

Reflection Sheet Week 1

Gospel of the day

Mark 1:12-15

The Spirit drove Jesus out into the desert,
and he remained in the desert for forty days,
tempted by Satan.

He was among wild beasts,
and the angels ministered to him.

After John had been arrested,
Jesus came to Galilee proclaiming the gospel of God:
"This is the time of fulfillment.
The kingdom of God is at hand.
Repent, and believe in the gospel."



Reflection Questions

- How can we remind ourselves that Lent is a time of encounter with the life of Christ? What prompts can we put in place to help us?
- Jesus goes out to the desert before his ministry. Is there something happening in our own lives that we can use this time of Lent to focus our prayer around? Is there someone who needs us to pray for them?
- At the end of every day this Lent can we examine our consciences so that we can be aware of how our lives are being changed? Are we trying to change? What are we trying to change? Are we open to conversion in our lives?
- What "interior wild beasts" might God want to heal us from this Lent? What do we need to let go of?
- Do we ask God to help us to respond to the graces that He gives us in our day?
- What practical steps can we take to be proactive in the graces of the sacrament of confession? What has our confession revealed to us about our lives?

Action

Let us remember to make God the first and last thought of our day.

During Lent, every day, before any form of social media, ensure that we have prayed first.

