



For the Pew Sheet

Lent One: Sunday 5 March

One does not live on bread alone, but by the word of God. (Matthew 4.4)

“Each of us has a soul, but we forget to value it. We don’t remember that we are creatures made in the image of God. We don’t understand the great secrets hidden inside of us.”

– St. Teresa of Avila

Find space to be silent, so that you may hear God’s life-giving words.

Lent Two: Sunday 12 March

The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’ (John 3.8)

“The Holy Spirit, ‘giver of life’, plays sax. What else? She spreads a sense of the musicality of life, building amazing improvisations on the underlying melody of the other players, warmly, freely and hopefully, to all who have ears to hear and hearts to feel.” Graeme Garrett

Ask the Holy Spirit to move in the Church and inspire the church to improvise.

Lent Three: Sunday 19 March

*‘Come and see a man who told me everything I have ever done!
He cannot be the Messiah, can he?’ (John 4. 29)*

“To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear.” Timothy Keller

Sit with Psalm 139. 1-18, and rest in the assurance that God knows you.

Lent Four: Sunday 26 March

*Some of the Pharisees near him heard this and said to him, ‘Surely we are not blind, are we?’
(John 9.40)*

“May God bless you with the gift of tears
to shed for those who suffer from pain, rejection, starvation, or the loss of all that they cherish,
so that you may reach out your hand to comfort them and transform their pain into joy.”
(A portion of A Franciscan blessing)

Sit with the words of the blessing, and let them stir your spirit.

Lent Five: Sunday 2 April



Jesus said to them, 'Unbind him, and let him go.' (John 11.44b)

"To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." – Nelson Mandela

God bless me with holy anger at injustice, oppression, and exploitation of people, so that I may tirelessly work for justice, freedom, and peace among all people. Amen. (adapted from A Franciscan Blessing)

Lent Six: Sunday 9 April

'My God, my God, why have you forsaken me?' (Matthew 27.46)

When the heart is cut or cracked or broken,
Do not clutch it; Let the wound lie open.
Let the wind from the good old sea blow in
To bathe the wound with salt, And let it sting.
Let a stray dog lick it, Let a bird lean in the hole and sing
A simple song like a tiny bell, And let it ring.
- Michael Leunig

Let your wounds lie open before the wounded Christ.

Easter

But the angel said to the women, 'Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised... So they left the tomb quickly with fear and great joy, and ran to tell his disciples. (Matthew 28. 5,8)

"Don't give in to your fears. If you do, you won't be able to talk to your heart."
Paulo Coelho (The Alchemist)

Reflect on how fear holds you captive. Invite the risen Christ to set you free.