

# FIFTH SUNDAY OF LENT



## Daily Offering

Lord, I offer you whatever challenges I am facing today. Don't let them lead me to lose sight of your love.

Paul Nicholson SJ

## Entering into Prayer

### The Jesus Prayer

This is one of the most famous mantras. Listen to each phrase in your head and then add your voice to it . . . Lord Jesus Christ, Son of God, Have mercy on me, a sinner . . . Lord Jesus Christ, Son of God, Have mercy on me, a sinner . . . Lord Jesus Christ, Son of God, Have mercy on me, a sinner . . . continue on your own with this . . . the phrase may shorten naturally . . .

## TODAY'S SCRIPTURE

John 8:1-11

**E**arly in the morning he came again to the Temple. All the people came to him and he sat down and began to teach them. The scribes and the Pharisees brought a woman who had been caught in adultery; and making her stand before all of them, they said to him, 'Teacher, this woman was caught in the very act of committing adultery. Now in the law Moses commanded us to stone such women. Now what do you say?' They said this to test him, so that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. When they kept on questioning him, he straightened up and said to them, 'Let anyone among you who is without sin be the first to throw a stone at her.' And once again he bent down and wrote on the ground. When they heard it, they went away, one by one, beginning with the elders; and Jesus was left alone with the woman standing before him. Jesus straightened up and said to her, 'Woman, where are they? Has no one condemned you?' She said, 'No one, sir.' And Jesus said, 'Neither do I condemn you. Go your way, and from now on do not sin again.'





*The Woman caught in Adultery*

by

Vasili Polenov

## Image for the Day

What do you see in this image? How does it make you feel?

This artist has set this scene in biblical times. Does this help you imagine the scene, or would you have painted it differently if it was set in your own time and culture?

## Food for Thought

In today's reading, Jesus is teaching people who have come to learn: scribes and Pharisees come to ask him about crime and punishment. They present a woman who has committed adultery and point out that the law of Moses stipulates that she should be punished by being stoned to death. Today the finger is surely pointed at those who sexually abuse the vulnerable, including children.

## Suggestions for Prayer

Try to visualise the scene. Jesus is seated, willing listeners crowd around him to hear his news of the Kingdom of God. Enter the self-appointed judges with their victim, a woman deeply embarrassed to have her failings paraded in front of strangers.

Find a place to stand in your imagination so you can quietly watch what unfolds for a moment, then decide which of the faces is yours. Perhaps you would not want to identify with the woman, or with the scribes and Pharisees. Maybe you are one of the people listening to the teaching of Jesus. Try to relax for a moment and make the most of being in the presence of Jesus, listening to the good news he brings. How does that feel?

Your learning session is interrupted. Do you mind? You turn away from Jesus to address this new issue. How do you feel about the woman, about the scribes and Pharisees, about the need for punishment? Jesus has stopped teaching; His eyes are on the floor writing in the sand. You are on your own. Jesus challenges the men. It takes two to make love. Sin is never committed by one person in isolation, the person caught is never solely responsible.

The accusers have stones in their hands, but they drop them and slink away ashamed of themselves. You turn back to Jesus. He is staring straight at you. What does his gaze convey?

Is it easy to return it? Is there anything about your response to this situation that you would like to change?

Ask Mary, mother of Jesus to help you understand yourself and the adulterous woman better. Remember, she was told to 'sin no more'.

## How are you going to respond today?

Stand before God, with Jesus and Mary at your side. Feel God's grace and their loving kindness today. Let that grace change you.

## Examen (review of prayer)

At the end of your prayer you can look back and ask: Does it have something to say to you? How does it make you feel? Imagine how God might reply.

Conversation: When you come towards the end of your time of prayer, talk to God about what has come up for you. End with a formal prayer, such as the Lord's Prayer/Our Father.

# MONDAY OF THE FIFTH WEEK



## Daily Offering

Light of love, you shine in the darkness to illuminate our lives with hope. Bring me close today to those who need me so that I may be a light to them too.

