

LENTEN REFLECTIONS

#LISTENUP

#OFFERUP

#STEPUP



Journeying with the Gifts of
the Holy Spirit as we reflect
upon each Sunday's Gospel
during Lent

LENTEN REFLECTIONS

Each Gospel story is related to a different Gift of the Holy Spirit and links to our themes: #ListenUp, #OfferUp and #StepUp. These mirror the three goals of Lent: Praying, Fasting and Almsgiving.

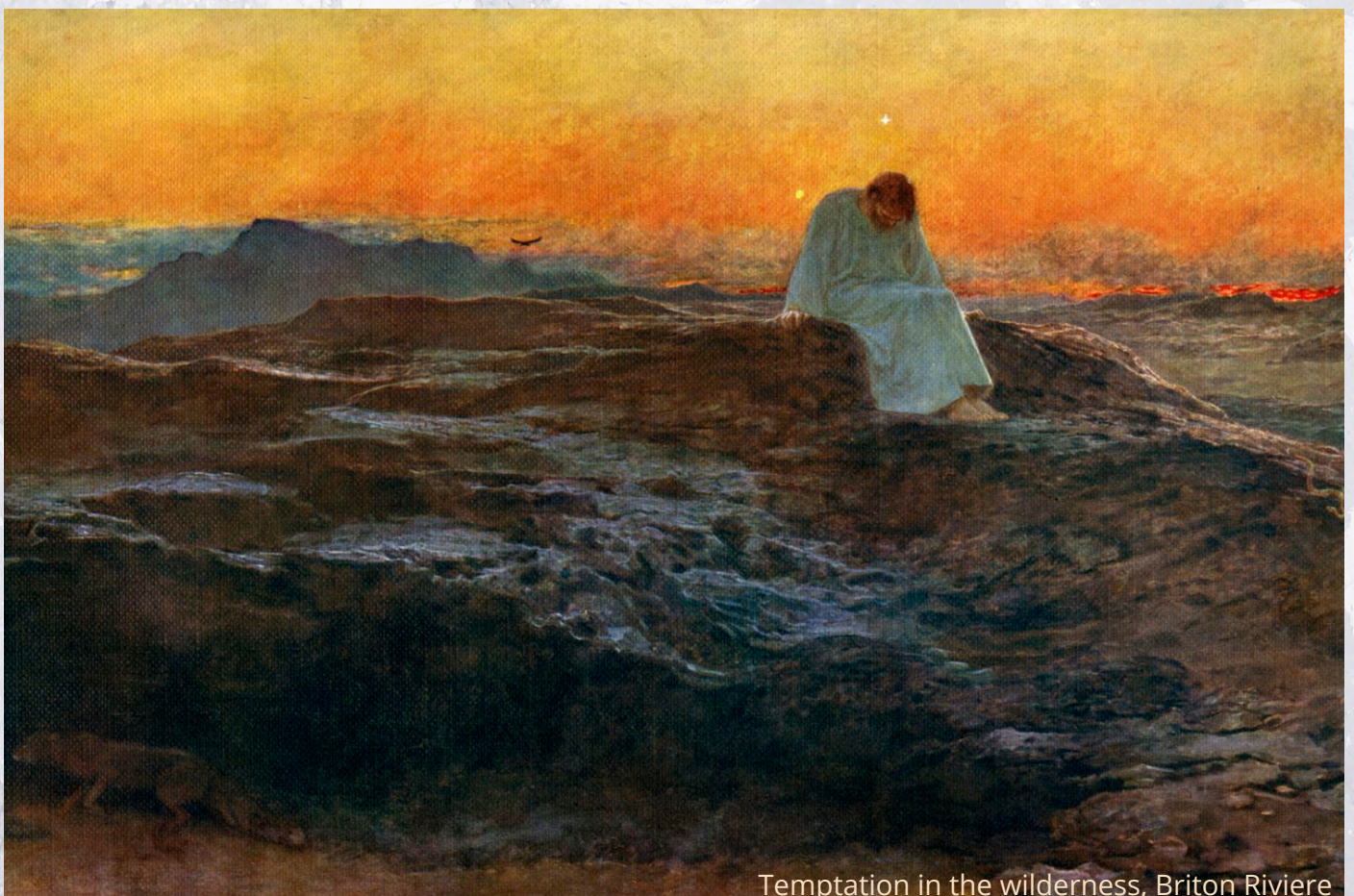
They each reflect upon the Gospel reading from the Sunday before the school week begins, so that pupils can think about the different messages and meanings of the Gospel story throughout the week and how the story relates to their lives. We will also post these reflections on our Twitter and Facebook accounts throughout the season of Lent.

