

### **Ash Wednesday, March 1**

*Be reconciled to God ... now is the favourable time.* 2 Cor 5:20 – 6:2  
Lent is not a time to focus on guilt and wrongdoing but an invitation to deepen our relationship with the God of forgiveness.

- Read Psalm 103 slowly and meditatively.

### **Thursday, March 2**

*Anyone who loses his life for my sake ... will save it.* Luke 9:22-25  
In serving others and thinking less of our own needs and desires we come closer to God.

- Contact someone you know who is ill and offer them the gift of your time and companionship.

### **Friday, March 3**

*Seek good and not evil so that you may live, and that the Lord God of hosts may really be with you.* Amos 5:14

Animosity towards refugees has been given a voice in the UK following the Brexit vote and also by President Trump's new policies in the US.

- Join a refugee support group in your neighbourhood or befriend a newcomer in your community. [www.jrsuk.net](http://www.jrsuk.net)

### **Saturday, March 4**

*I have not come to call the virtuous, but sinners to repentance.* Luke 5:27-32

Lent offers the chance to wipe the slate clean and start anew, refreshed by God's love and mercy.

- What can I do this Lent to bring about a better world for all?

### **Sunday, March 5 Lent 1**

*Give me again the joy of your help; with a spirit of fervour sustain me.* Psalm 50:17

- Seek encouragement in a good news story.

### **Monday, March 6**

*In so far as you did this to one of the least of these brothers of mine, you did it to me.* Matthew 25:31-46

We are now part-way through Fairtrade Fortnight.

- Buy at least one fairtrade item today. [www.fairtrade.org.uk](http://www.fairtrade.org.uk)

### **Tuesday, March 7**

*Man does not live on bread alone but on every word that comes from the mouth of God.* Matthew 4:4

We can easily become discouraged by the problems facing our world: poverty, injustice, conflict, damage to creation – where do we start?

- This Lent, try to set aside 10 minutes each day to read God's word, pray and reflect. <http://cafod.org.uk/Pray/Lent-Calendar>

### **Wednesday, March 8**

*I am all tenderness and compassion.* Joel 2:12-13

- At the end of the day ask, "Have I shown tenderness and compassion to someone in need of a friend?"

### **Thursday, March 9**

*A pure heart create for me, O God, and give me again the joy of your help.* Psalm 50:12,14

• Pray for God's help in our work for justice and peace – begin and end meetings with a time of prayer.

### **Friday, March 10**

*Go and be reconciled with your brother first.* Matthew 5:20-26

- Repair any broken relationships with family and friends; be the first to make amends. Take inspiration from true-life stories of forgiveness and healing at: [www.theforgivenessproject.com](http://www.theforgivenessproject.com)

### **Saturday, March 11**

*Blessed are those, who with a noble and generous heart, take the word of God to themselves and yield a harvest through their perseverance.* Luke 8:15 (Gospel Acclamation)

- Re-read these words in times of discouragement and difficulty as a reminder not to give up.

### **Sunday, March 12 Lent 2**

*The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you.'* Genesis 12:1-4

- Pray for missionaries throughout the world who devote their lives to serving others. [www.columbans.co.uk](http://www.columbans.co.uk)

### **Monday, March 13**

*Let us plant dates even though those who plant them will never eat them... Such disciplined love is what has given prophets, revolutionaries and saint the courage to die for the future they envisaged.* – Ruben Alves

The seed is the word of God, Christ the sower, whoever finds this seed will remain for ever.

- Give thanks for the people who have inspired you to work for the benefit of all. [www.togetherforthecommongood.co.uk](http://www.togetherforthecommongood.co.uk)

### **Tuesday, March 14**

*Learn to do good, search for justice.* Isaiah 1:10, 16-20

- Look for opportunities to help bring about change for good.
- Join the campaigning group [www.avaaz.org](http://www.avaaz.org)

### **Wednesday, March 15**

*I am the light of the world, says the Lord; anyone who follows me will have the light of life.* John 8:12

- Help shine a light into the darkness where basic human rights are abused by supporting Amnesty [www.amnesty.org.uk](http://www.amnesty.org.uk)

### **Thursday, March 16**

*I will leave this place and go to my father and say: 'Father, I have sinned against heaven and against you.'* Luke 15:18 (Gospel Accl)

In God's Kingdom justice is always paired with mercy.