Philip Harrison SJ

## Entering into Prayer

### Praying a set prayer slowly

Choose a longer prayer that you know well. For example, the 'Our Father'. In time with your breathing, pray each line slowly. Only move on when something of the meaning of that phrase has landed in you.

## TODAY'S SCRIPTURE

John 8:12-20

**A**gain Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

Then the Pharisees said to him, 'You are testifying on your own behalf; your testimony is not valid.' Jesus answered, 'Even if I testify on my own behalf, my testimony is valid because I know where I have come from and where I am going, but you do not know where I come from or where I am going. You judge by human standards; I judge no one. Yet even if I do judge, my judgement is valid; for it is not I alone who judge, but I and the Father who sent me. In your law it is written that the testimony of two witnesses is valid. I testify on my own behalf, and the Father who sent me testifies on my behalf.' Then they said to him, 'Where is your Father?' Jesus answered, 'You know neither me nor my Father. If you knew me, you would know my Father also.' He spoke these words while he was teaching in the treasury of the temple, but no one arrested him, because his hour had not yet come.





*The Light of the World*  
Stained glass  
(photograph by Steve Day via  
Flickr)

## Image for the Day

What do you see in this image? How does it make you feel?

Spend a few minutes reflecting on how Jesus brings you light, and how you might bring light to others, with His help.

## Food for Thought

Again, Jesus is teaching and the Pharisees interrupt. This time they challenge his authority directly. Yesterday Jesus seemed to be teaching the Pharisees, but his teaching had a message for the disciples too. Today the questioning Pharisees give Jesus opportunity to teach his disciples his true nature while also revealing the false heart of their arguments. His teaching is for disciples and Pharisees alike, although each will take home a different message. Yesterday He refused to condemn one woman, today he says, "I judge no one".

## Suggestions for Prayer

Spend a few moments imagining yourself in the Temple precincts enthralled by the beauty of the teaching. Gradually you start to consider the words the evangelist has remembered:

Words that might make the soul sing:

'I am the light of the world; anyone who follows me will not be walking in the dark'

'My testimony is valid because I know where I come from, and where I am going'

'My judgement will be sound because I am not alone; the one who sent me is with me'

'I may be testifying on my own behalf, but the father who sent me is my witness too'.

Let these words roll around your mind, savour them, reflect on how they apply to you too.

The scribes and Pharisees prefer the dark. In the dark they can claim to make the rules that help us get about safely and avoid offending God, which give them authority to punish those who do not obey; in the light we can all see what needs doing. The law of Moses states, wisely, that the judgement of one person should be supported by at least one witness. Jesus has God as His witness, but the Pharisees cannot see Him in the dark of their own choosing. We all have a touch of the Pharisee in us. The words of Jesus quoted above lift our souls into the glory of discipleship; the arguments of the Pharisees drag us into the dark. We should learn to tell the difference.

## How are you going to respond today?

Say the Apostle's creed today, focusing on every phrase and its meaning.

## Examen (review of prayer)

Let God look at you with love. What are you doing for Lent this year? How is that working out? What's going well? And less well? What do you need from God to help you?

Talk with God about your Lent. Be still in God's gaze again.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

Stephen Hoyland

# TUESDAY OF THE FIFTH WEEK



## Daily Offering

Lord I offer you my blindness. May your light shine on my life and illuminate areas I don't wish to see.

