

Lent 2023

We often describe the Season of Lent as ‘a Journey’ and we may travel along with companions to help navigate the joys and challenges we encounter along the way. This Lent, we journey together as a parish community and family of faith.

This Lent, we offer you several resources you may wish to use as you reflect upon in your private prayer and devotion. We will pray with you each week in our bulletin and on the parish website by offering you daily reflections and scriptures to follow, prepared from the booklet entitled, ***Lent 2023, MAKE ROOM FOR LENT*** by Joe Sica. This booklet is so very well written and gently invites the reader to daily reflect during this season of reflection and spiritual renewal. *(Copies of this booklet are available for you in the narthex...free will donations are greatly appreciated.)*

Travel well, May the Holy Spirit watch over us all during this holy season, let us continue to pray for one another.

March 5 - Sunday, the Second Week of Lent

Genesis 12: 1-4A * 2 Timothy 1: 8B-10 * Matthew 17: 1-9

Define Your Moment

***“And he was transfigured before them;
and his face shone like the sun.”***

Matthew 17: 2

Work for the Soul – What was your defining moment? It’s helpful to review your life in stages (childhood, adolescence, adulthood, elder years), and write down your thoughts and memories. Ask yourself: What was my defining moment and how did it change my life?

Words from the Heart – *Dear God, I will always cherish those special moments that opened up unlimited possibilities for me to remember and to love. Amen.*

March 6 – Monday, the Second Week of Lent
Daniel 9:4B-10 * Luke 6:36-38

Live without Judgment

“Do not judge and you will not be judged.”

Luke 6:37

Work for the Soul – Every person has value. Lent is a great time to see people through the eyes of Jesus. Think about the people you know who are often passed over, forgotten, judged, or quickly dismissed. Take time this week to get to know them. Do something special for them.

Words from the Heart – *Dear God, please forgive me if I have been quick to judge others. Help me discover those rich opportunities to grow closer to them. Amen.*

March 7 - Tuesday, the Second Week of Lent
Isaiah 1:10, 16-20 * Matthew 23:1-12

Learn from Role Models

“Do not do what they do, for they do not practice what they preach.”

Matthew 23:3

Work for the Soul – Who are your role models? What family members, teachers, or friends have had an impact on you? Share with them how they have influenced your life. Send them a note of appreciation and gratitude.

Words from the Heart – *Dear God, as I live out my Christian life, I will do so carefully. Others may be watching me as their role model. May my actions speak louder than my words. Amen.*

March 8 – Wednesday, the Second Week of Lent
Jeremiah 18: 18-20 * Matthew 20:17-28

Practice Acts of Kindness

***“You know that the rulers of the Gentiles lord it over them,
and their high officials exercise authority over them.***

It can't be that way with you.”

Matthew 20:25-26

Work for the Soul – This Lent, pick up after yourself so no one else has to. Let someone go in front of you in line. Refuse to criticize another. Be friendly to someone who is alone, and listen carefully when another person speaks.

Words from the Heart – *Dear God, help me be kind and gentle in little ways so I can be considerate and helpful with bigger things. Amen.*

March 9 – Thursday, the Second Week of Lent
Jeremiah 17:5-10 * Luke 16: 19-31

Live Like You Were Dying

***“No, Father Abraham,’ he said, ‘but if someone from the dead
goes to them, they will repent.”***

Luke 16:30

Work for the Soul – Listen to Tim McGraw’s song: “Live Like You Were Dying.” Share with family and friends how the music and words touched you and challenged you to take nothing for granted.

Words from the Heart – *Dear God, when I wake up, it’s a new day loaded with possibilities and opportunities. I don’t ever want to waste this precious time. Amen.*

March 10 – Friday, the Second Week of Lent

Genesis 37:3-4, 12-13A, 17B-28A * Matthew 21:33-43, 45-46

Who Is Our God?

***“The kingdom of God will be taken away from you
and given to a people that produces the fruit of the kingdom.”***

Matthew 21:43

Work for the Soul – Write down on paper a description of your old image of God. Then burn the paper. Create (and carry with you) healthy, positive, and life-affirming images of God.

Words from the Heart – *Dear God, when I am quiet, I can hear your gentle voice whisper, “You are special.” Thank you for never giving up on me. Amen.*

March 11 – Saturday, the Second Week of Lent

Micah 7:14-15, 18-20 * Luke 15: 1-3, 11-32

Spiritual Amnesia

***“This brother of yours was dead and has come to life;
He was lost and has been found.”***

Luke 15: 32

Work for the Soul – What do you keep turning up in your memory that causes fear, hurt, worry, or anxiety? Find someone to talk to. Replace the painful memories with gratefulness for your life, and marvel as you attract more of the things that you are grateful for.

Words from the Heart – *Dear God, I’ve made some choices that I’m not proud of. Thank you for giving me a clean slate and the opportunity to begin again. Amen.*
