



RESOURCES  
for the  
LENTEN JOURNEY 2010



Archdiocese of St. Andrews and Edinburgh

## Resources in this booklet:

Lent is always a time of spiritual renewal for each one of us. The resources in this booklet have been prepared by the Archdiocesan Pastoral Agencies to enable individuals and groups to reflect more deeply on their spiritual journey and what it means to respond to the Gospel. It is hoped that these resources will be adapted to the needs of participants at parish and deanery level.

Inside you will find resources for:

- ❖ Reflection on the Sunday Gospels of Lent
- ❖ Children's Liturgy Suggestions
- ❖ Leading a Theological Reflection Group in Lent
- ❖ Taking part in a Carbon Fast for Lent
- ❖ Preparing to Celebrate the Sacrament of Reconciliation in Lent

## ❖ Reflection on the Sunday Gospels of Lent

*These reflections can be used by groups and individuals during the Lenten Journey, they are particularly suitable for RCIA groups as they focus more strongly on preparation for the Celebration of the Sacraments of Initiation. These could be printed weekly in the Parish Newsletter to help everyone in the parish focus on the themes of the Gospel*

*1ST SUNDAY of LENT - Luke 4: 1 - 13*

### SPIRITUAL DIARY

*The Gospel this Sunday presents us with a spiritual diary of Jesus' journey in the wilderness of the desert. It records how he overcame his temptations and the tools he used. The key tool that Jesus uses is his memory of scripture and the saving presence of God in his life.*

*This Lent you can do the same thing – set aside time every day to reflect on God's word, reflect on what this calls you to do in your life. Keeping a diary means there must be enough prayer and reflection in your life to have something worth writing about!*

*One of the most famous spiritual diaries is that of Therese of Lisieux. When she was dying of tuberculosis at the age of 24 one of the nuns said: 'I can't imagine what we will have to say about her when she is gone.....for she's never done anything worth the telling.'*

*However, her spiritual director had asked her to keep a diary where she recorded her life and struggles with God. It was published in 1925 and she was proclaimed a saint! After the 40 days of Lent there may be nothing to show, no signs, no miracles, no great deeds.....just a patient waiting on God and a refusal to be turned away from him.*

### REFLECTION QUESTIONS

- 1) Remember a time when you experienced being led by the Spirit through a wilderness time in your life. Note what enabled you to follow God's lead.*
- 2) What values in today's world confront and challenge you as a follower of Jesus?*
- 3) It was after his baptism that Jesus experienced his struggle with the devil. In what way do you struggle to live your baptism fully today?*

2<sup>nd</sup> SUNDAY of LENT – Luke 9: 28 – 36



INTO THE LIGHT.....

- 1) When, where and how have you encountered the wonder of the mystery of God?
- 2) What helps you to be attentive to the presence of God, to listen to God's voice speaking to you?
- 3) In what way are you being called to be a shining light for others?

3<sup>rd</sup> SUNDAY of LENT - Luke 13: 1 – 9



BEARING FRUIT.....

- 1) In this Gospel Jesus tells a story about nurturing a plant. Who and what nurtures you in your Christian life?
- 2) Reflect on a time when your life seemed stagnant...bearing no fruit, what helped you to persist in spite of difficulties?
- 3) What are some of the steps you can take this Lent to bear fruit that will bring forth God's reign of peace and justice?

4<sup>th</sup> SUNDAY of LENT – Luke 15:1 -3, 11-32



PRODIGAL.....

- 1) The younger son in the Gospel wanted to come home because 'he was hungry'. In what way/s do you hunger to come home to God?
- 2) The older son did not notice the blessings of his everyday life. What blessings in your life are you not noticing?
- 3) The younger son came to his senses. In what way/s are you waking up to God's love in your life this Lent?