Chris Brolly SJ

## Entering into Prayer

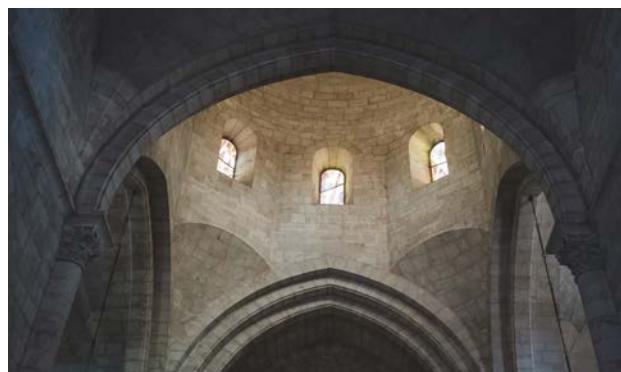
### A place for prayer

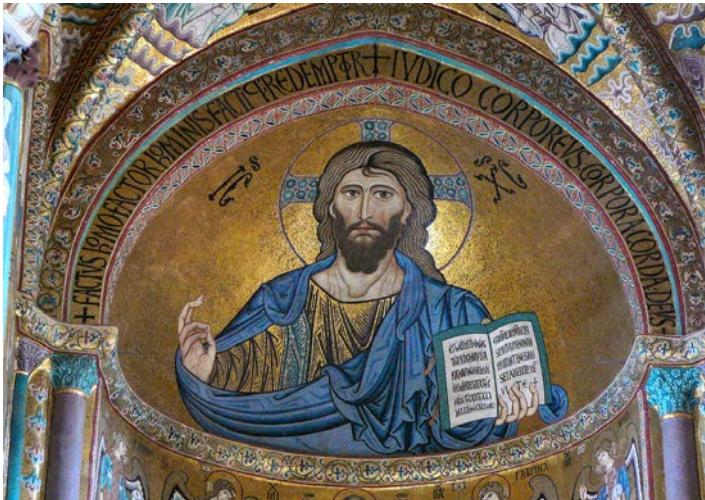
Recall a place where you feel at peace ... imagine it if you can ... or in some way get a sense of it. ... what do you notice about it ... let the Holy Spirit be there with you ... in the breeze or the air you breathe ...

## TODAY'S SCRIPTURE

### John 8:21-30

**A**gain he said to them, 'I am going away, and you will search for me, but you will die in your sin. Where I am going, you cannot come.' Then the Jews said, 'Is he going to kill himself? Is that what he means by saying, "Where I am going, you cannot come"?' He said to them, 'You are from below, I am from above; you are of this world, I am not of this world. I told you that you would die in your sins, for you will die in your sins unless you believe that I am he.' They said to him, 'Who are you?' Jesus said to them, 'Why do I speak to you at all? I have much to say about you and much to condemn; but the one who sent me is true, and I declare to the world what I have heard from him.' They did not understand that he was speaking to them about the Father. So Jesus said, 'When you have lifted up the Son of Man, then you will realize that I am he, and that I do nothing on my own, but I speak these things as the Father instructed me. And the one who sent me is with me; he has not left me alone, for I always do what is pleasing to him.' As he was saying these things, many believed in him.





## Image for the Day

What do you see in this image? How does it make you feel?

Do you find this image of Jesus helpful?

How can we listen to Jesus better?

## Food for Thought

Jesus says, 'Where I am going you cannot come'. The Pharisees are delighted. They think he is going to die and between the dead and themselves they believe there is an unbridgeable chasm – they would love to have Jesus on the other side of it! Jesus tells the Pharisees they will die in their sin. That's a warning, a bit like those that parents and teachers do it all the time saying, "Go on like that and you will wind up in big trouble". Jesus wants to save the Pharisees too, to give them a chance.

## Suggestions for Prayer

We have heard the song of the Good News and long to dance behind Jesus through the door to the Kingdom of God. We do not want to be left behind. Jesus came to heal the blind, the deaf, the lame. This may be a good moment to reflect on your possible need for healing and ask for it. Jesus' authority comes from the Father.

'What the Father has taught me is what I preach; he who has sent me is with me, and has not left me to myself, for I always do what pleases him'

The evangelist tells us that as he was saying this, many came to believe in Him.

Try to watch Jesus confronting the Pharisees and asserting the authority that comes from obedience to the will of the father. It's not just the words he uses, it's the way he stands and looks, the gestures he makes. If you find it hard to visualise it, maybe you can feel it. How badly do you want to follow him?

## How are you going to respond today?

Read a psalm from the Bible, from the Missal or the Prayer of the Church. Sing praise in your heart of the love and forgiveness of God.

## Examen (review of prayer)

Light a candle. Take a moment to let God look at you. Breathe in God's love.

With your hand on your heart ask Jesus to bring to your heart the moment today for which you feel most grateful.

Recall what was said and done in that moment. Enjoy the gratitude you feel again now. Breathe in its life.

