

Second Week of Lent: Feb 28-March 6

INTRODUCTION

Find a comfortable space where you will not be disturbed. Close your eyes and begin to breathe deeply, taking a moment to set aside any distractions. Ask the Holy Spirit to show you things from the past day: the people you met, the work you did, and the conversations you had. Pay attention to any strong feelings or emotions, both positive and negative, as we reflect.

REFLECT

See below for the daily reflection.



1. GIVE THANKS - Think of the blessings in your life over the past day. Be content with what you have and who you are. Rest in this spirit of gratitude, let it fill your heart. Thank God for these blessings.
2. REFLECT ON THE DAY - Ask the Holy Spirit to show you what went well during your day. Where did you share your love with others? Listen. What didn't go well? Where did you fall short of sharing your love with others? Listen. Ask the Holy Spirit to help you be aware of what needs attention.
3. FIND GOD - Where did you see God in your day? God's presence can feel like something greater than yourself is at work.
4. WHERE IS GOD CALLING ME TO GO - Ask God to shed light on the challenges tomorrow will bring. Listen. Resolve to act lovingly.

PRAYER

See below for the daily prayer.

February 28

REFLECT

As we travel up the mountain with Jesus and the disciples, we are able to imagine the glimpse of dazzling glory in the Transfiguration story. Any encounter with God changes us. Remain here awhile and ponder where your heart needs inner change.

PRAYER

Loving God, you call us to inner transformation which will change our lives to what is true. Keep me rooted in the hope of your Gospel of love.

March 1

REFLECT

As we sit on the mountain top, we are left in the tension of knowing and not yet knowing. Getting it and not yet getting it all. We must know our past to create a future together. What do you need to reflect on from your past before looking towards the future?

PRAYER

Loving God, help me to see the new possibilities in each day.

March 2

REFLECT

As we continue to do the work needed on the mountain top, we ask God to shed light on our routines and habits. Help us to choose life and love. What is keeping you from being whom God has called you to be?

PRAYER

Loving God, clear my mind of any sense of entitlement.

March 3

REFLECT

As we look out from the mountain top, we continue to learn the truth about how we see ourselves, the truth about the direction our life is heading and who we are becoming. Regardless of what we see within ourselves, it is just information, a diagnosis; not a final judgement or conclusion. How is God reshaping and redirecting your life?

PRAYER

Loving God, help me to see myself and others as you do, with loving eyes.

March 4

REFLECT

From the vantage of the mountain top, this is a moment to dream big, to rethink our priorities, what we value, what we want and seek. We commit to act in our daily life on what we have dreamed. What attracts you about life yet to be lived?

PRAYER

Loving God, help me to live my life boldly in service to others.

March 5

REFLECT

On this mountain, fear, self-doubt, guilt, regrets, disappointment, or wounds can keep us from living who we truly are and who we want to be. The person we want to become sometimes doesn't match who we are becoming. What can you do to live a more purposeful life?

PRAYER

Loving God, drown out the voices of shame and anxiety and replace them with love and acceptance.

March 6

REFLECT

Before we descend from the mountain top, we have the chance of living something different. Let us recall the exceptional clarity and intense emotion of glory on the mountain top. Living a life that is open, unbounded, and free, ready to receive whatever comes. With God at your side, will you stay open to what you can neither control nor foresee; the possibility of something new?

PRAYER

Loving God, when I place my trust in you, anything is possible.