

# Lenten Reflections



F E B R U A R Y 2 1 - M A R C H 6

## ✦ February 21 – Monday, second week of Lent

During Ramadan, Muslims abstain from food, drink, smoking, and sexual intercourse from dawn to dusk. They also abstain from evil intentions and actions...do not judge, do not condemn, Jesus asks of us.

From what harmful thought or action am I called to fast today?

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ February 22 – Tuesday, second week of Lent

*"I am equipped with the skill, the knowledge and the ability to carry out the life assignments that God has given to me with love." I Am by Iyanla Vanzant*

Today we are called to serve with an attitude of humility and gratitude. Do I walk the talk of being an example or is my attitude "do what I say, not what I do."

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ February 23 – Wednesday, second week of Lent

*Come, let us bring charges against him and let us not heed any of his words. Jeremiah, 18:18*

Do I speak about my colleagues or clients in an indiscriminate manner? What words should I omit from my conversation today?

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ February 24 – Thursday, second week of Lent

*"...having without possessing, acting with no expectations, leading and not trying to control: this is the supreme virtue." Tao Te Ching*

Reflect on and rethink your expectations of the person with whom you have the most struggles in your relationship.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ February 25 – Friday, second week of Lent

*They realized he (Jesus) was speaking about them. They wanted to arrest him but they feared the crowds. Matthew 21:45*

Do fear and human respect keep me from speaking up when someone else is being maligned or when I need to take a stand against discrimination or for the cause of justice? Overcome human respect and fear in one situation today.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## February 26 – Saturday, second week of Lent

*Treat others as thou wouldst be treated thyself. Sikhism*

The story of the merciful father and the prodigal son invites us to reflect on how we treat those who hurt and betray us. Today, welcome with a smile or a greeting or coffee someone who is seemingly squandering resources.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*



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## ✦ February 27 – Third Sunday of Lent

*One sows and another reaps...others have labored and you have entered into their labor.*  
John 4:37-38

On this Sabbath day, make time to give thanks for significant persons whose labor is enabling you to have the job you do, the resources you enjoy, the love that is your blessing.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ February 28 – Monday, third week of Lent

*Elisha sent a messenger to him (man with leprosy) saying, "Go, wash in the Jordan seven times and your flesh will be restored."* 2 Kings 5:10

At least once today, take a brief moment and ask yourself, "Is the Spirit speaking to me through this person? Can I experience the Spirit if this situation? Is there some way God wants to work through me at this time?"

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ March 1 – Tuesday, third week of Lent

*Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss.*  
Tao Te Ching

The monks at Weston Priory conclude their noonday meal prayer with the words, "With thanksgiving let us be as good as God for others." Maybe these words can be part of your noonday meal grace today and carry you through the afternoon.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ March 2 – Wednesday, third week of Lent

*This is the sum of all true righteousness: do nothing to your neighbor which you would not have him do to you after.* Hindu teaching

Identify one prejudice in your heart, your attitudes. Then consciously make efforts to act as you would want each person to act toward you.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ March 3 – Thursday, third week of Lent

*Be good...to the orphans and the needy and the neighbor of your kin and the alien neighbor and the companion in a journey and the wayfarer.* Koran 4:36

Human trafficking is the newest expression of the sin of slavery and the abuse of orphans, aliens and wayfarers. What do I know about this evil? Today take five minutes to learn one new piece of information. Include a minute to pray for the victims of this terrible evil.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## ✦ March 4 – Friday, third week of Lent

*I will love them freely.* Hosea 14:4

Love - God's gift to me, to each person. Free and unconditional love. On this TGIF day, close your work day by giving thanks to God for loving you. And give thanks for those who freely love you.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*



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## March 5 – Saturday, third week of Lent

*“We are called to speak for the weak, for the voiceless, for the victims of our nation and for those it calls enemy, for no document from human hands can make these humans any less our brothers [sisters].”* Martin Luther King, Jr.

For most of us, today is a non-office day. Read the newspaper; listen to the news from the perspective of the weak, the voiceless, and the victims. This will help prepare your heart for Sabbath prayer.

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*

## + March 6 – Fourth Sunday of Lent

*The Lord said to Samuel, “Do not look on his appearance...the Lord does not see as mortals see; they look on the outward appearances, but the Lord looks on the heart.”* 1 Samuel 16:7

Today I will avoid judging people by how they act, what they wear, how neat or untidy they are, by what they say or how they say it. Instead, I will actively seek to listen with the heart and to see beyond externals to the “heart of the matter.”

**Mantra:** *God, help me to seed my day with silent moments of presence to you.*