

The Joyful Season of Lent

Lent is a wonderful opportunity each year to remind us that our true home and happiness are with God. Jesus, who died for us, wants us to come closer to him, and through him, to the Father and the Holy Spirit.

We can come closer by reading Scripture, especially the Gospels, where we read of the all-encompassing love of Jesus for everyone he meets.

Our joy comes not from what we are giving up, but from what God is giving us.

The joy of the Gospel fills the hearts and lives of all who encounter Jesus. Those who accept his offer of salvation are set free from sin, sorrow, inner emptiness and loneliness. With Christ joy is constantly born anew.

Pope Francis: The Joy of the Gospel 1'



Wednesday 14 February Ash Wednesday

Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt
And cleanse me from my sin.
(Psalm 50v1-2)



Thursday 15 February

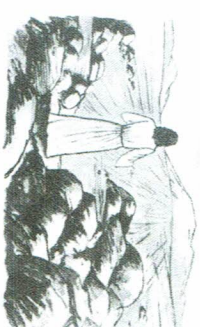
Jesus said, "If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me."
(Luke 9:23)

Friday 16 February

Is not this the sort of fast that pleases me
it is the Lord who speaks –
to break unjust fetters
to let the oppressed go free,
and break every yoke,
to share your bread with the hungry,
and shelter the homeless poor,
to clothe the man you see to be naked
and not turn from your own kin?
(Isaiah 58:6-7)

Saturday 17 February

O Lord, you are good and forgiving,
Full of love to all who call.
Give heed, O Lord, to my prayer
And attend to the sound of my voice.
(Psalm 85v5-6)



Sunday 18 February

"The time has come" Jesus said "and the kingdom of God is close at hand. Repent and believe the Good News."
(Mark 1:15)