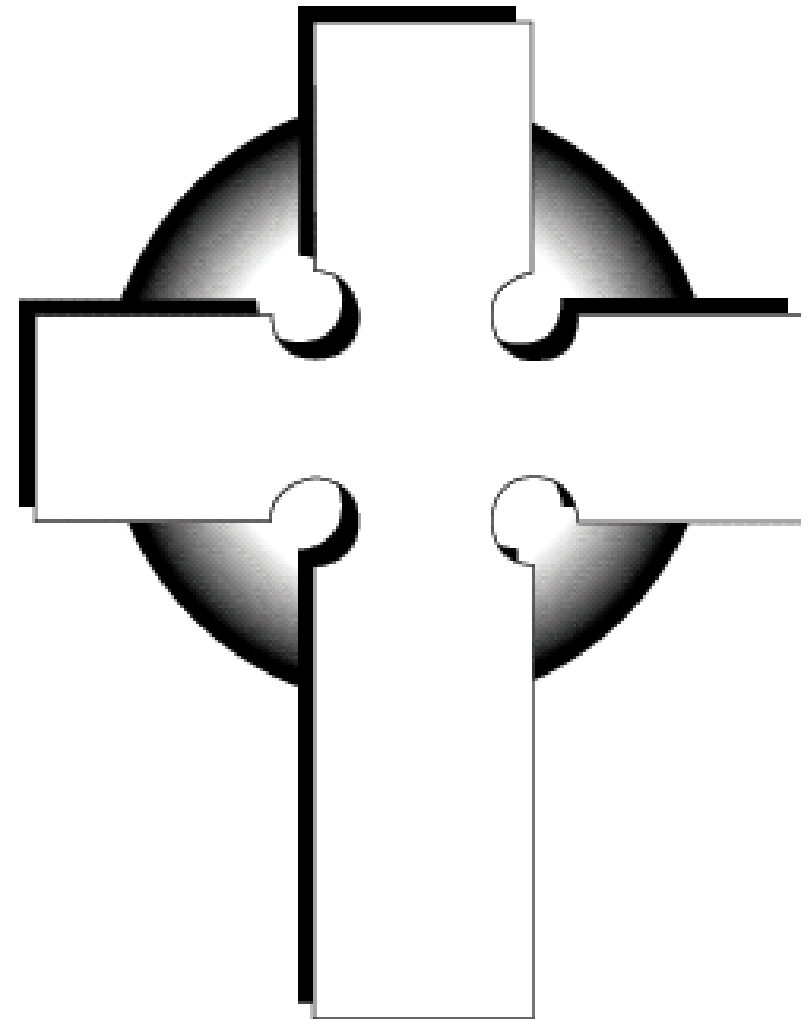


Lenten Reflection



Archdiocese of Glasgow

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Your notes...

This weekly reflection journal has been produced to support your prayer life during Lent. As you journey towards the Easter Vigil and reception into the Church, you'll probably find things will become increasingly hectic. These reflections are an attempt to help you find some precious prayer time with God during this period.

These reflections rely upon access to a bible (Lectionary or Sunday Missal) and the four **Rs**: **Relax**, **Recollect**, **Read** and **Reflect**.



Find a place and time you can have to yourself. Ask other people to allow you to have this time to yourself. You might find some simple prayers, soft music and /or lighting a candle help you to relax. Allow yourself to become comfortable and relaxed.



Week 6

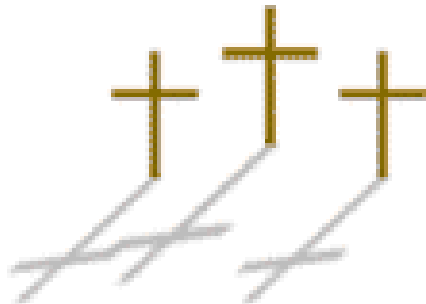
This is the final week of our reflections. This Saturday we'll be received into the Church. This reflection is all the more precious for that. Our reading this week, the Passion of Christ is long and demanding. Make this story a personal encounter with Christ.

Relax, recollect then read Matthew 26:14-75, 27: 1-66 (Christ's passion)

Questions to ponder:

This reading charts out Christ's betrayal, suffering and Resurrection. Does this have meaning in your event? Someone lashes out to defend Christ: does this link with your event?

