

## Lent Reflection Questions and Prayer Exercises

### Week 2

*This week's exercises again invite you to reflect on the Gospel reading from today's daily office. Again, I encourage you return to this reading over the coming week. If you feel comfortable, you may want to try journaling some of your responses to the exercises so you can return to them later.*

As you prepare for your prayer exercises today, sit comfortably and slowly become aware of your breathing. Invite God to guide you in this time of prayer and reflection.

Read Mark 4:1-20

As you reflect on Jesus' parable and his interpretation of it, ask God to bring to mind how you have experienced the Good News about Jesus in your life. How have you tried to follow Jesus? Has it always been easy?

As you reflect on how you have tried to follow Jesus, how has this affected your relationships with others, if at all? How do you relate to others at church? How do you relate to others outside church?

What has following Jesus produced in you? How have you shared these "fruits" with others, if at all?

Read Mark 4:1-20 again. As you do, consider how our church has helped you receive the Good News about Jesus.

As your time of prayer and reflection comes to a close, talk to God about all that has come to mind during this time. Invite God to reveal to you how you might act on some of the insights you have received, both within our church and outside our church.

**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:

<https://bustedhalo.com/ministry-resources/lectio-divina-beginners-guide>

<https://www.ignatianspirituality.com/ignatian-prayer/the-what-how-why-of-prayer/praying-with-scripture/>