

## ***LENT EXPRESS: Short reflections in busy times***



### **22<sup>nd</sup> February: First Sunday of Lent**



Man does not live on bread alone  
but on every word that comes from the mouth of God.

*Matthew 4:4*

*The Temptation of Jesus in the Wilderness – Matthew 4:1-25.*

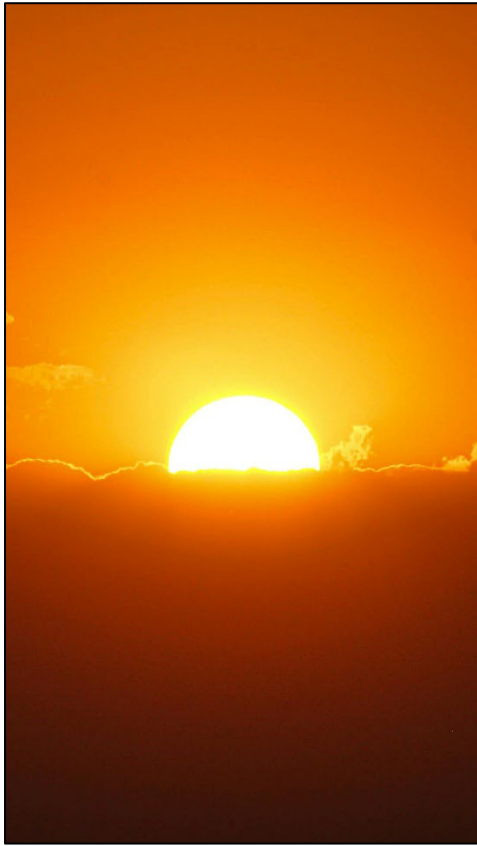
Who is hungry today?  
Hungry for bread.  
Hungry for the word of God.

What can I pray?  
What can I do?

Help me Lord - to fix my eyes on you today.  
To avoid the temptations that come my way,  
and hold the living Word inside my heart.  
Amen.



## 1<sup>st</sup> March: Second Sunday of Lent



*Transfiguration icon, Theophanes the Greek, 15<sup>th</sup> century.*

His face shone like the sun.  
*Matthew 17:1-9*

*The Transfiguration of Jesus on Mount Tabor – Matthew 17:1-9, Mark 9:2-13; Luke 9:28-36.*

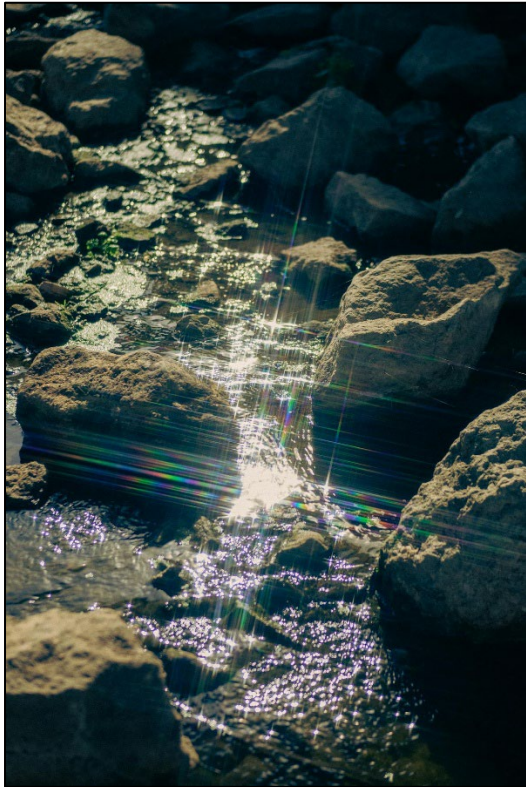
Who will see the face of Jesus today?  
In acts of kindness and simple charity.  
In naming the truth when fear abounds.

What can I pray?  
What can I do?

Help me Lord - to see the face of Jesus in anyone I meet.  
To offer peace amid the noise,  
and a welcome hand to those in need.  
Amen.



## 8<sup>th</sup> March: Third Sunday of Lent



*Living Water, Lauren Wright Pittman. A Sanctified Art. LLC.*

A spring of water welling up to eternal life.  
*John 4:5-42*

*Jesus meets the Samaritan woman at the well - John 4:4-42.*

Who needs water today?  
Fresh water for drinking and washing.  
Living water for healing and believing.