Judas betrayed Christ: does this fit in with your incident?



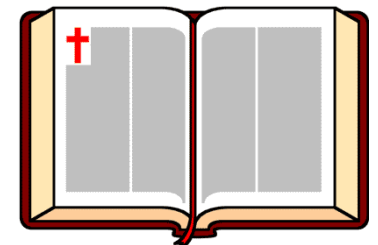
Recollect



Consider events or incidents from the past week. Try to focus on everyday or ordinary events. These can be positive or negative events. Perhaps you felt particularly close to God at some point. Perhaps someone said something which made you feel very good about yourself. Alternatively, perhaps you lost your temper with someone or said something you shouldn't have. From this recollection pick one incident or event as the focus of your reflection.

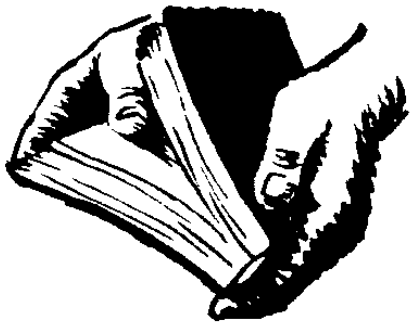
Read

A reading from scripture is suggested for each week. The first readings are quite short, however, as we progress they become increasingly longer. You might find it helps to concentrate on just one aspect of these readings.



Reflection

Think over the piece of scripture and your event. Is there is a connection or link between them? For each week some questions have been provided to prompt your thoughts (these are called “questions to ponder” in this journal). Please don’t try to answer them all (that’s not why they’re there) they are only to help you think. You can then write your reflection in the space provided.



Please don’t get caught up trying to find the “right” answer or “true” interpretation. This is a personal reflection with Christ. The value and, indeed, truth in this reflection is the message or meaning you attach.

Week 5

Relax, recollect and write your event here:

Now read John 11: 1-45 (the raising of Lazarus.)

Questions to ponder:

This passage tells us “Jesus loved Martha and her sister and Lazarus”.

Does this fit in with your event?

Lazarus died and found life again in Christ, is this part of your story?

Martha thinks things are hopeless but Christ reminds her: “Have I not told you that if you believe you will see the glory of God” or in other words, have faith.

Does this fit in with your event?



Week 4

Relax, recollect and write your event here:

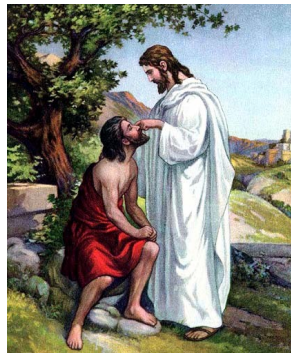
Read John 9:1-41 (Jesus cures the man who was blind).

Questions to ponder:

This reading includes Christ's response "Neither he nor his parents sinned...he was born blind so that the works of God might be revealed in him".

Does this say anything about your event?

Does the reaction of the people link to your event? The man was "ejected" and abused because of his encounter with Christ, does this sound familiar?



Week 1

Once you have relaxed and have thought of an event please write it down here:

Now read Matthew 4: 1-11 (The Temptation in the wilderness)

Questions to ponder:

Were you tempted to do what you did?

Did you feel as if you were in the wilderness?

Did you feel the protection of angels?

Have you put God to the test?

If these questions or your own thoughts make a link between your event and the reading write it (them) down.



Week 2

Relax, recollect and write your incident here:

Now read Matthew 17: 1-9 (The transfiguration)

Questions to ponder; what image of God is in your event, an all powerful figure “dazzling as light.”

Is God a friend? Does your event help you to see Jesus as God? Does your faith in Christ cause you to climb mountains?

Write your reflection here:



Week 3

Relax, recollect, write your event here:

Read John 4:5-42 (The woman at the well.)

Questions to ponder:

Was Christ present in your event without your realising it at the time?

Does your event help you to recognise Christ as The Messiah?

This extract mentions the proverb “...one sows, another reaps.” Does this feature in your reflection of your event?

Has another person’s testimony or witness make sense in your own event?

