

LENTEN PRAYER



GATHERING: Sit quietly. Allow the silence to enfold you.
Be conscious of the presence of God within you.

SING: LEAD ME GUIDE ME by Monica Brown.

<https://www.youtube.com/watch?v=GOSWFvLcQEw>

CONTEXT: 2024 has been designated a Year of Prayer by Pope Francis. As Josephite Companions our Mission Statement expresses: We support one another by Friendship, Prayer and Service.

"Prayer unites us; it makes us brothers and sisters. It is in prayer that our hearts find the strength not to be cold and insensitive in the face of injustice. In prayer, God keeps calling us, opening our hearts to charity."
Pope Francis

LISTENING: As we take the time to contemplate God's faithfulness to us, let us pray Josephite Sr Patricia Stevenson's reflection, inspired by Psalm 25.



GUIDE ME

*God, I give myself to you.
I do this with trust in your faithfulness.
Teach me how to live.
Show me the right way for you.
God, remember me.
You have guided people through the ages.
It is your goodness that saves.
Forgive me when I miss the mark.*

I know that I will have fullness of life with you as my guide.

"Psalms and Other Songs From a Pierced Heart." 2019 (Liturgical Press)

RESPONDING: Is there a word or phrase that resonates with you. Sit with that in the silence of your heart.

LISTENING:

We know that Prayer is one of the three pillars of Lent.
On our Lenten journey let us take time to withdraw from the crowded lives we often lead, to find a quiet place to encounter our God in a deeper way.

To what places do you withdraw?

Where do you go to replenish and open yourself to the transformation we are all called to in this Lenten season?

Mary and Julian spoke often of the importance of PRAYER.

All depends on prayer. Begin with it and end with it. MM 1890

Cultivate Prayer, meditation. Keep hold of this no matter what else you neglect. JTW 1864

Pray humbly and with confidence and fear nothing. MM 1883

Be patient, be firm and pray. JTW 1871

God's presence seems to follow me everywhere and makes everything I do or wish to do a prayer. MM 1870

Go on courageously and continue to pray. JTW 1868

RESPONDING:

Spend some time reflecting on these. Which one speaks to you? Share with others or you may wish to write your reflections in a journal.

PERSONAL REFLECTION

Maybe our prayer this Lent could be to respond to the call to live more simply. Spend time reflecting on the following.

Can I be content with less?

Am I able to acknowledge that I don't have to compete with other people in relation to what they have or what they have achieved?

Can I delight in the little things in life?

Am I able to affirm and appreciate the gifts of others?

Do I value the present moment and worry less about tomorrow?

LISTENING

Like St Joseph whose feast day we celebrate this month, let us strive to be people of prayer, seeking first and foremost to know and embrace God's call to us.

<https://www.youtube.com/watch?v=QcvJg5mNkuQ>

Monica Brown – Listen, the Voice of Your God is Calling.

Believe in the whisperings of God to your own heart MM:1868

