

## Sixth Week of Lent: March 28-31

### 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 where you listened and were present to someone unconditionally. 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 love more freely? Listen. What didn't go well? Where did you fall short of loving more freely? 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 walking with a friend.
4. **WHERE IS GOD CALLING ME TO GO** - Ask God to bring to mind new dreams and new hopes. Listen.

### PRAYER

See below for the daily prayer.



## March 28

### REFLECT

We join in the joyous crowd waving palms and shouting "Hosannas!" at the sight of Jesus. Are you drawn in by the allure of earthly treasures, victories and success?

### PRAYER

Loving God, help me raise my voice for those on the edges of society.

## March 29

### REFLECT

Look into the pandemic and you will see triumphant palms waving in humble acts of love and kindness. You will see feet being washed even when shoes and socks are not removed. Will you surrender to the temporality of your life, meaning that this and every moment is priceless?

### PRAYER

Loving God, help me to listen to new solutions to move forward correcting wrongs that were long ignored.

## March 30

### REFLECT

We are asked to embrace our lack of control and our powerlessness over death. Are you willing to go with Jesus into the rest of his journey, or will you run away and hide?

### PRAYER

Loving God, help me to seek no other peace than the peace that is you.

## March 31

### REFLECT

The pandemic has reminded us of what really matters. In what way are those many deaths inviting you to live more fully, to connect more deeply with others and to love more freely and completely?

### PRAYER

Loving God, help me to love more and demand less.