

REFLECTION FOR THE THIRD WEEK OF LENT

*We all, like sheep, have gone astray,
each of us has turned to our own way; and the
LORD has laid on him the iniquity of us all.*

*He was oppressed and afflicted,
yet he did not open his mouth;
he was led like a lamb to the slaughter,
and as a sheep before its shearers is silent,
so he did not open his mouth.*

*By oppression and judgment, he was taken
away. Yet who of his generation protested?
For he was cut off from the land of the living;
for the transgression of my people, he was
punished.
(Isaiah 53:6-8)*



Prayer of Gratitude

In the spirit that all prayer should begin with expressions of gratitude, let us thank God...

For your love which breathed this world into being, and daily sustains it...

We give you thanks

For your love which granted humankind free will and choice... **We give you thanks**

For your love which never fails as we do, but stretches to eternity... **We give you thanks**

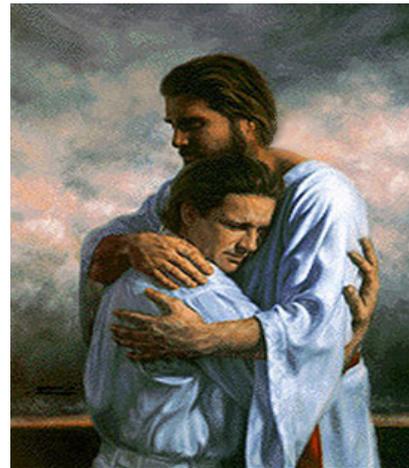
For your love, sacrificed upon a cross for our sake... **We give you thanks**

For your love which rose triumphant from the grave and lives within us...

We give you thanks

For your love which encircles us as we meet together in your presence...

We give you thanks

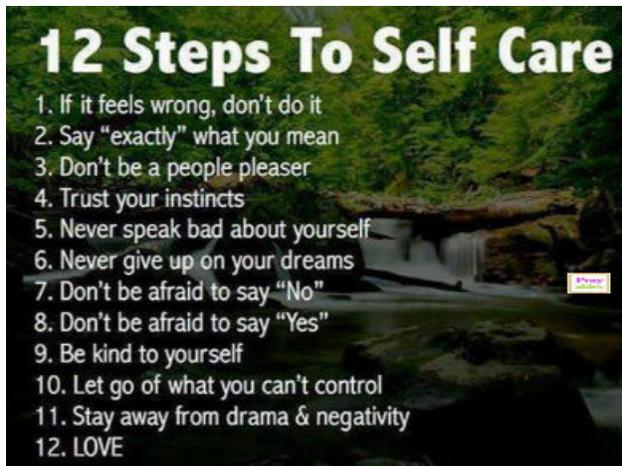


A LENTEN REFLECTION

- Give up complaining—focus on gratitude.
- Give up pessimism—become an optimist.
- Give up harsh judgments—think kindly thoughts.
- Give up worry—trust Divine Providence.
- Give up discouragement—be full of hope.
- Give up bitterness—turn to forgiveness.
- Give up hatred—return good for evil.
- Give up negativism—be positive.
- Give up anger—be more patient.
- Give up pettiness—become mature.
- Give up gloom—enjoy the beauty that is all around you.
- Give up jealousy—pray for trust.
- Give up gossiping—control your tongue.
- Give up sin—turn to virtue.
- Give up giving up—hang in there!

This Lent, Create in Me a Clean Heart

- ❑ Create in me a clean heart, open and receptive, so that I may embrace the many ways you choose to visit my life.
- ❑ Create in me a clean heart, freed from the clutter of cultural temptations, so that I can enjoy the beauty of life's simple things and relish the gifts I easily take for granted.
- ❑ Create in me a clean heart, brushed free of frantic busyness, so that I will have time to dwell with you in a space of solitude and silence.
- ❑ Create in me a clean heart, rinsed of the residue of false messages about my identity, allowing my inner goodness to shine through all that I do.
- ❑ Create in me a clean heart, scrubbed of racism and prejudice, drawing me toward all my brothers and sisters.
- ❑ Create in me a clean heart, washed with your mercy and love, helping me move beyond whatever keeps me from union with you.



A Thought for Lent

**Be not perplexed, Be not afraid,
Everything passes,
God does not change.
Patience wins all things.
He who has God lacks nothing;
God alone suffices.
—Saint Teresa of Avila**



CLOSING PRAYER

**Almighty and ever-living God,
in your tender love for the human race
you sent your Son our Savior Jesus Christ
to take upon him our nature,
and to suffer death upon the cross,
giving us the example of his great
humility: Mercifully grant that we may
walk in the way of his suffering, and also
share in his resurrection;
through Jesus Christ our Lord,
who lives and reigns with you and the
Holy Spirit, one God, for ever and ever.
Amen.**

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