**DAILY REFLECTIONS LENT 2020**

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**W**

26 Ash Wednesday

Let your hearts be broken, not your garments torn.

—Joel 2:13

Today we embark on a journey to the very heart of our faith and being. Using the ancient tools of prayer, fasting and almsgiving, we are invited to journey to the cross and beyond, bringing our broken hearts and our hurtling world to be transformed and healed by the fierce, tender love of the crucified Christ.

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**Th**

27

‘Choose life, then, so that you and your descendants may live, in the love of the Lord your God, obeying his voice, clinging to him.’

—Deuteronomy 30:19–20

I reflect on the choices I have made this week, and on their consequences. Have I chosen life? Have I clung to God or have I relied on my own resources?

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**F**

28

‘Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food.’

—Dallas Willard

Consider participating in the ancient tradition of fasting on Fridays in Lent.

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**S**

29

‘It is not those who are well who need the doctor, but the sick. I have not come to call the virtuous, but sinners to repentance.’

—Luke 5:32

Pray for God’s mercy, in the spirit of St Augustine: ‘Lord, have mercy on me! … I make no effort to conceal my wounds. You are my physician, I am your patient. You are merciful; I stand in need of mercy.’

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**M**

2 First Sunday of Lent

‘God never tires of forgiving us: we are the ones who tire of seeking his mercy.’

—Pope Francis, Evangelii Gaudium, §3

Are there secret burdens I should release? Am I weary of the sins committed in my daily life? Today I might be illuminated with his bright, transforming presence.

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**T**

3 Second Sunday of Lent

‘I tell you solemnly, in so far as you neglected to do this to one of the least of these, you neglected to do it to me.’

—Matthew 25:45

Today I think about my life and seek forgiveness for the times when I have neglected to be attentive to ...

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**S**

4 Third Sunday of Lent

‘God is at home. It is we who have gone home for a walk.’

—Meister Eckhart, Sermons

I reflect today on all the ways in which I make myself absent from God. How might I alter my course and direct my footsteps homeward?

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**M**

5 First Monday of Lent

‘Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you.’

—Matthew 7:7

God loves us with the tenderness of a doting father. As I bring the deep desires of my heart to the Father today, I am held in his loving gaze. I trust that I will receive only good things from his hands.

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**T**

6 First Tuesday of Lent

‘So then, if you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering there before the altar, go and be reconciled with your brother first, and then come back and present your offering.’

—Matthew 5:23–24

Fridays in Lent are days of penance. When I think about my life, is there anyone with whom I need to make peace?

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**S**

7 Second Tuesday of Lent

‘It is your face, O Lord, that I seek; in your face I shall seek my heritage.’

—Psalm 41(42):2

So my soul is yearning for running streams, ‘Like the deer that yearns for cool streams, my soul yearns.’

—Psalm 78(79):8

Let your compassion hasten to meet us; of today’s responsorial psalm, we pray

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**M**

8 Second Wednesday of Lent

‘Do not hold the guilt of our fathers against us. Whatever it is, let us relentlessly tear it out, without a moment’s hesitation.’

—St Gregory Nazianzen, Sermons

No matter how the group, at work, or on your social media. To take to heart, to put into practice. Use this to reawaken us, to shake us further step, out of our depth, out of ...

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**T**

9 Third Wednesday of Lent

‘Lent is a time of going very deep into ourselves … What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment’s hesitation.’

—Catherine Doherty

In our brokenness, and in the words of today’s responsorial psalm, we pray for mercy:

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**S**

10 Third Thursday of Lent

‘There is no time when we are driven to denial— not to notice the suffering, not to acknowledge it, not to admit our need of mercy.’

—St Augustine: ‘Lord, have mercy on me, Master! … I make no effort to conceal my wounds. You are my physician, I am your patient. You are merciful; I stand in need of mercy.’

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**M**

11 First Thursday of Lent

‘This is my endlessly recurrent temptation: to go down to that Sea of Tears, to swim nor float, but only dabble and swim nor float, but only dabble and sink. When we are driven to denial—what is it that stands between us and God? Between us and Heaven? Between us and God a sea) and there neither dive nor swim nor float, but only dabble and sink. When we are driven to denial—what is it that stands between us and God? Because, like the deer that yearns for cool streams, my soul yearns. Whatever it is, let us relentlessly tear it out, without a moment’s hesitation.’

—Matthew 1:24–25

Woke up he did what the angel of the Lord had told him to do. ‘… the angel of the Lord appeared to him in a dream and said: “Joseph son of David, do not be afraid to take Mary home as your wife …” When Joseph woke up he did what the angel of the Lord had told him to do.’

—Matthew 1:24–25

In taking Mary into his home, Joseph risked his good reputation. Is God prompting me to make a costly choice for the sake of the kingdom?

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**T**

12 Second Thursday of Lent

‘We pray for your church in these Lenten days, when we are driven to denial— not to notice the suffering, not to acknowledge it, not to admit our need of mercy.’

—Pope Benedict XVI, Ash Wednesday homily, 3 March 2006

Lent stimulates us to let the Word of God penetrate our life and in this way to know the fundamental truth: we who are, where we come from, where we must go, what path we must take in life.’

