

Lenten Reflection Questions and Prayer Exercises

Holy Week

Today's exercises focus on a gospel reading that comes in the lead up to Good Friday. Jesus says some very challenging things regarding the religious leaders from his time. The questions he raises could as easily be asked of us.

Sit comfortably with your feet placed flat on the floor. Slowly become aware of your breathing, and, as you do so, ask God to guide you through this time of prayer and conversation with God.

Read Mark 12:1-11

This parable is often interpreted as referring to how the religious leaders of Jesus' time responded to the responsibility that God gave them. Is this how you understand this parable? Why or why not?

Part of the conflict between the man in the parable and his tenants is that they want to claim his vineyard as their own. To what extent in your life have you claimed something as your own that is not really yours?

To what extent might you claim our church as your own, not belonging to others, perhaps not even to God?

If Jesus were to come to you to share a message from God, how do you think you would receive him? How would you recognize it was him, and not an imposter?

Talk to God about the insights that have come to you. Share with God whatever feelings you might be having, giving time for God to respond to what you share and to invite you into a place of healing.

**Glory to God, Source of all being, eternal Word, and Holy Spirit:
as it was in the beginning, is now and will be forever. Amen.**

For further reading:

[Loss, Letting Go, and Looking toward Easter](#) – a Lenten reflection by Simon Lasair