RIGHT JUDGEMENT

#ListenUp - Before Jesus' ministry began He went to the desert. Before we begin a new chapter in our lives it is useful to take some time to reflect on our decisions: past, present and future. As we enter this new half term take some time to listen to God's guidance.

#OfferUp – Jesus struggled with temptation in the desert. We also may be struggling to keep our Lenten promises. Have you accidentally eaten chocolate when you've given it up? Don't worry! Sometimes it can be really tricky, but let's use our #RightJudgement to try and keep going!

#StepUp – We can sometimes be tempted to do things that we know aren't right. Sometimes we say things when we're angry that hurt others, or we're lazy when we could help someone out. Let's put in some extra effort to use our #RightJudgement to #StepUp and be kind to others.



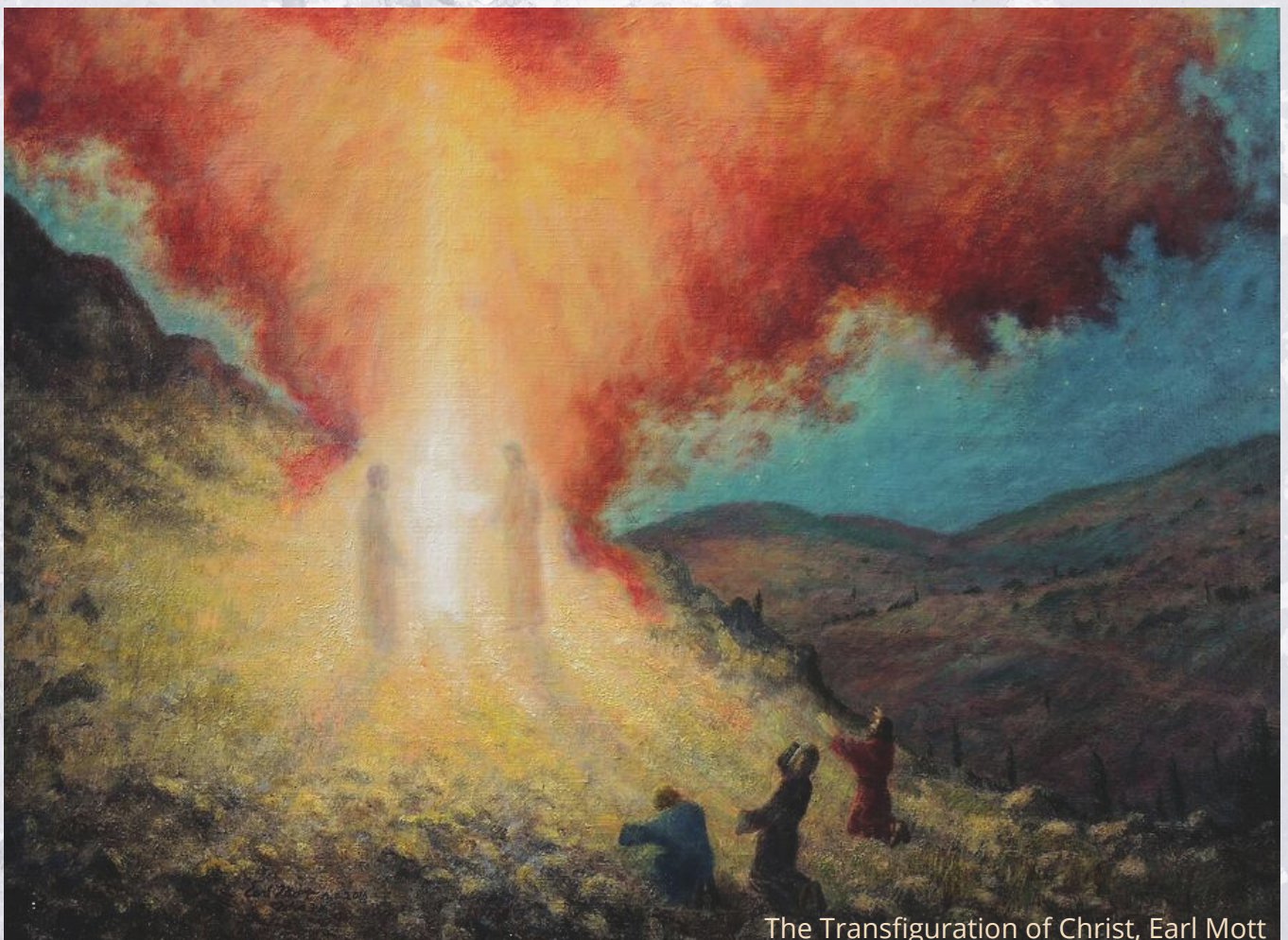
Temptation in the wilderness, Briton Riviere

