

Lenten

MOMENTS



During Lent we renew our lives to connect with the crucial and personal conversion that is at the heart of our faith. Conversion means leaving behind our old ways of living to embrace a new life in Christ. As we interrupt our lives we receive God's grace which comes from an attentive heart and an openness to change.

PAUSE FOR REFLECTION

Change is very difficult. It requires us to accept with open arms and a trusting heart that God who sustained us yesterday will still be here tomorrow. Not even the spiritual life is changeless. On the contrary, nothing really requires more humility from us than the willingness to open ourselves to the unknown so that God can complete in us what has been begun ... Conversion is what enables us to become the best of ourselves ... It is a voyage into the jungle of the self with the intention of finding a way out of it, stronger, fuller, and more peaceful than ever before. It is the adventure of a lifetime.

— *Aspects of the Heart*, Joan Chittister, 2012

PRAYER

*God of Love,
May your grace be upon us as we
journey with Christ.
Help us to renew our lives through
prayer and service.
Allow us to see the conversion
occurring in our lives.
Enable us be attentive to the call of
Christ in our hearts.*

LENTEN REFLECTION

What needs to change in our lives if we are to live the gospel values that Jesus taught us?
What is your conversion story?