5<sup>th</sup> SUNDAY of LENT – John 8: 1- 11



THE LAW of the LORD

- 1) In this Gospel Jesus reaches out in compassion and forgiveness, recall a time when you were saved by the graciousness of another?
- 2) Jesus is asked ‘what do you say?’ How is God calling you today to stand up for what is right?
- 3) Revisit the gospel story and as you notice the compassion of Jesus remember these words ‘the Law of the Lord is perfect is revives the soul.’

PASSION SUNDAY – Luke 23: 1 -26, 32 -49



WALK with JESUS

- 1) In the Gospel of the Passion Jesus goes to pray in the Mount of Olives ‘as was his usual custom’. This is a pattern of Jesus’ life – taking time to reflect and pray. In this Holy Week how will you walk with Jesus in his prayer and in his action?
- 2) Jesus prayed ‘more earnestly’ in his anguish. In what way’s do you feel called to pray more earnestly?
- 3) Jesus remembered the sinner as he died on the cross, take time this week to be aware that God remembers each one of us
- 4) How have these weeks of Lent deepened your relationship with God and how will you celebrate this in the sacred days of Easter?



## Children's Liturgy Suggestions

### Mapping the Road

Children should be encouraged to see Lent as a journey. On the Lenten journey we meet a variety of characters in the Gospel who learn how to follow Jesus. We too are learning to follow Jesus in the six weeks. If you are leading Children's Liturgy you could draw a picture of a road and during the six weeks add the characters we encounter on the way. The Journey of the six weeks is mapped out in the Archdiocesan Resources for the Year of Luke. You can obtain these by clicking the link [CHILDRENS LITURGY\LUKE.pdf](#)

### God's Loving Kindness

In weeks 3 - 5 the Gospels emphasise the quality of God's mercy that we find in the person of Jesus. This can be an ideal time to teach the children Sorry Prayers and also to use music which emphasises God's mercy.

The focus for week 3 should be about the many opportunities God gives us to change and grow. Make use of the picture of the Fig Tree to help the children visualize the story.

The focus for week 4 is about God's amazing kindness and forgiveness, you can purchase a large poster of the Prodigal Son scene from Pauline books.

The focus for week 5 should show how our God does not punish but is always on our side waiting to reach out and forgive. You could design a focal point around stones and explore how the Pharisees felt, how the woman felt and how Jesus responded with compassion.

### MUSIC

Use Bernadette Farrell's God of mercy for Week's 3 – 5

### PASSION SUNDAY

This should give the children the opportunity to process at the beginning of Mass, then gather in their own space where they would read a simplified version of the Passion in parts. The focal point for prayer could be a very large cross on the floor where the children gather and lay down their palms.

## ❖ Leading a Theological Reflection Group in Lent



*Many people have the habit of reading a spiritual book for Lent, this year we are encouraging those who are interested to gather in groups. The recommended Lenten book for this year is 'Living Baptism Daily' by Lawrence. E. Mick, this is published by the Liturgical Press Collegeville, Minnesota. You can obtain copies from Amazon or contact [ann.clark@staned.org.uk](mailto:ann.clark@staned.org.uk)*

*The focus of the book is about exploring the meaning of baptism, affirming and embracing our baptismal identity and basing our daily lives on that identity. The book has twelve chapters, so the reading group will focus on selected chapters for Lent.*

As leader you need to choose whether you will meet for five or six consecutive weeks of Lent, the following chapters should be the focus for the group during Lent:

- SESSION 1: Chapter 2 – The Journey of a Lifetime
- SESSION 2: Chapter 3 – Becoming a Christian
- SESSION 3: Chapter 4 – Called into Community
- SESSION 4: Chapter 5 – Welcoming the Stranger
- SESSION 5: Chapter 6 – Echoing the Word
- SESSION 6: Chapter 8 – Reborn to New Life

### PARTICIPATING IN A SESSION

Participants should read the chapter for the week and reflect on it. At the end of each chapter there are discussion questions, participants should take time to explore these questions and be ready to share their responses when they gather with the group.

