

February 10 Ash Wednesday

Be reconciled to God...now is the favourable time. 2 Cor 5: 20-6:2
To be reconciled to God is to be reconciled to our neighbour too.

- Offer the hand of friendship to someone who has hurt you or with whom you have lost contact

Thursday 11 February

Anyone who loses his life for my sake, that man will save it.
Luke 9:22-25

Lent offers us the opportunity to re-examine our lives, make changes and follow more closely the Gospel message.

- Give up anything that is self-centred and look outwards into the world around you. Join a local community action group or volunteer at a nearby foodbank.

Friday 12 February

When the bridegroom is taken from them, then they will fast.
Matthew 9:14-15

Coupled with prayer, fasting strengthens the spiritual life.

- Fast from watching TV today and spend time instead with someone who is lonely.

Saturday 13 February

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

God knows our weaknesses. He does not condemn but encourages us to do good and turn away from wrong-doing.

- At the end of the day ask, 'What have I done to make this a better day for someone else/other people?'

Sunday 14 February Lent 1

Jesus was led by the Spirit through the wilderness and was tempted there. Luke 4:1-13

- Identify an area in your life where you have been tempted. Think how you might put it right and avoid future temptation.

Monday 15 February

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

- Welcome newcomers to your neighbourhood.
- Support the Jesuit Refugee Service www.jrsuk.net

Tuesday 16 February

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

- Give thanks for all that has nourished you spiritually this week: pray too for all who lack material bread.

Wednesday 17 February

Now, now - it is the Lord who speaks - come back to me with all your heart, for I am all tenderness and compassion. Joel 2:12-13
Generally we own more 'stuff' than we really need.

- Share surplus goods via Freecycle www.freecycle.org

Thursday 18 February

The one who asks always receives. Matthew 7:7-12

- Pray for the homeless and those who have no one to care for them. Go without a mid-day meal and donate the money saved to Housing Justice www.housingjustice.org.uk

Friday 19 February Lent Fast Day

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

- Support CAFOD's Lent Fast Day www.cafod.org.uk

Saturday 20 February

Be perfect as you heavenly Father is perfect. Mt 5:43-48

- Find a poem or a song to help you appreciate God's perfect love for all creation.
- Look at the Columban's *Laudato Si'* resources for parishes and schools <http://www.columbans.co.uk/news/laudato-si-resources-and-links-for-parishes-and-schools/> which address the impact of climate change as highlighted by Pope Francis.

Sunday 21 February Lent 2

From the bright cloud the Father's voice was heard: 'This is my Son, the Beloved. Listen to him.' Gospel Acc. Mt 17:5

- Give thanks for everything in the past week that has pointed to the coming and presence of Christ.

Monday 22 February

Grant, pardon and you will be pardoned. Luke 6:36-38

- Pray for reconciliation in a situation of conflict.
- Find out more about the support for prisoners and their families at www.prisonersfamilies.org.uk

Tuesday 23 February

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

- Join a Justice and Peace group or set up one in your parish.

Wednesday 24 February

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

- Reflect on ways in which you might show the light of Christ to our broken world. Look at www.hopenothate.org.uk

Thursday 25 February

Good things came your way, just as bad things came the way of Lazarus. Now he is being comforted here while you are in agony.
Luke 16:19-31

The richest 1% in the UK has as much wealth as the poorest 57% combined. Does this statistic shock you?

- Find out about more about Church Action on Poverty's campaigning work at www.church-poverty.org.uk
- Read David Rhodes' latest book *Finding Mr Goldman: a Journey of Redemption*, available from www.eden.co.uk

Friday 26 February

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

- Pray for the victims of violence and terrorist action.
- Pray too for those whose hearts are filled with hatred towards people who do not share their beliefs.
- Join the peace organisation Pax Christi www.paxchristi.org.uk

Saturday 27 February

Your brother here was dead and has come to life.

Luke 15:1-3. 11-32

Lent allows us to cast aside our old way of life and renew our hearts and minds. It is the Father's way of giving us a second chance and welcome us back into his loving arms.

- Renew your commitment to bring justice and peace to all God's people, near and far.

Sunday 28 February Lent 3

The Lord is compassion and love. Psalm 102: 8

- Give thanks for this image of God as a loving father.

Monday 29 February

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

- Find out more about Christian Unity and Inter-Faith initiatives in your area. Pray for their success in breaking down barriers and building community.

Tuesday 1 March

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

- Contact someone with whom you have disagreed; suggest you get together to make amends.

Wednesday 2 March

Your words are spirit, Lord and they are life; you have the message of eternal life. Gospel Acc. John 6:63.68

- Debt causes depression and despair. Credit Unions Offer an escape from loan sharks www.abcul.org

Thursday 3 March

O that today you would listen to his voice! 'Harden not your hearts.' Psalm 94: 8

- Be ready to answer the call and go wherever he leads.

