

Lent Reflection Questions and Prayer Exercises

Week 1

This week's exercise will invite you to reflect prayerfully on the Gospel reading from today's daily office. I invite you to return to this passage throughout the following week, inviting God to instruct you as you continue to reflect upon it.

As you enter into your time of prayer, become aware of God's presence in you and around you. Invite God's Spirit to guide you in your reflections. Open yourself to whatever God wants to show you today.

Read Mark 1:40-45

Is there anything that immediately strikes you about this passage? If so, what is it, and why does it strike you?

Imagine yourself alongside the leper. How do you see the scene unfolding, as Jesus comes to him and they talk together?

As you watch the scene, what do you make of the leper's comment, "If you choose, you can make me clean"?

Are there ways in which you feel you personally need to be healed?

Are there ways in which you feel our church needs to be healed?

What might you want to say to Jesus about your need and our church's need to be healed? Speak to Jesus about this, expressing whatever you feel in your heart. Allow Jesus to answer you, and allow yourself to reflect on his answers.

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

For further reading:

<http://simonlasair.ca/2021/02/19/standing-on-the-edge-of-infinity/>

<https://www.ignatianspirituality.com/making-good-decisions/an-approach-to-good-choices/how-ignatian-spirituality-gives-us-a-way-to-discern-gods-will/>