Ask Jesus to bring to your heart the moment today for which you feel least grateful. What was said and done in that moment? Let it be. Breathe in God's love just as you are.

Speak to God about what you have noticed. Give thanks to God for your day.

Ask help for tomorrow.

# WEDNESDAY OF THE FIFTH WEEK



## Daily Offering

Come, Lord, dwell in my heart and heal it so that I can help others and the world around me.

[Via Click to Pray](#)

## Entering into Prayer

### Using an object

Hold an object: a stone, leaf, cross, anything you like. Weigh it, feel it, look at it. It is a part of creation and loved by God.

## TODAY'S SCRIPTURE

John 8:31-42

**T**hen Jesus said to the Jews who had believed in him, ‘If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.’ They answered him, ‘We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, “You will be made free”?’

Jesus answered them, ‘Very truly, I tell you, everyone who commits sin is a slave to sin. The slave does not have a permanent place in the household; the son has a place there for ever. So if the Son makes you free, you will be free indeed. I know that you are descendants of Abraham; yet you look for an opportunity to kill me, because there is no place in you for my word. I declare what I have seen in the Father’s presence; as for you, you should do what you have heard from the Father.’

They answered him, ‘Abraham is our father.’ Jesus said to them, ‘If you were Abraham’s children, you would be doing what Abraham did, but now you are trying to kill me, a man who has told you the truth that I heard from God. This is not what Abraham did. You are indeed doing what your father does.’ They said to him, ‘We are not illegitimate children; we have one father, God himself.’ Jesus said to them, ‘If God were your Father, you would love me, for I came from God and now I am here. I did not come on my own, but he sent me.’



## Image for the Day

What do you see in this image?

Do you find this image helpful?

How do you feel about being part of the Christian family? God's family?

Talk to Jesus about this.

*The Caravan of Abraham*

bt

James Tissot

## Food for Thought

The evangelist has brought together conversations that happened at different times, but let's imagine that the whole of John 8 is one long conversation triggered by the situation of the woman caught in adultery. Here we are, all Jews together, some captivated by Jesus, some who believe in him, but clearly have reservations, and some who just find him annoying. The church gives us the whole of chapter 8, verse by verse, all except that last few verses of this passage. The punch line is missing, and there's a reason for that.

## Suggestions for Prayer

Jesus offers freedom to those who believe in him and it is thrown back at him. These 'believers' put their membership of the group before their respect for the God who made it. They think that being Jews gives them rights, confers privilege.

Arguments about paternity are not likely to have a peaceful end. Jesus asserts that the father they claim is not their father, they take this to mean they are illegitimate. That's quite an insult. How do you feel as this argument unfolds?

Jesus says he speaks of what he has seen with his father and that these people are putting into action what they have learned from theirs. Who is that? They claim, rightly, to have God as their father.

We are taught to be open, to listen, to be humble and accept that we might be wrong. Confronted by arguments which twist the truth into falsehood we may feel we have nowhere to go. Do we have the authority to say, 'You're lying', or 'that's not what it means'? Jesus says it for us.

In the verses not included in this meditation Jesus tells these people that their father is the devil and that he is a liar and a murderer. It is not for us to use such language.

Jesus is son of the father, if we make his word our home we become children of the household too. God the father will watch over us as good fathers should, protecting us from harm. When the twisted comments of others strike at the heart of our being and belief we can only keep silent and let God speak for us.

## How are you going to respond today?

Say the 'Our Father', focusing on a sense of belonging in God's family.

## Examen (review of prayer)

St Ignatius tells us to review the time we have spent in prayer. Take time to do this today.

Review your feelings, ask Jesus and Mary to give you what you may need and let God teach you what you need to learn. Ask for help for tomorrow.

# THURSDAY OF THE FIFTH WEEK



## Daily Offering

Lord I offer you my temper. Replace it with your patience. Let me see those who anger me as my brothers and sisters.

