

Lent Reflection Questions and Prayer Exercises

Week 4

Like in the previous weeks, this week's exercises invite you to consider today's Gospel reading. As you move through your week, allow your reflections on this passage to come to mind, giving shape to your experiences in the coming days.

Allow yourself to sit in a comfortable position. As you settle into your time of prayer, slowly become aware of your breathing. Invite God to guide you during this time of prayer, revealing to you what you need to reflect upon today and in the coming days.

Read Mark 8:11-26.

In your life, have you ever asked God for a sign? What was that all about? Did God answer?

Why do you think Jesus refuses to give the Pharisees the sign they ask for? What does this have to do with the yeast or leaven of the Pharisees against which he warns his disciples in verse 15?

Jesus uses the image of yeast or leaven in his own teachings about the Realm of God, saying the Realm of God is like yeast that causes a whole loaf of bread to rise. When have you seen the Realm of God begin to bubble up around you in your life? What were the signs this was what was actually happening?

In our church, what signs do you see that the Realm of God is among us?

How do you believe we might guard against "yeast" that might destroy what the Realm of God is doing in us, through us, and among us?

If you were to ask God for anything for our church, what would it be?

What signs would you expect to see if God answered your prayer?

Talk to God about all the things you've considered today. Ask God to guide you as you continue to pray for our church and ask God to guide our church as we continue to move through this time of discernment together.

**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://simonlasair.ca/2021/03/14/signs-signals-and-choice/>

<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/discernment>