What can I pray?  
What can I do?

Help me Lord - to worship you in Spirit and in Truth.  
To seek you at all times and in all places,  
to follow you to the ends of the earth.  
Amen.





## 15<sup>th</sup> March: Fourth Sunday of Lent



*The Light of the World, Holman Hunt. 1851-52.*

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

*Jesus bears witness to himself and to his Father – John 8:12-30.*

Who needs the witness of Jesus today?  
To see his light shining in the darkness,  
to know the way to eternal life.

What can I pray?  
What can I do?

Help me Lord - when I am lost.  
When judged by those who do not understand me.  
May I trust in your grace to light the way home.  
Amen.



## 22<sup>nd</sup> March: Fifth Sunday of Lent



*Raising of Lazarus, Duccio di Buoninsegna. 1310-11.*



*The Raising of Lazarus, Vincent Van Gogh. 1890.*

I am the resurrection and the life, says the Lord,  
whoever believes in me will never die.

*John 11:25-26*

*Jesus and the death of Lazarus – John 11:1-44.*

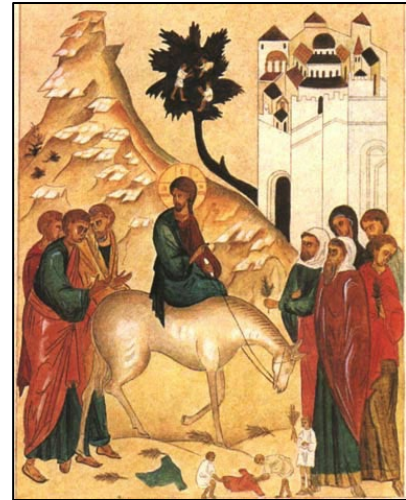
Who is grieving today?  
Needing comfort amid deep sorrow.  
Clutching memories.

What can I pray?  
What can I do?

Help me Lord - in the grip of grief.  
Hold me through my life and death,  
and in your love, I will rise again.  
Amen.



## 29<sup>th</sup> March: Sixth Sunday of Lent - Palm Sunday



Blessing on him who comes in the name of the Lord!  
*Matthew 21:1-11*

*Jesus rides into Jerusalem on a donkey -  
Matthew 21:1-11; Mark 11:1-11, Luke 19:28-44, John 12:12-19 and Zechariah 9:9.*

Who needs blessing today?  
Waiting for the Messiah to transform the world.  
Living between joy and hope.

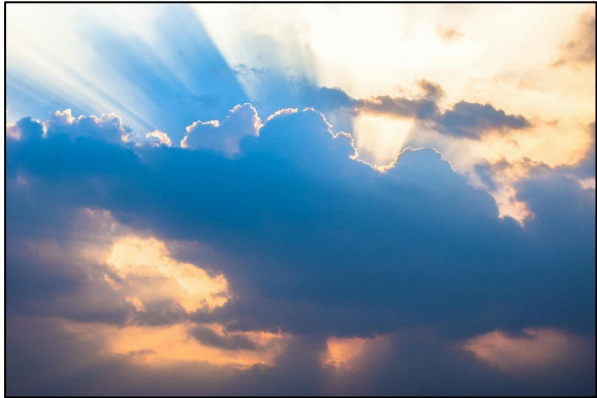
What can I pray?  
What can I do?

Help me Lord – to see you amid the crowds.  
To praise the Son of God whose humble entrance  
carries my burdens all the way to the cross.  
Amen.





## 5<sup>th</sup> April: Seventh Sunday of Lent - Easter Day



You must look for the things that are in heaven, where Christ is.  
*Colossians 3:1-4*

*Put on the new self – Colossians 3:1-17.*

Who needs God's glory today?  
Living in the shadows - unnoticed, unknown.  
Seeing the suffering of the earth - hidden in plain sight.

What can I pray?  
What can I do?

Help me Lord – to open my eyes to your glory.  
To cherish your Kingdom in my heart,  
and reveal your Easter joy today.  
Amen.



*Icon of the Resurrection of Jesus Christ in a church in Teplodar, Ukraine.*