Chris Brolly SJ

## Entering into Prayer

### Awareness of your body

Beginning at the top of your head and passing down through the body to the feet be attentive to each part of the body in turn. Gently focus in turn on each part ... head ... face ... eyes ... neck ... shoulders etc. For each part, allow a few moments to become aware of what is being felt, without making judgement upon it. Move on in turn until you have given attention to your whole body. Then consider your whole self .... you as a person made in God's likeness ... you in whom God chooses to dwell...

## TODAY'S SCRIPTURE

John 8:51-59

**V**ery truly, I tell you, whoever keeps my word will never see death.' The Jews said to him, 'Now we know that you have a demon. Abraham died, and so did the prophets; yet you say, "Whoever keeps my word will never taste death." Are you greater than our father Abraham, who died? The prophets also died. Who do you claim to be?' Jesus answered, 'If I glorify myself, my glory is nothing. It is my Father who glorifies me, he of whom you say, "He is our God", though you do not know him. But I know him; if I were to say that I do not know him, I would be a liar like you. But I do know him and I keep his word. Your ancestor Abraham rejoiced that he would see my day; he saw it and was glad.' Then the Jews said to him, 'You are not yet fifty years old, and have you seen Abraham?' Jesus said to them, 'Very truly, I tell you, before Abraham was, I am.' So they picked up stones to throw at him, but Jesus hid himself and went out of the temple.





Sketch - Christ in the Synagogue

by

Nikolai Ge

## Image for the Day

What do you see in this image? (It's a sketch so may be a bit blurry!)

Do you find this image helpful?

What does today's gospel passage or this picture remind you of? Talk to Jesus about the conflict in his life or yours.

## Food for Thought

As his death approaches Jesus prepares his disciples for the reality of resurrection but the other Jews are infuriated. If even Abraham had to die, how can Jesus claim that ordinary folk like us will not? Does Jesus think he is better than Abraham? Well, the short answer to that is 'Yes'. 'Who do you think you are', they ask. The answer is devastating.

Jesus does not claim his authority directly:

'If I were to seek my own glory that would be no glory at all'

Does the child of the headmaster strut about telling everyone who his dad is? I think a lot of children in that position would rather their friends did not know. Jesus has repeatedly stated that God is his father, but that reality is unthinkable for people who claim authority for themselves.

## Suggestions for Prayer

Try to sit comfortably. Listen to the sounds outside and accept them. Listen to your body from toes to top of head. Are you feeling stressed? Pay attention to your breathing: breathe in the love of God, breathe out your love of the world...

Quietly review the story so far: the woman who was not condemned, but told to sin no more, Jesus who knows where he comes from, and where he is going, the possibility of joining Jesus in the kingdom of heaven, the protection of God the Father. What matters most to you?

Now ask yourself how you felt as the conversation progressed. Did you feel the heat? Like the heat of the blacksmith's furnace, the assertions of Jesus landing like hammer blows on white hot metal.

Now he makes the statement from which there is no hiding place:

"Before Abraham ever was, I Am"

In God there is no flow of time, past and future are absorbed into an eternal present.

The Jews picked up stones to throw at him. What use are stones against the armour of faith, forged in the fire of love?

Try to stay completely still and let thoughts drift away. Let God reveal himself.

## How are you going to respond today?

Listen to some music you find gives you energy; a rousing favourite hymn, Beethoven's 9th, Verdi's 'Dies Irae', or whatever lifts you out of the daily grind.

## Examen (review of prayer)

In your examen today you might find it helpful to think of times of anger, conflict or disagreement in your life, but if this feels too uncomfortable give these thoughts to God to look after. Sit for a while with Jesus.

# FRIDAY OF THE FIFTH WEEK



## Daily Offering

Lord – you know what I have to do today, and I don't think that I can do it. Here and now I am handing it over to you, that it may happen to your greater glory.

Nick King SJ

## Entering into Prayer

Listen to the sounds you can hear around you.  
 If you are indoors, allow yourself to notice sounds without and within the room.  
 Identify each sound as you are able.  
 Gently, slowly, without judgement, focus your attention on each one.  
 Return your attention back to where you were before.  
 If a sudden sound or distraction occurs, acknowledge it and name it. Don't try to ignore it.  
 When ready, become aware of the sound of your own breathing.  
 Through the sounds, be attentive to the invitation of God, who dwells in creation...

