March 4 Lent 3

...here we are preaching a crucified Christ... a Christ who is the power and wisdom of God. 1 Corinthians 1: 22-25

To those who do not share the Christian faith it seems impossible to understand in worldly terms. By God's grace we are able to say: 'Yes, Lord, I believe.'

Monday, March 5

Like Elijah and Elisha, Jesus is not sent to the Jews only. Lk 4:24-30

- Look for an opportunity to share food and drink with someone of another faith or culture – celebrate what we have in common.

Tuesday, March 6

Your Father will not forgive you unless you each forgive your brother from your heart. Matthew 18: 21-35

- Find a prayer or a poem on the theme of peace, and spend some time in reflection. paxchristi.org.uk/resources/

Wednesday, March 7

O praise the Lord, Jerusalem Psalm 147

- Seek encouragement today in a good news story and give thanks for all that is good in your life.

Thursday, March 8

He who is not with me is against me. Luke 11:14-23

- Pray for the courage to challenge injustice. hopenothate.org.uk

Friday, March 9

Repent, says the Lord, for the kingdom of heaven is close at hand. Mark 12:28-34

- Give someone who is sick or lonely the gift of your time today.

Saturday, March 10

What I want is love, not sacrifice. Hosea 5:15 - 6:6

- Celebrate the times this week when you have experienced the Lord's steadfast love and have shared that love with others.

Sunday, March 11 Lent 4

God does not see as man sees; man looks at appearances but God sees with the heart. 1 Samuel 16: 1, 6-7, 10-13

Modern culture places disproportionate emphasis on the superficial at the expense of true virtue.

- Take time to look deeper and discover the true beauty within.

Monday, March 12

No more will the sound of weeping or the sound of cries be heard. Isaiah 65:17-21

- Pray for refugees and asylum seekers that they will find food, shelter and a warm welcome in a new community.

Tuesday, March 13

The man was cured at once. John 5:1-3, 5-16

- Give thanks for all the successes that have been achieved to date in our quest for justice and have faith that more can be accomplished.

Wednesday, March 14

I have appointed you as covenant of the people to restore the land.

Isaiah 49:8-15

Mindful of our responsibility as stewards of creation, may we tread lightly on the earth, respectful of all living things – taken from NJPN

Prayer card. Download at: <http://justice-and-peace.org.uk/cms/wp-content/uploads/2015/10/2015Newsletter3.pdf>

- Think of ways to reduce your carbon footprint.

Thursday, March 15

Your words are spirit, Lord and they are life. John 6: 63,68

- Focus on what is 'life-giving' for you - cut out needless distractions.

Friday, March 16

The Lord is close to the broken hearted. Psalm 33: 16,18, 19-21, 23

- Support those who work to combat homelessness.

housingjustice.org.uk and church-poverty.org.uk

Saturday, March 17

Like a trustful lamb being led to the slaughter. Jeremiah 11:18-20

- Pray for victims of human trafficking stophetraffik.org

Sunday, March 18 Lent 5

Father, I thank you for hearing my prayer. John 11.11-45

- Read and reflect on Jesus' healing of Lazarus.

Monday, March 19

If there is one of you who has not sinned, let him be the first to throw a stone at her. John 8:1-11

- Pledge to be less judgemental of others and identify (and try to address) your own shortcomings.

Tuesday, March 20

O Lord, listen to my prayer and let my cry for help reach you.

Psalm 101:2-3, 16-21

- Pray for an increase in faith to sustain the work for justice and peace.

Wednesday, March 21

He has sent his angel to rescue his servants. Daniel 3:14-20, 24-25, 28

'Be not forgetful to entertain strangers: for thereby some have entertained angels unawares' – Dorothy Day, Co-Founder, *The Catholic Worker Movement.* londoncatholicworker.org

- Identify and give thanks for the 'angels' you have encountered.
- Can you be an 'angel' to someone in need?

Thursday, March 22

The Lord remembers his covenant for ever. Psalm 104: 4-9, r8

- A commitment to Justice and Peace is a covenant (promise) to live simply, sustainably and in solidarity with the poor.

• Encourage and help your parish to achieve the live simply award cafod.org.uk/Campaign/How-to-campaign/Livesimply-award

Friday, March 23

In my anguish I called to the Lord and he heard my voice. Jeremiah 20:10-13

- Turn to God, and to others, for support when times are tough.

Saturday, March 24

Let us not tire of preaching love; it is the force that will overcome the world – Blessed Oscar Romero, Bishop and martyr,

assassinated March 24, 1980 romerotrue.org.uk

I will make them into one nation. Ezekiel 37:21-28

We live in a time of great unrest and upheaval across the world.

- Pray that the voices of reason and tolerance will prevail.

March 25, Palm Sunday, Holy Week

They shouted all the louder, 'Let him be crucified.'

Matthew 26:14 – 27:66

How fickle the mob can be; one moment greeting Jesus with Hosannas, the next calling for his blood.

- Pray for a heartfelt and lasting commitment to what is right.

Monday, March 26

Leave her alone; she had to keep this scent for the day of my burial. John 12:1-11

- Respect and value the part each person plays in our world, whether high or lowly.

Tuesday, March 27

One of you will betray me; before the cock crow, you will have disowned me three times. John 13:21-338

Judas betrays Jesus for material gain; Peter in panic and fear.

- Resolve to stand up for the weakest in our society.

Wednesday, March 28

I did not cover my face against insult and spittle. Isaiah 50:4-9

- Pray for the strength to withstand ridicule and conflict.

Holy Thursday, March 29

If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. John 13: 1-15

In an act of supreme humility Jesus washes the disciples' feet.

- Think of ways you could 'wash other's feet.' Who might the 'others' be?

Good Friday, March 30

After Jesus had taken the vinegar he said, "It is accomplished," and bowing his head he gave up his spirit. John 19.30

- As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.

Holy Saturday, March 31

Many women were there ... the same women who had followed Jesus from Galilee and looked after him. Matthew 27: 55

- Reflect on the role of women in the Church and in the world. What changes would you like to see?

Easter Sunday, April 1

There, coming to meet them, was Jesus. 'Greetings' he said.

Matthew 28:1-10

- Where have you met Jesus this Lent?

A LENTEN JOURNEY

Daily Actions and Reflections

based on the Scripture Readings



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