

March 6 Ash Wednesday

Be reconciled to God...now is the favourable time. 2 Cor 5: 20-6:2
To be reconciled to God is to be reconciled to our neighbour too.

- Offer the hand of friendship to someone who has hurt you or to someone with whom you have lost contact.

Thursday 7 March

Anyone who loses his life for my sake, that man will save it.
Luke 9:22-25

In preparation for the Easter celebration of the resurrection our Lenten journey provides an opportunity to deepen our relationship with the God of forgiveness – all he asks is a sincere desire to draw closer to him.

- Give up anything that is self-centred and turn your gaze outwards to the needs of the world around you.

Friday 8 March

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

- At the end of the day ask, 'What have I done to make this a better day for someone else/other people?'

Saturday 9 March

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

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

- How can we show that love and mercy to others?

Sunday 10 March Lent 1

Jesus was led by the Spirit through the wilderness and was tempted there. Luke 4:1-13

- Identify an area in your life where you have been tempted. Think how you might put it right and avoid future temptation.

Monday 11 March

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

- Welcome newcomers to your neighbourhood.

Tuesday 12 March

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

- Give thanks for all that has nourished you spiritually this week.
- Buy food for or volunteer to help at a local foodbank.

Wednesday 13 March

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

- Have I shown tenderness and compassion to someone in need of companionship?

Thursday 14 March

The one who asks always receives. Matthew 7:7-12

- Pray for the homeless and those who have no one to care for them. Go without a mid-day meal and donate the money saved to Housing Justice www.housingjustice.org.uk

Friday 15 March Family Fast Day

Seek good and not evil so that you may live Amos 5:14

- Support CAFOD's Lent Fast Day www.cafod.org.uk – hold a simple soup lunch in your parish.
'Eat simply so that others can simply live.'

Saturday 16 March

Be perfect as you heavenly Father is perfect. Matthew 5:43-48

- Find a poem or a song to help you appreciate God's perfect love for all creation – rejoice in the beauty of the natural world.

Sunday 17 March Lent 2

From the bright cloud the Father's voice was heard: 'This is my Son, the Beloved. Listen to him.' Gospel Acclamation. Matthew 17:5

- Give thanks for everything in the past week that has pointed to the coming and presence of Christ.

Monday 18 March

The seed is the word of God, Christ the sower, whoever finds this seed will remain forever. Gospel Acclamation

- Pray for missionaries throughout the world who devote their lives to serving others www.columbans.co.uk

Tuesday 19 March

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

- Look for opportunities to help bring about change for good www.togetherforthecommongood.co.uk

Wednesday 20 March

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

- Reflect on ways in which you might show the light of Christ to our broken world www.hopenothate.org.uk

Thursday 21 March

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 22 March

This is the heir. Come on, let us kill him. Matthew 21:33-43, 45-46

- Pray for the victims of violence and war.
- Join the peace organisation Pax Christi www.paxchristi.org.uk

Saturday 23 March

Your brother here was dead and has come to life.

Luke 15:1-3, 11-32

In Spring-time the days lengthen giving us more light and bringing new growth; life to what had seemed dead.

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

Sunday 24 March Lent 3

The Lord is compassion and love. Psalm 102: 8

- Give thanks for this image of God as a loving father.

Monday 25 March

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

- Find out more about Christian Unity and Inter-Faith initiatives to build community in your neighbourhood.

Tuesday 26 March

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

- Contact someone with whom you have disagreed; suggest you get together to make amends.

Wednesday 27 March

Your words are spirit, Lord and they are life; you have the message of eternal life. Gospel Acc. John 6:63, 68

- Seek encouragement today in a good news story and give thanks for all that is good in your life.

Thursday 28 March

O that today you would listen to his voice! 'Harden not your hearts.' Psalm 94: 8

- Be ready to answer God's call and be open to making changes to your lifestyle for the benefit of others.

Friday 29 March

The Lord our God is the one Lord, and you must love him. You must love your neighbour as yourself. Mark 12:28-34

These two simple commands form the basis of our faith. If we love God with all our heart, mind, soul and strength and love our neighbour (everyone) in the same way we can fulfil God's will – easy to say, but much harder to do.

Saturday 30 March

The tax collector went home again at rights with God; the Pharisee did not. Luke 18:9-14

Meditate on the virtue of sincere humility.

