

Lenten

MOMENTS



INTRODUCTION

Lent is a time when we are invited to stop and reflect; a time to turn back to God and God's call to be people of justice, humility, compassion and mercy.

TEXTBOOK

Indifference to our neighbour and to God ... represents a real temptation for Christians. 'Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience' (Pope Francis, 2015 Lenten message). 'What does the Lord require of you but to do justice, and to love kindness and to walk humbly with your God' (Micah 6:8).

The voice of the prophets is clear. During Lent we are challenged to care for others through giving our time and resources to help those less fortunate (almsgiving), to prayer and fasting and to actions for justice.

PRAYER

This Lent may our hearts open to the cry of the poor and the cry of the Earth. May we respond with compassion and generosity to those we meet. May we be hearts of mercy and compassion in our world.

LENTEN REFLECTION

It is often said that we should give up something for Lent. The prophets call on all of us to let our consciences be troubled by the poverty, injustice and violence of our world and to act – to do something extra ... however small ... What will you add to your life this Lent?