REVERENCE

#ListenUp – Yesterday's Gospel recounted the Transfiguration. The disciples hear God say, 'this is my Son...listen to Him!' Giving time to listen to God is a way of showing #Reverence. Find some quiet time this week to #ListenUp and hear what God is telling you.

#OfferUp – When the disciples heard the voice of God they fell to the ground. This is often how we picture #Reverence. There are many different ways to show reverence to God, and giving up something for Lent is a way of doing this. We show our thankfulness for all God has given us.

#StepUp – We can show #Reverence to people as well as God through our respect and kindness. When the disciples are scared of what's happening Jesus says, 'do not be afraid'. Can you be an encouraging or comforting voice for someone this week?



The Transfiguration of Christ, Earl Mott

KNOWLEDGE

#ListenUp – In yesterday's Gospel Jesus knew everything that the Samaritan woman had ever done. He knew the good and the bad things that she had done and loved her anyway. This is the way that God sees us. God always loves us and always wants the best for us.

#OfferUp – The Samaritan woman collected water at noon, the hottest part of the day, to avoid those that shamed her. This story reminds us of how fortunate many of us are that shame would not stop us from accessing essentials. Let's #OfferUp our prayers for those who feel shame.

#StepUp – Do you now anyone who is excluded from social situations? Perhaps no one spends time with them at school or maybe you don't talk to a sibling at home? Why not #StepUp and reach out as Jesus did with the Samaritan woman and let them know that you care.



Christ and the Woman of Samaria, Henryk Siemieradzki

UNDERSTANDING

#ListenUp – In yesterday's Gospel Jesus gives sight to a blind man. We see with our eyes but also in our minds: we often say 'I see!' when we gain #Understanding. The blind man is able to see with his eyes but also, unlike the Pharisees, he understands how special Jesus is.

#OfferUp – Like Mary at the Annunciation, the man healed by Jesus shows his faith when he says 'Lord, I believe'. He understands what Jesus says even when others reject Jesus. When we #OfferUp something to God such as giving something up, we are saying a 'yes' to God too.

#StepUp – Many assumed that sin had made the man blind. Jesus stood up for the man & explained that this was not true. Is there anyone you know who is teased or left out because people make untrue assumptions about them? Let's be #Understanding & stand up to those who bully them.



Healing the Blind Man, Yongsung Kim

WISDOM

#ListenUp – Yesterday's Gospel is the story of Lazarus. Jesus hears that Lazarus is ill but doesn't rush to help straightaway. We might question why our prayers aren't answered immediately. Jesus still loves us but may answer our prayers in ways that we don't expect.

#OfferUp – Often when lose someone incredibly important to us, we gain a new perspective on how much they meant to us. This is why Lazarus' family were so sad. In a much smaller way, when we give something up, we miss it and appreciate it much more once Lent is over.

#StepUp – 'Jesus wept' when He found out about Lazarus. Often we assume that hiding our emotions shows strength. Jesus, our role model, someone who we see as strong & wise, cried. He shows us that sharing how we feel is not weakness. Who can you reassure & tell this to?



