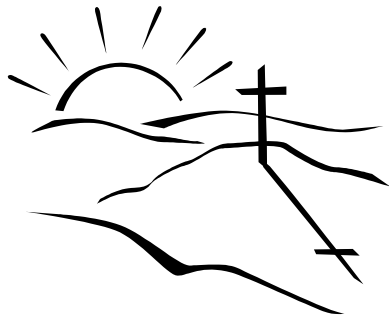


Prayer of Letting Go

Lord,
That I may let go of grudges in order to forgive.
That I may let go of past hurts so that I can be healed.
That I may let go of judgements in order to accept.
That I may let go of pity in order to be compassionate.
That I may let go of greed in order to give to those in need.
That I may let go of negativity in order to be positive.
That I may let go of blame so that I can affirm.
That I may let go of hate in order to love.
That I may let go of control in order to serve.



REFLECTION FOR LENT



Every year the Church invites us on a trip, on a journey that will last for forty days. This is the Lenten journey that leads us to Good Friday and then Easter.

As we prepare for another Lenten journey, we may ask ourselves two questions:

✝ What will I need for the journey?

✝ Where am I going on this journey?

What will I need for my Lenten journey?

This can include two things – time and reflection.

We may need to lengthen the time we spend in quiet and solitude. Where can we be alone? Is it in my room, on a walk, at the beach?

We also need to spend time with the Word of God. Some helpful bible passages:

✝ “Be merciful, O Lord, for we have sinned.” (Psalm 51)

✝ “Return to the Lord your God for He is gracious and merciful, slow to anger, and abounding in steadfast love....” (Joel 2:13)

✝ “Be with me, Lord, when I am in trouble.” (Psalm 91)

Reflecting on these passages, what words comfort me, affirm me and encourage me?

During His journey of forty days Jesus was led by the devil to be tempted. These temptations led him to an inner strength and peace.

During our Lenten journey we will discover not only our weaknesses but also our gifts and strengths. God has given us people who support us and accept us for who we are. Our journey does not only last for forty days but is a life journey. Along this journey we will be faced with many deaths and risings. Each time we let go of a hurt, we are dying to self pity and rising to new life. Each time we put aside our own desire and reach out to others, we are dying and rising again.

Suggestions for Our Lenten Journey

- ✝ Discover your own desert and spend 5 to 10 minutes daily in solitude for the forty days of Lent.
- ✝ Read the above quotes from Scripture slowly and be in touch with what happens inside you.
- ✝ At the end of each day, name one way that you are able to ‘let go’ in order to bring life to another.
- ✝ Pray the prayer below slowly and identify what you need to ‘die to’ so that you can have new life.