

A SPIRITUAL JOURNEY
FORTY FIVE DAYS TOWARDS THE CROSS
FROM DEACON CHRIS
LENT 2024

Sunday Week 5: Thirtieth Third Station: Jesus praises the faith of the centurion.

“We adore you, O Christ etc.

Luke Chapter 7 verses 1 to 10

Monday Week 24 Year 1

Reflection.

At every Mass we repeat the words of the centurion when the priest holds up the Body and Blood of Christ just before we receive Holy Communion. We are not worthy to receive Christ in the Eucharist which makes it very important that we do receive. We sometimes deceive ourselves by playing on this unworthiness to such an extent that we move away from the source of grace and help. Accepting our unworthiness is an act of humility and it leads to a lasting relationship with our Redeemer. After all this is what Jesus came for. We mustn't let his sacrifice go to waste.

Our Father. Hail Mary. Glory be.

I love you, Jesus ..

Monday of Week 5 in Lent: Thirtieth Fourth Station: Save us Lord, we are going down.

“We adore you, O Christ etc.

Scripture Reading

Matthew Chapter 8 verses 23 to 27

Tuesday Week 13 Year 1

Reflection

Storms seem to be a part of life. I was watching a YouTube of Whitby last week and the promenade was under water. Any event like this can remind us of how fragile and tempestuous life can be.

When we are sailing through the storms that life brings us Jesus is with us. We have to believe that he is with us even if we don't sense it. He is there. Yes, he will calm our storms but we have to believe it.

Faith will calm storms; it can move mountains and it can get us through.

Our Father. Hail Mary. Glory be. I love you, Jesus.....

Tuesday of Week 5 in Lent: Thirtieth Fifth Station: Jesus teaches the disciples that he is to suffer and die.

“We adore you, O Christ etc,

Scripture Reading

Mark Chapter 8 verses 27 to 30

Thursday Week 6 Year 2

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Reflection

Whenever I read this part of the gospel my mind goes back to the time when I was in the Holy Land. This reading gives us a high point and a low point. When our Lord asks the disciples who do people say he is they give varied answers. As usual it is Peter who can be relied upon to come up with the answer. 'You are the Christ!' he says. Then in the next breath he is saying that Jesus must not be allowed to suffer and he gets a firm ticking off. Poor Peter. Who do we say that Jesus is? Do we accept that he is the Christ? Do we understand why he had to suffer? This passage shows how quickly things can turn around. One minute everything is rosy and then kapow. We can think only in human terms and God is aware of that which is why he sent the Holy Spirit to help us.

Our Father. Hail Mary. Glory be. I love you, Jesus....

Wednesday of Week 5 in Lent : Thirtieth Sixth Station: Each one of us is called to go out and spread the Good News.

"We adore you, O Christ etc.

Scripture Reading

Luke Chapter 10 Verses 1 to 12

Thursday Week 26 Year 2

Reflection

Our Lord doesn't paint an enticing picture of what it is like to be a disciple going out into the world. Lambs among wolves, no purse, no haversack, no sandals. Salute no one on the road. Why has he said this? Is it a case of unburdening ourselves of the trivia in our daily lives so that we can concentrate on doing the Lord's work? Genuinely saluting somebody on the road can bring God into their lives but it is not something that we will know. The effect may take a while to manifest itself. Look how long it took our Lord with some people and he got there in the end.

Our Father. Hail Mary. Glory be. I love you, Jesus.....,

Thursday of Week 5 in Lent: Thirtieth Seven Station: Jesus teaches the Disciples how to pray.

Scripture Reading

Matthew Chapter 6 verses 7 to 15

Thursday Week 11 Year 2

Reflection

Prayer is an important element in our life if we want to have a relationship with God. When we pray we may be asking for something, we may be giving thanks for something or we may be praising God. Everything we do can be turned into a prayer. Our prayers can be formal or it can be a conversation. If you get the chance have a read of Frank Skinner's *A Comedian's Prayer Book*.

Be careful what you ask for and don't make promises you cannot keep.

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Friday in Week 5 of Lent : Thirtieth Eighth Station: Jesus tells the Twelve that he will be condemned to death.

“We adore you, O Christ etc.

Scripture Reading

Matthew Chapter 20 verses 17 to 20

Wednesday 2nd Week of Lent

Reflection

We concentrate on the first paragraph of this gospel. This is what our Lord came into the world for. To die. That is something we all are going to do. But we are not going to die to save the world. Jesus did, and then he rose again. That is something we are all going to do if we believe in the Lord and why he came.

Our Father. Hail Mary. Glory be. I love you, Jesus.....,

Saturday in Week 5 of Lent: Thirtieth Ninth Station: Jesus’ body is prepared for burial even though he has not experienced his Passion.

“We adore you, O Christ etc.

Scripture Reading

Scripture Reading

John Chapter 12 verses 1 to 11

Monday of Holy Week

Reflection

Judas was a thief. He betrayed our Lord for thirty pieces of silver. But, just like Adam and Eve, he had an important role to play in the history of our salvation. They had free will and they used it to their own downfall but it helped us.

Martha and Mary are two wonderful sisters. They never seem to be on the same wavelength but like the three mentioned above they bring such a lot out for us to contemplate.

Our Father. Hail Mary. Glory be. I love you, Jesus.....,