

DIOCESE OF KERRY

# Journeying through Lent

*Lent is a new beginning... This season urgently calls us to conversion. Christians are asked to return to God "with all their hearts" (Joel 2:12), to refuse to settle for mediocrity and to grow in friendship with the Lord. Jesus is the faithful friend who never abandons us.*

*Pope Francis Jan 2016*

# Wednesdays / *Dé Céadaoin*

## *Opening our hearts to God*

### Lent

Lent is a time to learn to travel  
light, to clear the clutter  
from our crowded lives, and  
find a space, a desert.

*Ann Lewin*



## Invitation

Take a moment today to notice what you do to fill spaces or emptiness in your life. Just notice how the empty spaces feel and invite God to help you stay with the emptiness, the desert spaces of your life. During the day, become aware of when you are tempted to fill up these spaces and feelings of emptiness and pray for the courage to be open to what God is offering you.

## Pray / Guí

*Day by day  
dear Lord, three things we pray  
to see you more clearly  
to love you more dearly  
to follow you more nearly  
day by day.*

Wednesdays

# Thursdays / Dé Déardaoin

## *Listening to God's word for life*

Scripture Reading

*Joel 2:12-13*

Return to the Lord, your God,  
for God is gracious and merciful,  
slow to anger, and abounding in steadfast love,  
and relents from punishing.



# Invitation

Read the passage aloud and notice and hold onto a word or phrase that catches your attention...

Read the passage aloud slowly...again notice which word or phrase attracts you...in the silence, speak aloud the word or phrase you noticed.

Read the passage aloud and, again, listen for a word or phrase that lights up for you...hold your word/phrase in the silence and ask yourself: What has this word/phrase to say to me today?

## Pray / Guí

*Living God, when we close our hearts  
to the gift of your word,  
we end up closing our hearts  
to the gift of our sisters and brothers.*

*Open our hearts this Lent that we might hear your word  
and live its invitation of love in our lives.*

*Amen*

Thursdays

# **Fridays / Dé hAoine**

## *Becoming God's heart of compassion in the world*

Why is fasting so important? Because learning to do without helps to free us from being driven or controlled by our desires. Fasting creates a space within us, and God manages to squeeze in among all the other things that lay claim to our attention.

Eating can be a frenzied practice, where we consume too much with little thought as to whether we need this food, now. By fasting, we become more aware of the millions who go hungry every day. Fasting keeps us conscious of our obligations to create a more just society and world.

# Invitation

Today, pay attention to the food you eat.  
Give thanks to God for the gift of this food.  
Eat only what you need.  
Fast in solidarity with those who do not have  
enough to eat today.

## Pray / Guí

*Nourish me, Lord;  
nourish my hunger for what I need  
and quench my thirst for what distracts me from you.  
Nourish me, Lord;  
open my eyes and heart  
to those who are hungry and thirsty  
.....for food, for hope, for love, for justice.  
Amen*



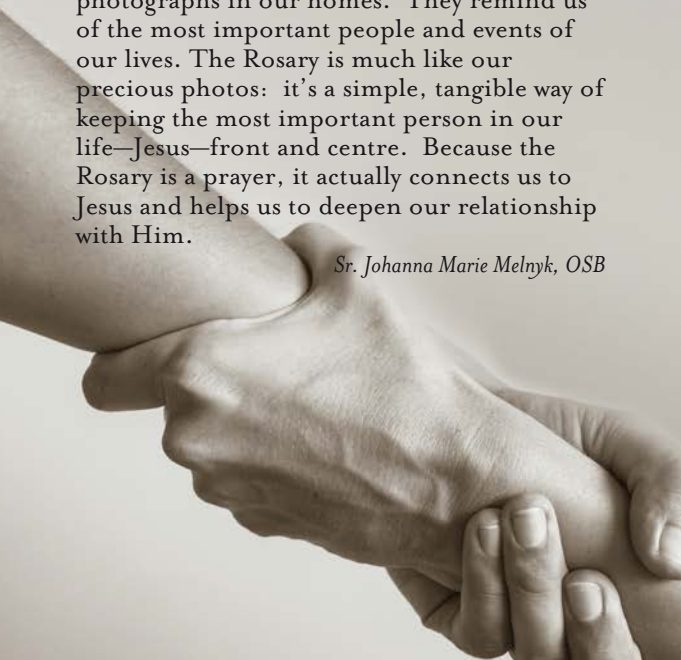
Fridays

# Saturdays / *Dé Sathairn*

*Standing in solidarity with those  
who are suffering*

Most of us have at least a few precious photographs in our homes. They remind us of the most important people and events of our lives. The Rosary is much like our precious photos: it's a simple, tangible way of keeping the most important person in our life—Jesus—front and centre. Because the Rosary is a prayer, it actually connects us to Jesus and helps us to deepen our relationship with Him.