Every session begins by using the prayer at the end of the chapter, the atmosphere and setting in the group should be one of prayerful reflection and respectful listening

## ❖ Taking part in a Carbon Fast for Lent

Every year the Church invites us to be part of/ take part in the Lenten journey: To journey with Jesus through his time in wilderness, and on to his Passion and death. At times the journey can seem onerous, a time of giving up, of sins remembered and reminders of what we have not done. Yet Lent is also an opportunity for change and transformation, when we are encouraged to reflect on our lives and our relationships and consider what is really important to us. By encouraging us to reflect on the sacrifice of Jesus and inviting us through prayer to draw closer to him, Lent invites us to think about our relationship with God. As we are invited to understand his mission and become more like him, we are encouraged to look at how Jesus treated those he met and spent time with.

Becoming closer to Christ encourages us to reflect on our relationship with ourselves - to consider who we really are and how we relate to others. As we think about our relationships with others we are challenged to consider whether we act justly in our dealings with our families, neighbourhood and the wider world community of which we are part - This includes what we buy, what energy we consume, and how we use our natural environment - and make amends when we do not. During the Lenten journey Christ invites us to transform our lives and actions so that all people may be able to enjoy God's creation.

This year in our archdiocese we are invited to take part in a Carbon Fast as part of our Lenten journey. Like a Food Fast, the Carbon Fast encourages us to give up something we are dependent on (energy) in order to aid our prayer and reflection. At the same time, it encourages us to think about how much we consume and how our energy consumption is affecting our global environment and our neighbours in it. We can choose to do a weekly action, as suggested below, or take an action every day. Bidding prayers and prayer ideas are included for use at Mass or as part of a Lent prayer group.

Ideas for daily actions and reflections are available on the archdiocesan website or from the Justice and Peace office: 0131 623 8922 or email [miriam.mchardy@stned.org.uk](mailto:miriam.mchardy@stned.org.uk)

## ❖ 1<sup>st</sup> Sunday of Lent Sunday 21<sup>st</sup> February

As we enter Lent, we ask for God's help as we reflect on our lives and the times we have failed to follow him. We think especially of the actions we can take every day to proclaim God's Kingdom, and help work for a world of justice and peace. Lord Hear us

- ❖ **Carbon Fast action: Remove a light bulb and replace it with a low energy bulb.**
- ❖ Organise a prayer service during Lent, to reflect on our lifestyles and how we can live in a more sustainable way.

❖ 2<sup>nd</sup> Sunday of Lent Sunday 28<sup>th</sup> February

We pray for our world that God has entrusted to us, and ask for his help to be good stewards of all his creation. We pray especially for the times that we have damaged our world through our need to have more than we need. Lord Hear Us.

- ❖ **Carbon Fast action: Look at what food you throw away this week. Is it possible to reduce it by using up leftovers, and shopping more carefully?**
- ❖ Pray for those affected by climate change. The Environment Booklet (available from the Justice and Peace office) contains reflections and prayers on the issue.

❖ 3<sup>rd</sup> Sunday of Lent Sunday 7<sup>th</sup> March

We thank God for his signs of presence in our world. We ask for courage to be like Moses and respond to his invitation to speak out, and take action, wherever we see injustice happening. Lord Hear Us.

- ❖ **Carbon Fast action: Turn off the standby button on all your appliances. 8% of electricity consumed in our homes is from appliances we aren't using!**
- ❖ Pray for a change to our own and others' attitudes to consumption.

❖ 4<sup>th</sup> Sunday of Lent Sunday 14<sup>th</sup> March

On Mother's Day we pray especially for all mothers and thank God for the care and love they give to their children. We ask God's blessing especially for mothers who struggle to protect their children against poverty and injustice. Lord Hear Us.