- Read and reflect on Jesus' parable of the Loving Father and the Prodigal Son (Luke 15: 11-24)

### **Friday, March 17**

*Remember the wonders the Lord has done.* Psalm 104:16-21

- Reflect on the beauty of creation. Use the CAFOD prayer and study resource: <http://cafod.org.uk/Pray/Laudato-Si>

### **Saturday, March 18**

*Your brother here was dead and has come to life.* Lk 15:1-3, 11-32  
The word Lent comes from an old English word *lencten*, meaning to lengthen or grow longer. In Spring-time the days lengthen giving us more light and bringing new growth; life to what had seemed to be dead.

- Be encouraged to work for change even in the fallow times.

### **Sunday, March 19 Lent 3**

*When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.'* John 4:5-42

Every day people suffer and lives are lost needlessly because of a lack of safe water and sanitation.

- Pray for all who work to bring clean water sources where they are needed [www.wateraid.org](http://www.wateraid.org)

### **Monday, March 20**

*Like Elijah and Elisha, Jesus is not sent to the Jews only.* LK 4:24-30

- Look for an opportunity to share food and drink with someone of another faith or culture – celebrate what we have in common.

### **Tuesday, March 21**

*Your Father will not forgive you unless you each forgive your brother from your heart.* Matthew 18: 21-35

- Find a prayer or a poem on the theme of peace, and spend some time in reflection. <http://paxchristi.org.uk/resources/>

### **Wednesday, March 22**

*Give me the living water, so that I may never get thirsty.* Jn 4: 15 (alternative daily reading for Week 3)

Today is the UN World Water Day [www.unwater.org/](http://www.unwater.org/)

- Think of ways you could save water.

### **Thursday, March 23**

*He who is not with me is against me.* Luke 11:14-23

- Pray for the courage to speak out against injustice.

### **Friday, March 24**

*Repent, says the Lord, for the kingdom of heaven is close at hand.* Mark 12:28-34

*Let us not tire of preaching love; it is the force that will overcome the world* – Blessed Oscar Romero, Bishop and martyr, assassinated March 24, 1980 [www.romerotrue.org.uk](http://www.romerotrue.org.uk)

### **Saturday, March 25**

*What I want is love, not sacrifice.* Hosea 5:15 - 6:6

- Celebrate the times this week when you have experienced the Lord's steadfast love and have shared that love with others.

### **Sunday, March 26 Lent 4**

*God does not see as man sees; man looks at appearances but God sees with the heart.* 1 Samuel 16: 1, 6-7, 10-13

Modern culture places disproportionate emphasis on the superficial at the expense of true virtue.

- Take time to look deeper and discover the beauty within.

## Monday, March 27

*No more will the sound of weeping or the sound of cries be heard.*

Isaiah 65:17-21

- Pray for the people of Syria and Yemen that their suffering will cease.

## Tuesday, March 28

*The man was cured at once.* John 5:1-3, 5-16

- Give thanks for all the successes that have been achieved to date in our quest for justice and have faith that more can be accomplished.

## Wednesday, March 29

*I have appointed you as covenant of the people to restore the land.*

Isaiah 49:8-15

*Mindful of our responsibility as stewards of creation, may we tread lightly on the earth, respectful of all living things* – taken from NJPN Prayer card. Download at: <http://justice-and-peace.org.uk/cms/wp-content/uploads/2015/10/2015Newsletter3.pdf>

- Think of ways to reduce your carbon footprint.

