

Fourth Week of Lent: March 14-20

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. Ask God to show you relationships that may need attention. 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 light with others? Listen. What didn't go well? Where did you fall short of sharing your light 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 comfortable and known.
4. **WHERE IS GOD CALLING ME TO GO** - Ask God to shed light on one thing you can do tomorrow to love others. Listen.

PRAYER

See below for the daily prayer.

March 14

REFLECT

Jesus reveals one of the most quoted phrases in the Bible " For God so loved the world that he gave his only Son..." He had clarity in his purpose on earth and named it. His light cast out the darkness. Where do you find your life has purpose?

PRAYER

Loving God, call me into action to share your light and love with others.

March 15

REFLECT

Jesus knew his purpose, but sometimes we struggle to find ours. We face ourselves and learn the ways in which our lives have become disfigured, fragmented, and disconnected from the original beauty of our creation. Where does your life need to be brought back together again to be made whole?

PRAYER

Loving God, I long to be made whole again.

March 16

REFLECT

We have been living in the darkness of the myth of self-sufficiency only to recognize in the light that we need one another. It is time for honest reflection and owning our part in our present. God sent his Son into the world not to condemn it but to save it. Humbly set before God the challenges you face and ask for help.

PRAYER

Loving God, help me embrace my dependence on you and my sisters and brothers around me. We are all connected.

March 17

REFLECT

Jesus reminds us that “people preferred the darkness to light because their works were evil.” We try to hide in the dark, but like in the desert, there is no place to hide, God is everywhere. Where in your life do you choose to linger in the darkness over the light?

PRAYER

Loving God, bring me out of the darkness and let me bask in your light.

March 18

REFLECT

As we continue to look at what tempts us, what causes us to stumble or be distracted, we come closer to the light. Living in the light of Christ helps to dispel some shadowy dimension of our lives. Where are you still clinging to myths and untruths?

PRAYER

Loving God, unmask any untruths or misinformation so that I know your truth.

March 19

REFLECT

Even when we find ourselves lost in the darkness of our most destructive behavior, the saving love of Christ is always available to us, inviting us to come out of the darkness into his light. What are some of your actions that are “of the darkness?”

PRAYER

Loving God, close the doors to the dark places I no longer wish to visit. Be a light unto my path forward.

March 20

REFLECT

We have been made new people, free from restraints of the past so that we might live in truth and become the visible signs of God’s mercy. What are some actions “of the light” that you can take on that would make a difference in other people’s lives?

PRAYER

Loving God, use me as a beacon of light to draw other people to you.