

LENT EXPRESS: Short reflections in busy times



22nd 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.

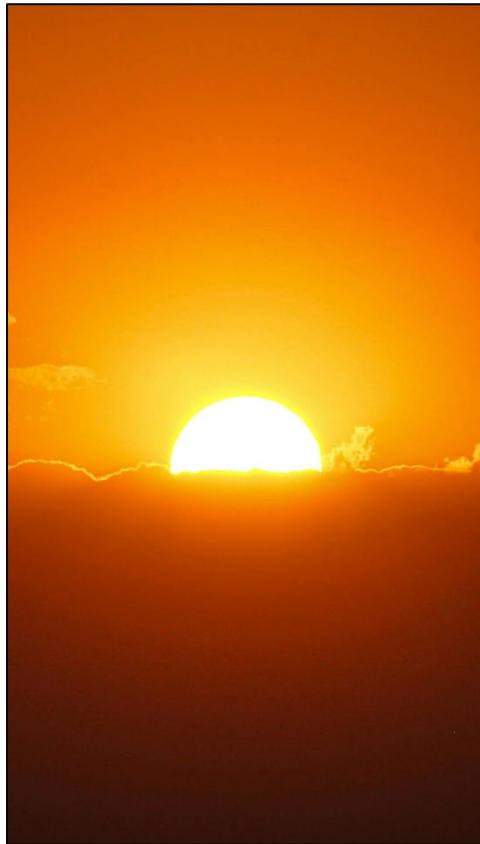
Who is hungry today?
Hungry for bread.
Hungry for the word of God.

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.



1st March: Second Sunday of Lent



Transfiguration icon, Theophanes the Greek, 15th 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.

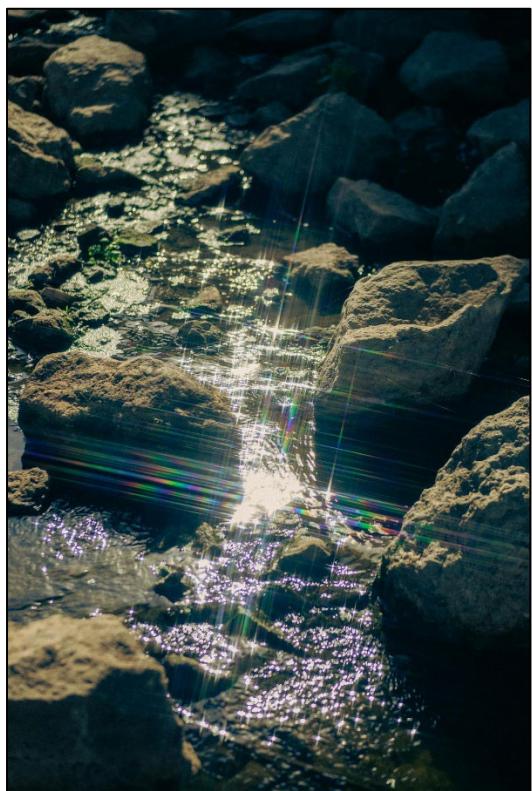
Who will see the face of Jesus today?
In acts of kindness and simple charity.
In naming the truth when fear abounds.

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.



8th 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.

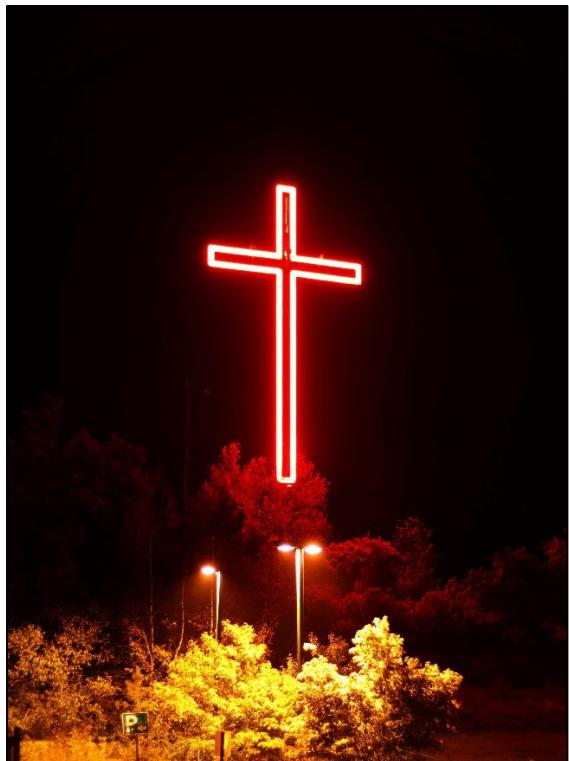
To seek you at all times and in all places,

to follow you to the ends of the earth.

Amen.



15th 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.



22nd 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.

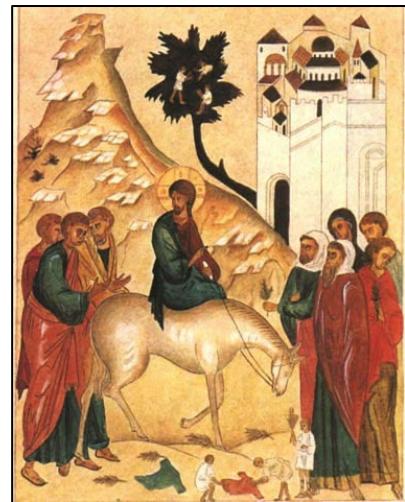
Who is grieving today?
Needing comfort amid deep sorrow.
Clutching memories.

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.



29th 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.



5th 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.

