

Ash Wednesday, February 26

Be reconciled to God ... now is the favourable time. 2 Cor 5:20 – 6:2
Lent is not a time to focus on guilt and wrongdoing but an invitation to deepen our relationship with the God of forgiveness.

- Read Psalm 103 slowly and meditatively.

Thursday, February 27

Anyone who loses his life for my sake ... will save it. Luke 9:22-25
In serving others and thinking less of our own needs and desires we come closer to God.

- Contact someone you know who is ill or lonely and offer them the gift of your time and companionship.

Friday, February 28

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

Animosity towards refugees has been given a voice in the UK following the Brexit vote and also by President Trump's policies in the US.

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

Saturday, February 29

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.

- What can I do this Lent to help protect the world God has created?

Sunday, March 1 Lent 1

Give me again the joy of your help; with a spirit of fervour sustain me. Psalm 50:17

- Seek encouragement in a good news story.

Monday, March 2

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

We are now part-way through Fairtrade Fortnight.

- Buy fair trade goods whenever possible. www.fairtrade.org.uk

Tuesday, March 3

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

We can easily become discouraged by the problems facing our world: poverty, injustice, conflict, damage to creation – where do we start?

- This Lent, try to set aside 10 minutes each day to read God's word, pray and reflect.

Wednesday, March 4

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, March 5

A pure heart create for me, O God, and give me again the joy of your help. Psalm 50:12,14

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

Friday, March 6

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: www.theforgivenessproject.com

Saturday, March 7

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 (Gospel Acclamation)

- Re-read these words in times of discouragement and difficulty as a reminder not to give up.

Sunday, March 8 Lent 2

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you.' Genesis 12:1-4

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

Monday, March 9

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

Let us plant dates even though those who plant them will never eat them... Such disciplined love is what has given prophets, revolutionaries and saint the courage to die for the future they envisaged. – Rubem Alves, Brazilian liberation theologian

- Give thanks for the people who have inspired you to work for the benefit of all. www.togetherforthecommongood.co.uk

Tuesday, March 10

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

- Look for opportunities to help bring about change for good.
- Join the campaigning group www.change.org

Wednesday, March 11

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 by supporting Amnesty www.amnesty.org.uk

Thursday, March 12

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 13

Remember the wonders the Lord has done. Psalm 104:16-21

- Reflect on the beauty of creation. Use the CAFOD prayer and study resource: cafod.org.uk/Pray/Laudato-Si

Saturday, March 14

Your brother here was dead and has come to life. Lk 15:1-3, 11-32
The word Lent comes from an old English word *lencten*, meaning to lengthen or grow longer. In Spring-time the days lengthen giving us more light and bringing new growth; life to what had seemed to be dead.

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

Sunday, March 15 Lent 3

When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' John 4:5-42

Every day people suffer and lives are lost needlessly because of a lack of safe water and sanitation.

- Pray for all who work to bring clean water sources where they are needed www.wateraid.org

Monday, March 16

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 17

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 silent reflection.

Wednesday, March 18

Your words are spirit, Lord, and they are life; you have the message of eternal life. Jn 6: 63,68

- Take heart in these words when times are hard-going.

Thursday, March 19

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

- Pray for the courage to speak out against injustice.

Friday, March 20

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

- Resolve to make changes to help bring you closer to God.

Saturday, March 21

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 22 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 beauty within.

Monday, March 23

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

- Pray for victims of war and violence that their suffering will cease.

Tuesday, March 24

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

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

Let us not tire of preaching love; it is the force that will overcome the world – Saint Oscar Romero, Bishop and martyr, assassinated March 24, 1980 www.romerotrue.org.uk

Wednesday, March 25

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>

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 26

Your words are spirit, Lord and they are life. John 3:16

- Focus on what is 'life-giving' for you and cut out needless distractions – perhaps spend less time browsing the internet.

Friday, March 27

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

- Support those who work to combat homelessness.

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

Saturday, March 28

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

- Pray for child victims of human trafficking www.ecpat.org.uk

Sunday, March 29 Lent 5

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

- Read and meditate on Jesus' healing of Lazarus.

Monday, March 30

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

- Reflect on how you spent your time during the last week. Are you happy with the balance in your life?

Tuesday, March 31

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, April 1

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.* www.londoncatholicworker.org

- Identify and give thanks for the 'angels' in your life.

Thursday, April 2

You shall become the father of a multitude of nations. Genesis 17:3-9

- Pray for acceptance and mutual understanding between Christians, Jews and Muslims – all descended from Abraham.

Friday, April 3

In my anguish I called to the Lord and he heard my voice

Jeremiah 20:10-13

- Fast from technology today and spend quality time with others.

Saturday, April 4

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

There is great unrest and upheaval across the world fuelled in part by extreme groups.

- See the latest action info from www.hopenothate.org.uk
- Pray that the voices of reason and tolerance will prevail.

April 5, 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, April 6

He does not cry or shout aloud. Isaiah 42:1-7

- Set aside extra time for prayer and reflection during Holy Week.

Tuesday, April 7

One of you will betray me; before the cock crow, you will have disowned me three times. John 13:21-33, 33-34

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

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

Wednesday, April 8

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, April 9

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." Who might the "others" be?

Good Friday, April 10

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, April 11

- Review the reflections you've made and the actions you've taken during Lent. What changes might you make in the light of them?

Easter Sunday, April 12

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



© Composed by Anne O'Connor 2020
for the National Justice and Peace Network
www.justice-and-peace.org.uk