## TODAY'S SCRIPTURE

### John 10: 31-42

The Jews took up stones again to stone him. Jesus replied, 'I have shown you many good works from the Father. For which of these are you going to stone me?' The Jews answered, 'It is not for a good work that we are going to stone you, but for blasphemy, because you, though only a human being, are making yourself God.' Jesus answered, 'Is it not written in your law, "I said, you are gods"? If those to whom the word of God came were called "gods"—and the scripture cannot be annulled—can you say that the one whom the Father has sanctified and sent into the world is blaspheming because I said, "I am God's Son"? If I am not doing the works of my Father, then do not believe me. But if I do them, even though you do not believe me, believe the works, so that you may know and understand that the Father is in me and I am in the Father.' Then they tried to arrest him again, but he escaped from their hands.

He went away again across the Jordan to the place where John had been baptizing earlier, and he remained there. Many came to him, and they were saying, 'John performed no sign, but everything that John said about this man was true.' And many believed in him there.



*The Jews took up rocks to stone him*

by

James Tissot

## Image for the Day

How do you feel about this picture?  
 Do you find this image helpful?  
 How do you think Jesus felt or reacted in this moment?

## Food for Thought

Today's reading is a new conversation: other things have happened in the meantime, other things have been said. Stone throwing threatens again, and Jesus challenges:

'I have done many good works for you to see, works from my Father; for which of these are you stoning me?'. Jesus does not distinguish between action and speech; if his works come from God, so does his authority, and his claim to sonship.

At the end of this passage Jesus goes back across the Jordan to where his cousin John had once been baptising. The people join him and comment: 'John gave no signs, but all he said about this man was true'; and many believed in him.

## Suggestions for Prayer

Spend some time reflecting. Pay attention to the good things Jesus has done in you. Look at what kind of a person you were five, ten, fifteen years ago. Has anything changed for the better? It can be hard to remember bad things you have done if you have learned better since. Thank God for helping you to improve.

Jesus heals the deaf, blind and lame, thank him for the things he has healed in you so that you can do good things. Look at all the good things you have done. Do you ever think it is not enough? Have you made mistakes? Ask God to show you what your gifts are and give you strength and perseverance to make use of them.

Look at the world around you: parts of it are gloriously beautiful, others ugly and sad. How will you help to build the best environment for the future? Ask God to show you how to clear up mess in our world, and protect what is good.

John the Baptist gave no signs, but he gave sound advice and pointed out the truth so that others would know and follow Jesus. Ask God to help you to guide others to the truth.

## How are you going to respond today?

The prophesies of the past can sustain us in dealing with the present. Read the first reading for today – Jeremiah 20:10-13

## Examen (review of prayer)

At the end of your prayer you can look back and ask: Does it have something to say to you? How does it make you feel? Imagine how God might reply.

Conversation: When you come towards the end of your time of prayer, talk to God about what has come up for you. End with a formal prayer, such as the Lord's Prayer/Our Father.

# SATURDAY OF THE FIFTH WEEK



## Daily Offering

I remember today, Lord, all those who have helped me to know you better. I offer thanks for their witness, and ask you to fill them still further with your gifts.

Paul Nicholson SJ

## Entering into Prayer

Choose a way to enter into prayer from earlier in Lent or any method that you prefer.

## TODAY'S SCRIPTURE

### John 11: 45-57

**M**any of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him. But some of them went to the Pharisees and told them what he had done. So the chief priests and the Pharisees called a meeting of the council, and said, ‘What are we to do? This man is performing many signs. If we let him go on like this, everyone will believe in him, and the Romans will come and destroy both our holy place and our nation.’ But one of them, Caiaphas, who was high priest that year, said to them, ‘You know nothing at all! You do not understand that it is better for you to have one man die for the people than to have the whole nation destroyed.’ He did not say this on his own, but being high priest that year he prophesied that Jesus was about to die for the nation, and not for the nation only, but to gather into one the dispersed children of God. So from that day on they planned to put him to death.