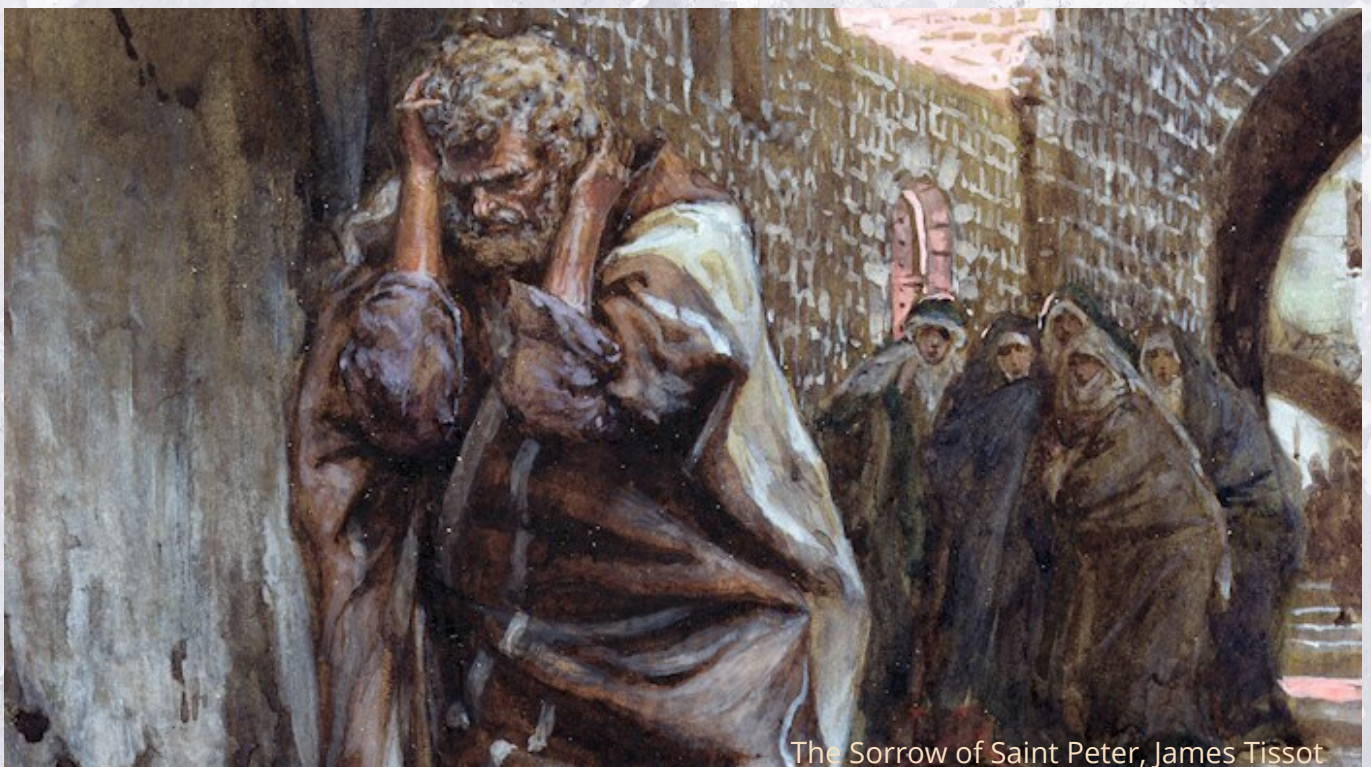
The Raising of Lazarus, James Martin

COURAGE

#ListenUp – Yesterday's Gospel includes the story of Peter denying Jesus. Like Peter, we might feel embarrassed to fight for what we believe in, and stay quiet. Why not reflect this week on whether you think you have the #Courage to stand up for what you think is right.

#OfferUp – Sometimes we might feel embarrassed about giving up something for Lent. Perhaps on Ash Wednesday you wiped the ash off your face straight away in case anyone saw? As we enter Holy Week do you have the #Courage to tell someone new about why we give things up for Lent?

#StepUp – Like Peter, do you know anyone who you're embarrassed or scared to be associated with? This coming week let's try and #StepUp and include them in our groups of friends or family and not let ourselves be ashamed.



The Sorrow of Saint Peter, James Tissot

AWE & WONDER

#ListenUp – He is Risen! The Resurrection is a moment of #AweAndWonder. There are also many different experiences and settings where we can feel #AweAndWonder such as listening to music or being in God's beautiful creation. What fills you with a sense of #AweAndWonder?

#OfferUp – After 40 days of giving up something special, you can now enjoy it again! Do you appreciate it more? Has it made you re-think the Easter story? Why not #OfferUp a short prayer today thanking God for all that you have and all that you have learnt this Lent?

#StepUp – Happy Easter! The disciples would have felt as though they'd lost all hope when Jesus died, but the Resurrection teaches us that there is so much to stay hopeful about and so much joy to celebrate. How can we bring joy and hope to others?



The Empty Tomb, Jennifer Greene