Sunday 31 March Lent 4

I will leave this place and go to my father and say: 'Father, I have sinned against heaven and against you.' Luke 15:18
Saying 'sorry' and admitting fault is never easy – our pride often holds us back.

- Be inspired by true-life stories of reconciliation at www.theforgivenessproject.com

Monday 1 April

No more will the sound of weeping or the sound of cries be heard. Isaiah 65:17-21

- Pray for refugees and asylum seekers that they will find food, shelter and a warm welcome in a new community.
- Support the Jesuit Refugee Service www.jrsuk.net

Tuesday 2 April

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

- Pray today in thanksgiving for all who work in the NHS.

Wednesday 3 April

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

Isaiah 49:8-15

We must not separate humankind from nature; all are one creation, all are “good” in the sight of God.

- Reduce your carbon footprint www.greenchristian.org.uk

Thursday 4 April

Your words are spirit, Lord and they are life. John 6: 63, 68

- Focus on what is ‘life-giving’ for you.

Friday 5 April

Let us condemn him to a shameful death. Wisdom 2:1, 12-22

- Campaign for a prisoner of conscience www.amnesty.org.uk

Saturday 6 April

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

- Pray for victims of human trafficking www.care.org.uk

Sunday 7 April Lent 5

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

- Work for a renewed vision of Christ’s love for all humanity – an unconditional love that does not judge or condemn.

Monday 8 April

I take pleasure, not in the death of a wicked man – it is the Lord who speaks – but in the turning back of a wicked man who changes his ways to win life. Gospel Acc. Ezekiel 33:11

- Reflect on these words to inspire and encourage you.

Tuesday 9 April

If anyone is bitten and looks at the fiery serpent, he shall live. Numbers 21:4-9

- Remain steadfast in the face of difficulties and hardship. Every day is a gift; live in a spirit of gratitude.

Wednesday 10 April

He has sent his angel to rescue his servants.

Daniel 3:14-20. 24-25. 28

We do not pray or work for justice and peace in isolation but as a ‘community of saints’. Give thanks for the ‘angels’ in your life who have guided and inspired you.

Thursday 11 April

You shall become the father of a multitude of nations.

Genesis 17:3-9

Abraham is revered as the father of the three great religions: Christianity, Judaism and Islam. Despite our differences we also have much in common.

- Pray for those whose hearts are filled with hatred towards people who do not share their beliefs.

Friday 12 April

Repent, says the Lord, for the kingdom of heaven is close at hand. Gospel Acc. Mt 4:17

- Fast from spending today and donate the money you save.

Saturday 13 April

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.

- Pray that the voices of reason and tolerance will prevail.

Sunday 14 April Palm Sunday

I did not cover my face against insult and spittle. Isaiah 50:4-7

- Pray for the strength and courage to withstand insults and hardships, especially if your faith is mocked or challenged.

Monday 15 April

Leave her alone; she had to keep this scent for the day of my burial, John 12:1-11

The act of anointing someone’s feet is incredibly intimate and indicates a deep and close personal relationship.

- ‘Anoint’ Jesus in prayer and meditation during this Holy Week.

Tuesday 16 April

One of you will betray me; before the cock crows, you will have disowned me three times. John 13:21-33, 33-38

Peter, impetuous and passionate, yet fearful for his own safety, disowns Jesus three times despite having vowed never to do so.

- For the times we have denied Jesus or failed to stand up for the truth, we ask forgiveness.

Wednesday 17 April

Hail to you, our King! Obedient to the Father, you were led to your crucifixion as a meek lamb is led to the slaughter

Gospel Acclamation

- Meditate on this verse. Here is a new kind of king – humble and meek of heart – the opposite of worldly pomp and splendour.

18 April Holy Thursday

“If I, then, the Lord and Master, have washed your feet, you should wash each other’s feet.” John 13:14

In an act of supreme humility Jesus washes the disciples’ feet.

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

19 April Good Friday

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.

20 April Holy Saturday

Many women were there ... the same women who had followed Jesus from Galilee and looked after him. Matthew 27: 55

- Reflect on the role of women in the Church and in the world. What changes would you like to see?

21 April Easter Sunday

“Why look among the dead for someone who is alive? He is not here; he has risen.” Luke 24: 1-12

- Where have you found Jesus this Lent?

A LENTEN JOURNEY

Daily actions
and reflections
based on
the scripture readings



National Justice & Peace
Network