

Monday 26th February.

During Lent we are encouraged to reflect on the choices and decisions we make so that we might grow closer to our neighbour and to God. At times we can find ourselves in situations where we might feel unsure about those choices . We are often told when making decisions to think, 'What would Jesus do in this situation?' You might answer, I don't know what he would do in this situation.

Yet we do know.

At the core of every one of Jesus' thoughts, words and actions, was love. He sacrificed his life out of love for us.

Love. It's that simple.

So, when we are faced with decisions, perhaps we can ask ourselves, which decision is going to bring me closer to my friend and neighbour?

Dear Lord, when I am faced with difficult decisions this week, help me to remember your guiding principle, love.

Be with me, walking next to me in all that I face.

Amen



Most of
all Let
Love
Guide
Your
Life.

COLOSSIANS 3:14

Tuesday : Are we judgemental of others?



• While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?" On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick. But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners."

Matthew 9:10-13

Why did Jesus have meals with the people who were always in trouble? What did he believe about them?

Are there some people you would never hang around with? Why?

Do you think you are ever too judgemental of others?

Lord, during this week of Lent , help me to see opportunities where I might speak to people I wouldn't normally speak to. Help me to see the goodness in people rather than simply seeing them as different to me.

Help me to be there **for** people not just **with** people.

Amen

Wednesday 28th February 2024

**“Do to others whatever you would
have them do to you.”**

Matthew 7: 7-12

This is often referred to as ‘the golden rule’. Treat others with the concern and kindness you would like them to show you.

If we were all to follow this rule imagine how wonderful our school, community and wider world would be.

Let us pray.

Loving Father, this Lent, may our actions and words to be shaped by Your golden rule. Help us to treat others with respect, dignity and compassion.

Amen



Thursday 29th February

Most of us think of Lent as a time to give things up, sweets or chocolate. Some of us fast for a day or two and get a warm glow of satisfaction because of our sacrifices. But does fasting, bring us closer to God? To our neighbour? Can it be transformative?

Let's remind ourselves of Pope Francis' words which we heard last week.

Perhaps this Lent, we could think about fasting in a way which could truly transform ourselves our relationships.

Take some time to reflect on these words. Which call out to you this morning?

Fast from hurtful words and speak kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.



Friday 1st March 2021 St David's Day

St David came from a well to do family in West Wales.

He founded a large monastery in West Wales and was one of the first saints to spread Christianity among the pagan tribes of Western Britain. He later became Archbishop of Wales.

Although he was a great preacher, the message by which St David is most remembered is a simple one. St David told his monks to do "the little things, the small things you've seen me doing." It is in small acts of kindness and love that we can make a difference daily.

This Lent, we should focus on the little things. What do you think the little things in life are? Perhaps a thoughtful word, helping others, a smile, a thank you , or making time for family.



Dear Lord ,
we thank you for the life of St David and his message.
let us follow his example , recognising the power of
small acts of kindness and generosity.

St David: Pray for us.