

Evening Reflection

"He found in the temple area those who sold oxen, sheep and doves, as well as the money changers seated there" (Jn. 2: 14).

Lord, help me rid my life of material distractions so that I may find you and worship you deep within my heart.

Fourth Week of Lent

Focus: Healing

The world is crying out for racial healing. Every person is made in the image and likeness of God. We forget this truth and end up hurting others and disrespecting others because of their race, culture, ethnic background, language, and way of life. Be intentional this week in seeing every person you encounter as a child of God, your neighbor whom you are called to love.

Light a Lenten Candle and pray for the Light of Healing for people living with HIV/AIDS.

Morning Reflection

"Not as man sees does God see, because man sees the appearance but the Lord looks into the heart" (1 Sam. 16:7).

Lord, help me to see goodness in all people—regardless of race and culture—throughout the day.

Evening Reflection

"How were your eyes opened" (Jn. 9:10)?

Lord, open my eyes to the wonder of your love reflected in the beauty of all races and cultures.

Fifth Week of Lent

Focus: Trust

The universal plan of God is that we learn how to love one another as God has loved us: unconditionally. Unconditional love is not easy. It takes great faith and trust in God to love others unconditionally. Perhaps there will be more peace in the world if all people make a greater effort to love unconditionally. Be intentional this week in loving people you usually find very difficult to love and respect.

Light a Lenten Candle and pray for the Light of Love to be in the hearts of all people.

Morning Reflection

"I will place my law within them and write it upon their hearts, I will be their God, and they shall be my people" (Jer. 31:33).

Lord, help me to be more aware of your gift of love in my own life throughout the week.

Evening Reflection

"Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life" (Jn.12:25).

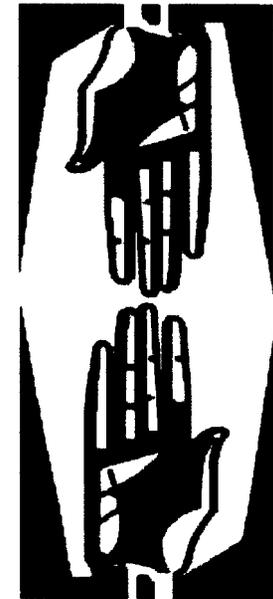
Lord, help me to overcome my self-centered, selfish ways and to become more sensitive to the needs of others, especially the poor.

© 2003, Rev. Warren J. Savage
Project Reach Out

22 State Street · Westfield, MA 01085
projectreachout.org

LENT

TIME FOR RECONCILIATION



WITH GOD AND MY NEIGHBOR

A Program of
Project Reach Out

Light for the World

Lent is a special time of personal reflection, prayer, study, and reaching out to the poor locally and globally. It is a graced time to take small steps in changing the way we relate to God and others on a daily basis. There is no magic formula for personal change. All change requires intention, will power, and hard work. This simple guide is intended to help you take small steps towards changing the way you think and act. The weekly focus allows you to concentrate on a goal with the hope that you will intentionally become a better person, a better follower of the crucified and risen Christ in the world. Perhaps the small steps taken this Lent will help to bring about peace, healing, and reconciliation in the world.

Use the morning and evening reflections each day of the week. Keep in mind that the exercise is intended to challenge you to concentrate on spiritual renewal and social change.

Find a quiet place to pray and reflect.
Light a Lenten Candle and let the candle remind you of the focus for the week.
Ask the Lord to fill you with the light of peace, trust, liberation, healing, and love.
Pray the *Our Father* before each reflection.
Pray an *Act of Contrition* after the evening reflection.

First Week of Lent

Focus: Peace

God has established a covenant of peace with humankind. We are called to be covenant partners with God in the work of peace in the world. Be intentional this week in making your environment at home, at school, at work, and in the community more peaceful.

Light a Lenten Candle and pray for the Light of Peace wherever there is war, conflict, and division.

Morning Reflection

"I will establish my covenant with you, that never again shall all bodily creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth" (Gen. 9:11).

Lord, help me to remember your covenant of peace throughout the day, especially in the presence of others I do not know.

Evening Reflection

"The kingdom of God is at hand. Repent, and believe in the gospel" (Mk. 1:15).

Lord, help me to change the way I think and act towards people from different races, cultures, religious backgrounds, and lifestyles.

Second Week of Lent

Focus: Trust

We live in a world where people of all backgrounds find it difficult to reach out to and trust others. There is so much suspicion in the air; we find ourselves creating more walls and barriers, pushing others away, and keeping our distance from people. Be intentional this week in trusting God and others. Dismantle the walls and barriers that keep us apart.

Light a Lenten Candle and pray for the Light of Trust among all nations and peoples throughout the world.

Morning Reflection

"God put Abraham to the test. He called to him, 'Abraham!' 'Here I am!' he replied" (Gen. 22:1).

Lord, help me to trust that you are present to me throughout the day.

Evening Reflection

"This is my beloved Son. Listen to him" (Mk. 9:7).

Lord, help me to be more attentive to your voice in my life.

Third Week of Lent

Focus: Liberation

Each of us has a "place of slavery" – a place of bondage from which we need to be freed. It might be in the form of an addictive behavior or a negative attitude towards life in general. Be intentional in asking the Lord to free you from that place that keeps you from growing spiritually and from becoming more like Christ in the world.

Light a Lenten Candle and pray for the Light of Liberation for the refugees, the hungry, the homeless, and the poor.

Morning Reflection

"I, the Lord, am your God, who brought you out of the land of Egypt, that place of slavery" (Ex. 20:2).

Lord, help me to admit that I am powerless over what keeps me in emotional, mental, and spiritual bondage.