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**S**

13 First Friday of Lent

‘Lenten days, when we are driven to denial— not to notice the suffering, not to acknowledge it, not to admit our need of mercy. What is it that stands between us and God? Between us and Heaven?’

—Matthew 1:24–25

In taking Mary into his home, Joseph risked his good reputation. Is God prompting me to make a costly choice for the sake of the kingdom?

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**M**

14 Second Friday of Lent

‘I sit with today’s entrance antiphon, letting it sink into the recesses of my deepest hurt or shame: ‘The Lord is kind and full of compassion, slow to anger, abounding in mercy. How good is the Lord to all, compassionate to all his creatures.’

—Psalm 144: 8–9

Love your enemies and pray for those who persecute you: in this way you will be sons of your Father in heaven.’

—Matthew 5:44

Who do I think of as my enemies? I pray today that I might begin to see them as the Father does, with the eyes of infinite love.

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**T**

15 Third Friday of Lent

‘… anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.’

—John 4:14

What do I thirst for at this moment in my life? What is welling up from deep within that I can bring to prayer this week?

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**S**

16 First Saturday of Lent

Take the words of today’s psalm into your heart: ‘Like the deer that yearns for running streams, so my soul is yearning for running streams, to shake us from our lethargy.’

—Pope Francis, Ash Wednesday homily, 2014

What does it mean to serve? Are there times when I am grudgingly at the service of my family and friends? Today, I sit with these times and ask the steadfast love of God to be with me.

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**M**

17 Second Saturday of Lent

‘Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in the eye that sees me, Christ in the ear that hears me.’

—St Patrick’s Breastplate

‘…the angel of the Lord appeared to him in a dream and said: “Joseph son of David, do not be afraid to take Mary home as your wife …” When Joseph woke up he did what the angel of the Lord had told him to do.’

—Matthew 1:24–25

In taking Mary into his home, Joseph risked his good reputation. Is God prompting me to make a costly choice for the sake of the kingdom?

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**T**

18 Third Saturday of Lent

‘Lent comes providentially to reawaken us, to shake us from our lethargy.’

—Pope Francis, Ash Wednesday homily, 2014

What does it mean to serve? Are there times when I am grudgingly at the service of my family and friends? Today, I sit with these times and ask the steadfast love of God to be with me.

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**S**

19 First Sunday of Lent

‘Are there secret burdens I should release? Am I weary of the sins committed in my daily life? Today I might be illuminated with his bright, transforming presence.

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**M**

20 Second Sunday of Lent

‘Are there secret burdens I should release? Am I weary of the sins committed in my daily life? Today I might be illuminated with his bright, transforming presence.

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**T**

21 Third Sunday of Lent

‘Have patience with all things, but first of all with yourself.’

—St Francis de Sales

What are the expectations I place on myself that prevent me from seeing myself as God sees me, and from trusting God more completely? I invite God to help me surrender them.
**Holy Week**

**'An Easter Sequence'**—from Elizabeth Jennings, The hopes that meant so well.

Before a King who knew and tried to tell  
Of quick excitement; enchantment,  
me free.  
and through your life-giving love, set  
up. Unbind me from my unbelief,  
the darkness of the tomb, life rises  
Lord, help me to know that even in  
—Brendan Byrne,  
for ourselves and our world.'  
remains, then, a symbol of our hope  
and summons to new life. Lazarus  
hear an effective cry of liberation  
'Deep within us all is the longing to  
illuminated by the light  
What hidden places in  
will crown  
shouting, palms thrown down  
… Life is Holy Week, in all its  
in the holy chaos of our lives  
dynamic mystery that plays |out  
of Holy Week. Rather, it is a  
re-enact through the tableaus  
to others.  
How have I been hypocritical  
—John 8:7  
How have I been hypocritical in my judgment of those who  
offend me? I reflect on Christ's  
mercy towards me, asking God  
offend me? I reflect on Christ's  
—if there is one of you who has  
not sinned, let him be the first to  
throw a stone.'  
—if you pray, fast; if you fast,  
show mercy; if you want your  
petition to be heard, hear the  
petition of others. If you do not  
close your ear to others, you  
one who knows me better than I  
surrender more each day to the  
one who knows me better than I  
know myself.  
unpredictability.'  
In the holy chaos of our lives  
Life is Holy Week, in all its  
unpredictability.  
'The death and resurrection of the Lord is not a past event we  
re-enact through the tableaus of Holy Week. Rather, it is a  
dynamic mystery that plays |out  
in the holy chaos of our lives  
Life is Holy Week, in all its  
unpredictability.'  
—Fr Edward Foley  
'The start of Holy Week was always full  
Of quick excitement; enchantment,  
shouting, palms thrown down  
Before a King who knew and tried to tell  
That darkness comes, that suffering  
will crown  
The hopes that meant so well.'  
—Elizabeth Jennings,  
An Easter Sequence'

**Our only desire and our one choice should be this: I want and I choose what better leads to God’s deepening life in me.'**

—St Ignatius Loyola, Spiritual Exercises

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**LENT IN OUR PARISH/SCHOOL:**

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