## Thursday, March 30

*Your words are spirit, Lord and they are life.* John 3:16

- Focus on what is 'life-giving' for you and cut out needless distractions – perhaps spend less time browsing the internet.

## Friday, March 31

*The Lord is close to the broken hearted.* Psalm 33: 16,18, 19-21, 23

- Support those who work to combat homelessness.

[www.housingjustice.org.uk](http://www.housingjustice.org.uk) and [www.church-poverty.org.uk](http://www.church-poverty.org.uk)

## Saturday, April 1

*Like a trustful lamb being led to the slaughter.* Jeremiah 11:18-20

- Pray for victims of human trafficking [www.ecpat.org.uk](http://www.ecpat.org.uk)

## Sunday, April 2 Lent 5

*Father, I thank you for hearing my prayer.* John 11.11-45

- Read and reflect on Jesus' healing of Lazarus.

## Monday, April 3

*If there is one of you who has not sinned, let him be the first to throw a stone at her.* John 8:1-11

- Reflect on how you spent your time during the last week. Are you happy with the balance in your life?

## Tuesday, April 4

*O Lord, listen to my prayer and let my cry for help reach you.*

Psalm 101:2-3, 16-21

- Pray for an increase in faith to sustain the work for justice and peace.

## Wednesday, April 5

*He has sent his angel to rescue his servants.* Daniel 3:14-20, 24-25, 28

*Be not forgetful to entertain strangers: for thereby some have entertained angels unawares* – Dorothy Day, Co-Founder, *The Catholic Worker Movement*. [www.londoncatholicworker.org](http://www.londoncatholicworker.org)

- Identify and give thanks for the 'angels' in your life.

## Thursday, April 6

*You shall become the father of a multitude of nations.* Genesis 17:3-9

- Pray for acceptance and mutual understanding between Christians, Jews and Muslims – all descended from Abraham.

## Friday, April 7

*In my anguish I called to the Lord and he heard my voice*

Jeremiah 20:10-13

- Fast from technology today and spend quality time with others.

## Saturday, April 8

*I will make them into one nation.* Ezekiel 37:21-28

There is great unrest and upheaval across the world at present fuelled in part by right-wing groups and political leaders.

- See the latest action info from [www.hopenothate.org.uk](http://www.hopenothate.org.uk)
- Pray that the voices of reason and tolerance will prevail.

## April 9, Palm Sunday, Holy Week

*They shouted all the louder, 'Let him be crucified.'*

Matthew 26:14 – 27:66

How fickle the mob can be; one moment greeting Jesus with Hosannas, the next calling for his blood.

- Pray for a heartfelt and lasting commitment to what is right.

## Monday, April 10

*He does not cry or shout aloud.* Isaiah 42:1-7

- Set aside extra time for prayer and reflection during Holy Week.

## Tuesday, April 11

*One of you will betray me; before the cock crow, you will have disowned me three times.* John 13:21-33, 33-34

Judas betrays Jesus for material gain; Peter in panic and fear.

- Resolve to stand up for the weakest in our society.

## Wednesday, April 1

*I did not cover my face against insult and spittle.* Isaiah 50:4-9

- Pray for the strength to withstand ridicule and conflict.

## Holy Thursday, April 12

*If I, then, the Lord and Master, have washed your feet, you should wash each other's feet.* John 13.14

- Think of ways you could "wash other's feet." Who might the "others" be?

## Good Friday, April 13

*After Jesus had taken the vinegar he said, "It is accomplished," and bowing his head he gave up his spirit.* John 19.30

- As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.

## Holy Saturday, April 14

- Review the reflections you've made and the actions you've taken during Lent. What changes might you make in the light of them?

## Easter Sunday, April 15.

*There, coming to meet them, was Jesus. 'Greetings' he said.*

Matthew 28:1-10

- Where have you met Jesus this Lent?

# A LENTEN JOURNEY

## Daily Actions and Reflections

based on the Scripture Readings



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