

Lent Reflection Questions and Prayer Exercises

Week 5

This week's exercises invite you to reflect on Jesus' statement that God's realm belongs to people who are like children. As you move into this time of prayer, bring some of the children in your life to mind. These can be children, grandchildren, nieces, nephews, etc.

Sit in a comfortable position with your feet flat on the floor. Signal your openness to God by taking a few deep breaths and by inviting God to guide you through this time of prayer.

Read Mark 10:13-16

Who are some of the important children in your life? What do you love most about them? What do they do that gets them into trouble?

When you think of these children, why do you believe Jesus said, "whoever does not receive the kingdom of God as a little child will never enter it"?

It is often said children have no filters. What might this perspective have to do with children's capacity to receive the Realm of God?

What filters do you have that might prevent you from receiving God's Realm? What filters might we have in our church?

What might it take for you to give up your filters? What might it take for our church to give up its filters?

Talk to God about the insights you've received during today's time of prayer. Express your fears and misgivings, as well as your hopes and dreams. What does God say to you in response?

**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/2021/03/23/walking-in-the-company-of-children/>

<https://rgs.gssweb.org/en/news/transformative-communities-culture-discernment>