

March 16, 2024

# *Daily Reflections*

*Journeying through Lent*



Center for Spiritual Development

## **LENTEN JOURNEY**

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### **Reflection**

As this fourth week of Lent draws to a close, what is burning within you? How has your prayer evolved over this time? With one more week of Lent before us, it might be helpful to place yourself in Jesus' time and contemplate how you will journey with Jesus and the disciples. Now is the time to prepare your inner terrain to enter more fully into the last week of Lent and Holy Week itself.

As Jesus looks to the future, he sees storm clouds forming. He's about to enter into a time of betrayal and persecution become acute. It is a time when loyalty and faith are tested. The readings provide us with ample stories for us to consider our own journey in faith. How strong are we when life becomes difficult? When a sense of betrayal fills us, will we stay the course as Jesus did?

Our Lenten journey is a time of becoming an active participant in the readings as St. Ignatius has taught us. We move from being spectators in the life of Jesus, to disciples companioning Jesus during his darkest days. The scriptures enable us to feel the gritty and dangerous path that is the life of Jesus in his

final days. It is a time for each of us to reflect on our life's journey and how faithful we are as disciples on the way.

## **Lenten Journey**

Tread carefully, O disciple on the way. Look closely within and claim what needs reconciling.

Be still, O uneasiness within. This Lenten journey is not over and your work is unfinished.

Quiet the chatter that threatens to distract you. Allow the Word of God to fall gently upon your being.

Seek the solitude that hungers within you. The Beloved awaits; will you turn away?

Gently remove the barriers that separate you from the One you seek. Allow the light to break through the darkness.

Run swiftly to follow the Son of God. Can you not hear him beckoning?

Pray, O heart full of prayers. Release all that binds you and embrace the God who saves.

Live in Jesus and seek the wisdom that flows from his life.

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### For Pondering

- What part of your Lenten journey feels unfinished? How might you give more attention to this part of you that longs for healing? Reconciliation? Forgiveness? Love?
  - What stanza in the Lenten Journey Prayer speaks to you today?
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### For Prayer

*We lift up all who continue to struggle with their faith.  
May the grace they need be given to them*

*and may their hearts be open and receptive  
to God's inbreaking presence in their life.  
Amen.*

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