

## Third Week of Lent: March 7-13

### 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 one thing that is important. 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 accept responsibilities for your actions? Listen. What didn't go well? Where did you fall short of accepting responsibilities for your actions? 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 calling you to grow.
4. **WHERE IS GOD CALLING ME TO GO** - Ask God to bring to mind one way we are held hostage by "either-or" thinking and living. Listen.

### PRAYER

See below for the daily prayer.

## March 7

### REFLECT

We enter the Temple area with Jesus as his frustration over sacrifices causes him to toss over the tables. He understood anger, frustration and having a human temper. We can hold onto things so tightly, that we are no longer really free. What tables need to be turned in your Temple area allowing you to be truly free?

### PRAYER

Loving God, help me to live a simpler life.

## March 8

### REFLECT

As we linger in the Temple, we are reminded of God freeing his people out of Egypt, yet Jesus sees them chained to making Temple sacrifices. A system that exploits and oppresses people, enslaving them to an ideology. Where do you need reminding that you, too, are a temple of the Holy Spirit where God is found?

### PRAYER

Loving God, help me to make substantial changes to systems that oppress.

## March 9

### REFLECT

As we look around the temple, we wrestle with a more realistic awareness of the grip our attachments have on us. We have become consumers, of things, people, religion, and life. How can you restore your gratitude for the many gifts you have been given to make sure there is enough for everyone?

### PRAYER

Loving God, help me to value others and not discard them like trash.

## March 10

### REFLECT

Some treasures are of lasting eternal values, others are not. Some are worth holding onto, others you need to let go regardless of how much you think you love them for they are fool's gold. Where do you have fools' gold stored away and how can you release yourself from it's grasp?

### PRAYER

Loving God, help me to know my true worth and the worth of those around me.

## March 11

### REFLECT

As we look around this temple, we are relearning what to hold on to and what to let go of that help us make progress in our faith lives. We are seeking progress and not perfection. Where do you need to acknowledge that God's will is to be done?

### PRAYER

Loving God, help me to continue to make positive steps forward.

## March 12

### REFLECT

If we are to come out of this temple less selfish than when we went in, we have to let ourselves be touched by other's pain. Heartbreaking poverty co-exists with inconceivable wealth. This is a sign of individualism and self-obsession. How can you open your eyes to the suffering around you and be moved to change?

### PRAYER

Loving God, remind me that the opposite of selfishness is love, and that *you* are love.

## March 13

### REFLECT

As we leave the temple we cannot return to the false securities of the political and economic systems we had before. We must slow down, take stock, and design better ways to live together on this earth. What concrete changes can you make to how you consume on this earth?

### PRAYER

Loving God, help me to make choices that help restore the earth and its people.