Jesus therefore no longer walked about openly among the Jews, but went from there to a town called Ephraim in the region near the wilderness; and he remained there with the disciples.

Now the Passover of the Jews was near, and many went up from the country to Jerusalem before the Passover to purify themselves. They were looking for Jesus and were asking one another as they stood in the temple, ‘What do you think? Surely he will not come to the festival, will he?’ Now the chief priests and the Pharisees had given orders that anyone who knew where Jesus was should let them know, so that they might arrest him.





*The Raising of Lazarus*  
by  
Henry Ossawa Tanner

## Image for the Day

How do you feel about this picture?

Do you find this image helpful, or a little scary?

How do you think Lazarus, his friends and family reacted to this scene?

## Food for Thought

Jesus has raised Lazarus from the dead and the people are naturally impressed. The Pharisees fear a mass movement and imagine Roman reprisals that might destroy their holy places. We meet Caiaphas, the high priest, guardian of the holy places. He is a useful recruit to the work of getting rid of Jesus. He offers the argument of sacrifice saying, 'it is better for one man to die for the people than for the whole nation to be destroyed'. This is another twist to the truth and the evangelist points out that the nation in question comes from bringing together in unity the scattered children of the whole world.

Jesus knows that they are determined to kill him as there is no way they are going to get him to change his teaching, but he still has things to do so he goes somewhere people are not likely to look for him – a town called Ephraim in another district. He will return when it suits God's plan, and not before.

## Suggestions for Prayer

The situation is chilling. Those who wish to kill Jesus have a watertight case, their logic is above question and they will achieve their ends by proceeding through legal channels. How did we get to this point?

In the 'Meditation on Two Standards' in the *Spiritual Exercises*, Ignatius warns us that we can get caught in this way. Temptations are subtle and one small thing leads to another. Nobody wants to wind up enslaved by evil, but it happens just the same. Saul thought he was doing a good job by persecuting Christians, it took a dramatic miracle to put him right, but at least it worked. We are told that pharaoh's heart was hardened so that even the plagues would not let him release the people of Israel, although they got away just the same. Jesus' death on the cross will not stop Christianity catching on like a spark on tinder and what Ignatius calls 'the enemy of our human nature' cannot succeed in binding me to sin if I am bound to the love of God.

Have you ever had a gift thrown back in your face, or treated with contempt? How did that make you feel? Think about or visualise all the things that God has given you: the beauty of the world, the excitement of human learning and understanding, the healing of hurts, the consolation of the good news, your own gifts and strength. Reflect on these things. Ignatius said somewhere that it is impossible for a grateful person to sin, but it is very easy to get into the habit of finding fault and noticing what is wrong instead of holding on to gratitude wherever possible. A good way to keep up your spirit of gratitude is to make a habit of the *examen*.

## How are you going to respond today?

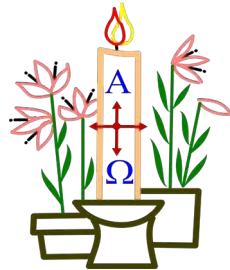
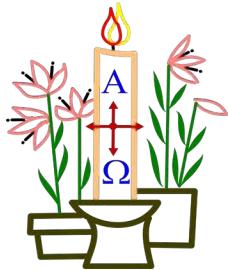
Thank God for three good things that have happened today, and try to do that every day.

## Examen (review of prayer)

Try to focus on gratitude in your review of your prayer and your day.

# EASTER SUNDAY

## ALLELUIA!



### Daily Offering

**An offering with Mary of Magdala (John 20:11-18)** Lord, you saw me desolate there, you read my heart, you spoke my name, you gave me a mission to tell the others. And my life was changed for the rest of my days and all eternity. If sometimes it feels like having to wait for ever, cherish our loyalty and give us living faith. Amen. Alleluia.

Tom Shufflebotham SJ

### Entering into Prayer

Choose a way to enter into prayer from earlier in Lent or any method that you prefer.

### TODAY'S SCRIPTURE

#### John 20: 1-9

**E**arly on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, ‘They have taken the Lord out of the tomb, and we do not know where they have laid him.’ Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus’ head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead.

