

Fifth Week of Lent: March 21-27

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 for the grace to see your day through God's eyes. 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 stand together in solidarity with others? Listen. What didn't go well? Where did you get in the way of solidarity? 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 deep inner peace.
4. **WHERE IS GOD CALLING ME TO GO** - Ask God to bring to mind one way to grow in sensitivity to the needs of those around us. Listen.

PRAYER

See below for the daily prayer.

March 21

REFLECT

Using the image of the seed and its harvest, Jesus reminds his disciples that the glory promised can only be achieved through the hour of death and resurrection. He died and was buried in the earth and that death was fruitful for the whole of humankind. Where do you struggle to let go of things?

PRAYER

Loving God, help us remember that sacrifice for the sake of others is not the demise of ourselves.

March 22

REFLECT

We live in the shadow of the cross. A time when the past and the future are made present; we live in the 'already-but-not-yet' time of anticipation and fulfillment. What does this mean for you today for your priorities and relationships?

PRAYER

Loving God, give us the courage needed to follow you.

March 23

REFLECT

Unless we are prepared to let go of our ego, our status, our “reputation,” for the sake of others and respond to them from the heart, then we can never experience the breadth and depth of what it means to belong to a community. What can you do to sow seeds of love that will help to change the world?

PRAYER

Loving God, we long to be in community and will treasure those moments like never before. Help us be safe and patient as we care for one another.

March 24

REFLECT

We are challenged by how much we cling to the “things” of this life. If this is the “life” we place meaning on, then we will surely lose it. We must put aside the world’s focus on material things and focus our attention on service to others. How will you show your responsibility for others around you?

PRAYER

Loving God, let us rejoice in each other’s lives knowing that their victory does not mean our failure.

March 25

REFLECT

Part of growing older is learning how to accept the experiences of loss in our lives, and to have hope in the experiences of growth and new life to come. What have you learned from loss in your life?

PRAYER

Loving God, help us to make sense of the loss in our lives.

March 26

REFLECT

The values we hold and claim to live show up in how we forgive others and in the places we invest our time, money and efforts. More importantly, our values dictate the way we care for and love one another. Is your life a visible sign of that love?

PRAYER

Loving God, make us an instrument of your peace.

March 27

REFLECT

In the shadow of the cross, do you notice more meaning and significance in your life? Do you notice a feeling of beauty and presence? Are you filled with gratitude and appreciation? Are you reflecting the new and true you?

PRAYER

Loving God, fill us with gratitude for each day and propel us forward to share your love.