*Sr. Johanna Marie Melnyk, OSB*





# Invitation

Focus on one area where people are suffering today. Trócaire invites us to be aware of the people of Uganda, Guatemala and Syria. How can you respond lovingly? What can you give of your time, talent or treasure to alleviate something of another's suffering?

## Pray / Guí

*With Mary, our mother, pray the Sorrowful Mysteries of the Rosary today, aware of the suffering Jesus experienced.*

- *The Agony in the Garden*
- *The Scourging at the Pillar*
- *The Crowning with Thorns*
- *The Carrying of the Cross*
- *The Crucifixion*

*Pray each mystery in solidarity with those through whom Christ suffers today.*

# Sundays / Dé Domhnaigh

## *Giving thanks to God for the gift of life*

Worship is a way of knowing, a way of learning about our faith, of who God is and how we respond to the One who gave us life and who sustains our lives. We worship in order to stand in relationship with God. This is why participation is important. Active participation is not something added on to the Mass simply to enliven the liturgy; it is fundamental to how we express ourselves as members of the Body of Christ.

*Thomas J. Scirghi, Pastoral Liturgy 2013*



## Invitation

As you go to Mass, be conscious of those going into the church alongside you, each with their own needs, hopes and struggles. Remember that we go to God together... reach out with a smile or a greeting to those you meet.

Take part in the Mass, pray in every fibre of your being, pray aloud, pray in gesture, pray in the silence, pray in the communal prayers, pray in your standing and in your sitting.

## Pray / Guí

*Lord, let me participate in this Mass  
with all my heart,  
in my words and my actions  
as I give thanks with my sisters and brothers  
for the gift of you,  
your life and your hope,  
to us.*

Sundays

# Mondays / Dé Luain

## *Recognising God in the bits and pieces of the day*

Each life that we encounter is a gift deserving acceptance, respect and love. The word of God helps us to open our eyes to welcome and love life, especially when it is weak and vulnerable.

*Pope Francis, Ash Wednesday 2018*



# Invitation

Notice, really notice, the people you meet today, the daily tasks and the particular demands of this day.... Can I let God be present at each moment? Can I be present to God?

## Pray / Guí

*Loving God,  
you send me to serve the needs of others.  
May I recognise your Presence in the people I meet today ...  
my family and co-workers, neighbours, and friends,  
all who cross my path.  
May I notice your Presence  
in the different moments of my day,  
the usual daily tasks and the unexpected phone call or the  
chance encounter, and the frustrating tasks.  
May I be encouraged and strengthened by your Presence  
in each and every moment.  
Amen*

Mondays

# Tuesdays / Dé Máirt

*Recognising God in the stranger*

## Pray / Guí

*A child, a woman and a man  
are people dear and close to me:  
a name, a smile, a voice I know,  
a hand I touch, a face I see.  
Yet more than I can see and know,  
my saviour knows and fully loves  
that very woman, child and man.*

*A child, a woman and a man  
are people in a foreign land,  
whose word I doubt, whose hopes I fear,  
whose ways I cannot understand,  
and yet I need to feel and know  
how Christ our Saviour knows and loves  
that very woman, child and man.*

*Enlarge our vision, as you can,  
until we see, confess, condemn,  
more than the evil others do,  
the evils we might do to them.  
Renew and cleanse our inmost heart  
until we are looking through your eyes  
at every woman, child and man.*

Brian Wren

Tuesdays

# Praying at home

- *Light a candle as you go to pray, remembering God awaits you, listening attentively...*
- *Take a few moments to ask: How did I meet the Lord in the past 24 hours? In someone I met? In something I read? In a book or in nature, or in art? Give thanks!*
- *Look at the focus of the day's prayer — Ask for the gift of love that you may become the hands and feet, the heart and voice of Jesus Christ today for all those whom you meet.*
- *Pray the prayer of the day slowly, and ask Jesus to show you how you can follow him more closely.*
- *Give thanks for God's presence all around you.*

