



Words from St. Julie: *Come, my dear good daughter, let us try to make progress in the interior life during the holy season of Lent! Belong entirely to the good God in spirit and in truth.* Namur, February 19, 1814.

Where are we on the Journey? Every four years we are given an extra day in February. Why? So we can adjust our calendar because each day is really a little longer than 24 hours. Without a February 29th every so often we would eventually celebrate Christmas in the heat of summer and the leaves would be turning their fall colors on the first day of spring. This February we have an extra day to “set things right.” This February also marks the beginning of Lent: a time for us to “set things right” in our relationships with others and with God. The readings for Feb. 3rd are a good introduction to the invitation to renew our efforts at responding to the “call to holiness” each of us received at Baptism. Let’s take advantage of the opportunities this Lent provides to reflect on how we respond to God’s invitation to a personal relationship of love, how we connect to the community that is the Body of Christ, and how we reach out in service to other parts of that Body and to our world. Include in your Lenten practices some extra time to reflect on the richness of the readings of the Sunday liturgies:

Where am I on the Journey? *Read the passages again. In prayer reflect on the following questions:*

1. I spend time with [Zep 2:3; 3:12-13](#). How do I “seek the Lord” in my life?
2. I pray [1Cor 1:26-31](#). How do I experience God accepting me as I am? How do I experience God inviting me into a deeper relationship with God?
3. I reflect on the words of [Mt 5:1-12a](#). Which words or phrases seem to speak to me? I talk to God about them.
4. I take time with [Mt 6:1-6, 16-18](#), asking the Holy Spirit to guide my reflection on this passage. I enter into conversation with Jesus about his words to me in this passage. What do I want to say? In the silence of prayer what do I hear God respond?
5. I read [GN 2:7-9](#). I let myself be the clay that God is forming. How am I taking shape? I feel God’s breath flowing into me, enlivening me. I give thanks.
6. I spend time with [GN 3:1-7](#). Who are the “serpents” in my life? What do they use to tempt me? How do I try to shift blame to others instead of owning personal responsibility for my attitudes and actions. I stand in honesty before God who is Infinite Love and ask forgiveness.
7. I repeat [PS 51](#) letting the Spirit lift up the words I most need to hear. I repeat just those words, letting them become a centering prayer. What is God saying to me/ showing me through this prayer?
8. I go into the desert with Jesus in [MT 4:1-11](#). I talk to Jesus about his experience. I ask him to show me similar experiences in my life. What does he show me? I talk to him about those experiences.
9. I pray [MT 17:1-9](#) and reflect on the questions: Who are the Moses’ (wisdom figures) in my life? Who are the Elijahs (prophetic figures) in my life? What have they taught me about discipleship?
10. As I reflect on the story of the Transfiguration in [MT 17:1-9](#), I ask God to show me experiences in my life where God’s presence has been that apparent. I thank God for these experiences.

11. I take time with [EX 17:3-7](#). I ask God to show me times when I've been like the Israelites: too stubborn to see God's presence and help already there. How do I ask God to "prove" God's presence to me?
12. I pray [PS 95](#) aloud, letting the Holy Spirit lift up the words I most need to hear. I repeat just those words, letting them become a centering prayer. What is God saying to me/showing me through this prayer?
13. I spend time with the Woman at the Well in [JN 4:5-42](#). What do I want to ask her? What do I want to say to her? What does she have to say to me? I ask Jesus to join our conversation....
14. The Woman at the Well was an apostle to the people of her town. How am I called to be the bearer of "good news" to the people in my life? Do I risk answering this call, or is something holding me back? I ask for the grace to answer the call.

A Prayer for the Season

We pray, Lord, that we might enter this Lenten season in the spirit of the prophet Joel who urges us to return to you with our whole heart, and to rend our hearts, not our garments. Guide us, O Lord, during this Lenten season. Give strength to our bones, so that through this period of repentance and conversion we might become like a watered garden, like a flowing spring whose waters never run dry. (Based on Joel 2:12-13 & IS 58:6-11) (*Prayers for Reflective Christians*, p. 144-5)