- ❖ **Carbon Fast action: Have a "no shopping" week! Take time to reflect on what we buy and what our shopping habits are. Do we need everything we buy?**
- ❖ This is SCIAF Sunday. Pray for the work of SCIAF throughout the world. More information from [www.sciaf.org.uk](http://www.sciaf.org.uk)

❖ 5<sup>th</sup> Sunday of Lent Sunday 21<sup>st</sup> March

- ❖ We pray for all those caught in the traps of poverty and injustice, that they may be aware of God's love for them and recognise their value as children of God. Lord Hear Us.
- ❖ **Carbon Fast action: Leave your car at home one or two days this week and take public transport, or organise a car share.**
- ❖ Pray for Archbishop Oscar Romero, the 30<sup>th</sup> anniversary of whose murder is on Wednesday 24<sup>th</sup>, and for all the people he worked so hard for.

❖ Palm Sunday 28<sup>th</sup> March

We pray for the community of the Church, that in our actions for justice, peace and care for creation, we may be true witnesses in the world to the truth of the Gospels. Lord Hear Us.

❖ **Carbon Fast action: Could your church be greener? Work together to find out the church's carbon footprint. If you'd like to do more, contact <http://www.ecocongregation.org/scotland/index.shtml> for more ideas and information.**

❖ During Holy Week, can you step up your Carbon Fast and cut consumption further? Or are you willing to carry on beyond Easter?

❖ Easter Day Sunday 4<sup>th</sup> April

As we experience the hope and joy of Easter, we pray that it inspires us to use our gifts for the benefit of all God's people and work for a fair and just world for all. Lord Hear Us.

❖ **Carbon Fast action: Give up bottled water, which contributes to landfill and increased transport emissions. By a reusable bottle instead and order tap water if you're out for a meal.**

❖ Pray for a permanent transformation in ourselves and our parish community towards our consumption and awareness of our wider world. On this Easter day, how can we keep a justice presence in our parish all year round?

For more ideas, or to continue a justice presence in your parish after Lent, contact Miriam McHardy at 0131 623 or [miriam.mchardy@staned.org.uk](mailto:miriam.mchardy@staned.org.uk)

## ❖ Preparing to Celebrate the Sacrament of Reconciliation in Lent

Many people find celebrating this sacrament difficult, some of us have not grown into an adult way of celebrating this great sacrament of God's forgiveness. Lent is a time when we are given fresh opportunities to come back to God, in the article which you can download Cardinal Martini, former Archbishop of Milan provides a catechesis about 'How to Confess'. This article focusing strongly on the Sacrament of Reconciliation as a penitential dialogue, simply click the link to access it: [My Pictures\confess.pdf](#)

Suggested Format for Planning a Penitential Service

Weeks 3 -5 of Lent with their themes of God's compassion and forgiveness are ideal for the communal celebration of this sacrament particularly when the Sunday Gospels are used in the service. Any communal celebration of the sacrament should mirror what happens when this sacrament is celebrated on an individual basis. Click here to download the Rite: [Rite of Penance.pub](#)

These stages in the Rite include:

- An invitation to Trust in God's mercy
- Hearing the Call to Conversion through reflecting on a piece of scripture
- The confession of sins and dialogue with the priest
- Prayer of Sorrow
- Absolution
- Prayer of Thanksgiving

Reflection Questions – If you are preparing a service sheet it is good to provide reflection which acts as an examen and helps the participants to open up their hearts to God's mercy.....Here are some suggestions for use with the Gospel passages of week's 3 – 5 of Lent

### WEEK 3 – THE NEED to CHANGE

*In this Gospel Jesus warns us of the danger of not realizing we need to change. What do you need to change in your life that will help you to turn towards God?*

*God is like the gardener in the Gospel he expects us to bear good fruit. What good fruit are you bearing in your life? What do you need to attend to in order to bear this fruit?*

### WEEK 4 – OUT of TOUCH

*The son who was lost got out of touch with himself and his hunger for God. In what way/s are you out of touch with God at this time?*

*The older son was angry and resentful, what blessings in your life are you missing?*

*How does God's constant love make a difference in your life?*

### WEEK 5 – WORDS & ACTIONS

*The Pharisees condemned the woman in the Gospel. Reflect on times when you have been harsh in judgment of another*

*In what way/s does Jesus unconditional acceptance of the woman challenge you to live like him?*