

## Lent Reflection Questions and Prayer Exercises

### Week 3

*The prayer exercises this week again invite you to prayerfully engage today's Gospel reading. Specifically, it invites you to consider experiences of adversity when attempting to do good. If you feel comfortable, return to the questions for today throughout the week so you might reflect upon how you can encounter adversity with hope and grace.*

Settle yourself into a comfortable sitting position. If you feel comfortable, light a candle to signify God's presence with you. As you enter your time of prayer, invite God to guide you. Become aware of and open yourself to God's presence in and around you.

Read Mark 6:13-29

Today's reading tells the story of John the Baptizer's death at the hands of a corrupt ruler. Not many of us will experience such things in our lives, yet almost all of us will face adversity at some point. When have you experienced adversity in your life, particularly for doing things you thought were right and good? What was it like for you to go through those difficult times?

How did your loved ones and community support and sustain you during those periods?

How did God support and sustain you?

Our church has gone through difficult times in the past as well. In your experience, how did we support and sustain one another through those times?

In your experience, how did God support and sustain our church through those difficult times?

The story today ends with John's disciples caring for his body after he is executed. This is one final way they can care for him after he is treated so unjustly. How do you want to be remembered for how you moved through adversity?

How would you like our church to be remembered for how it moved through adversity?

Talk to God about the insights that have come to you during these exercises. Express your thoughts and feelings to God, asking God how you might respond to these insights with integrity.

**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://www.ignatianspirituality.com/consolation-and-desolation-2/>