Friday 4 March

The Lord our God is the one Lord, and you must love him. You must love your neighbour as yourself. Mark 12:28-34

These two simple commands form the basis of our faith. If we love God with all our heart, mind, soul and strength and love our neighbour (everyone) in the same way we can fulfil God's will - easy to say, but much harder to do.

Saturday 5 March

The tax collector went home again at rights with God; the Pharisee did not. Luke 18:9-14

- Read and meditate on Mary's Magnificat Luke 1: 46-55

Sunday 6 March Lent 4

I will leave this place and go to my father and say: 'Father, I have sinned against heaven and against you.' Luke 15: 18
Saying 'sorry' and admitting fault is never easy - our pride often holds us back.

- Be inspired by true-life stories of reconciliation at www.theforgivenessproject.com

Monday 7 March

Go home, your son will live. John 4: 43-54

One of last year's enduring images was child refugee Aylan Kurdi, washed ashore on a Turkish beach. There are 19.5 million refugees around the world - the largest number in history - half of them children like Aylan.

- To respond go to <http://www.helpiscoming.org/>

Tuesday 8 March

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

- Pray today for all who work in the NHS and give thanks.

Wednesday 9 March

I have appointed you as covenant of the people to restore the land. Isaiah 49:8-15

We must not separate humankind from nature; all are one creation, all are “good” in the sight of God.

Thursday 10 March

O Lord, remember me out of the love you have for your people. Psalm 105: 4

- Pray for the growth of a truly human family, without racism, oppression, poverty.

Friday 11 March

Let us condemn him to a shameful death. Wisdom 2:1. 12-22

- Campaign for a prisoner of conscience www.amnesty.org.uk

Saturday 12 March

Would the Christ be from Galilee? John 7:40-52

Jesus was belittled because of where he came from. Asylum seekers and people of a different colour or race are treated as second-class today. Nothing much has changed.

- Pray for a greater tolerance and acceptance of outsiders.

Sunday 13 March Lent 5

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

- Pray for a renewed vision of Christ’s love for all humanity - an unconditional love that does not judge or condemn.

Monday 14 March

I take pleasure, not in the death of a wicked man - it is the Lord who speaks - but in the turning back of a wicked man who changes his ways to win life. Gospel Acc. Ezekiel 33:11

- Use these words to inspire and encourage you.

Tuesday 15 March

If anyone is bitten and looks at the fiery serpent, he shall live. Numbers 21:4-9

- Remain steadfast in the face of danger or difficulty. Every day is a gift; live in a spirit of gratitude.

Wednesday 16 March

He has sent his angel to rescue his servants.

Daniel 3:14-20. 24-25. 28

We do not pray or work for justice and peace in isolation but as a ‘community of saints’, inspired by those who have gone before us. Give thanks for the ‘angels’ in your life.

Thursday 17 March

You shall become the father of a multitude of nations.

Genesis 17:3-9

Abraham is revered as the father of the three great religions: Christianity, Judaism and Islam. Despite our differences we have much in common.

- Pray for unity, harmony and understanding between faiths.

Friday 18 March

Repent, says the Lord, for the kingdom of heaven is close at hand. Gospel Acc. Mt 4:17

- Fast from spending today. Donate the money you save.

Saturday 19 March Feast of St Joseph

Joseph did what the angel of the Lord had told him to do.

Matthew 1:16, 18-21, 24

- With the Holy Family in mind, pray for any family you know who are going through a difficult time.

Sunday 20 March Palm Sunday

Blessings on the King who comes in the name of the Lord!

Luke 19: 28-40

- Imagine yourself in the crowd, accompanying Jesus into Jerusalem. What are your thoughts? Do you have any misgivings?

Monday 21 March

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

The act of anointing someone’s feet is incredibly intimate and indicates a deep and close personal relationship.

- Make a commitment to spend time ‘anointing’ Jesus in prayer and meditation during this Holy Week.

Tuesday 22 March

One of you will betray me; before the cock crows, you will have disowned me three times. John 13:21-33. 33-38

Peter, impetuous and passionate, yet fearful for his own safety, disowns Jesus three times despite having vowed never to do so.

- For the times we have denied Jesus or failed to stand up for the truth, we now ask forgiveness.

Wednesday 23 March

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

- Pray for the strength and courage to withstand insults and hardships.
- Visit a sick friend, taking a home-baked or home-made gift.

24 March Holy Thursday

“If I, then, the Lord and Master, have washed your feet, you should wash each other’s feet.” John 13:14

- Think of ways you could “wash other’s feet.”

25 March Good Friday

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.

26 March Holy Saturday

- Review the reflections you’ve made and the actions you’ve taken this Lent. What changes might you make?

27 March Easter Sunday

“Why look among the dead for someone who is alive? He is not here; he has risen.” Luke 24: 1-12

- Where have you found Jesus this Lent?

A LENTEN JOURNEY

Daily actions
and reflections
based on
the scripture readings



National Justice & Peace
Network

www.jp-shrewsburydiocese.org.uk