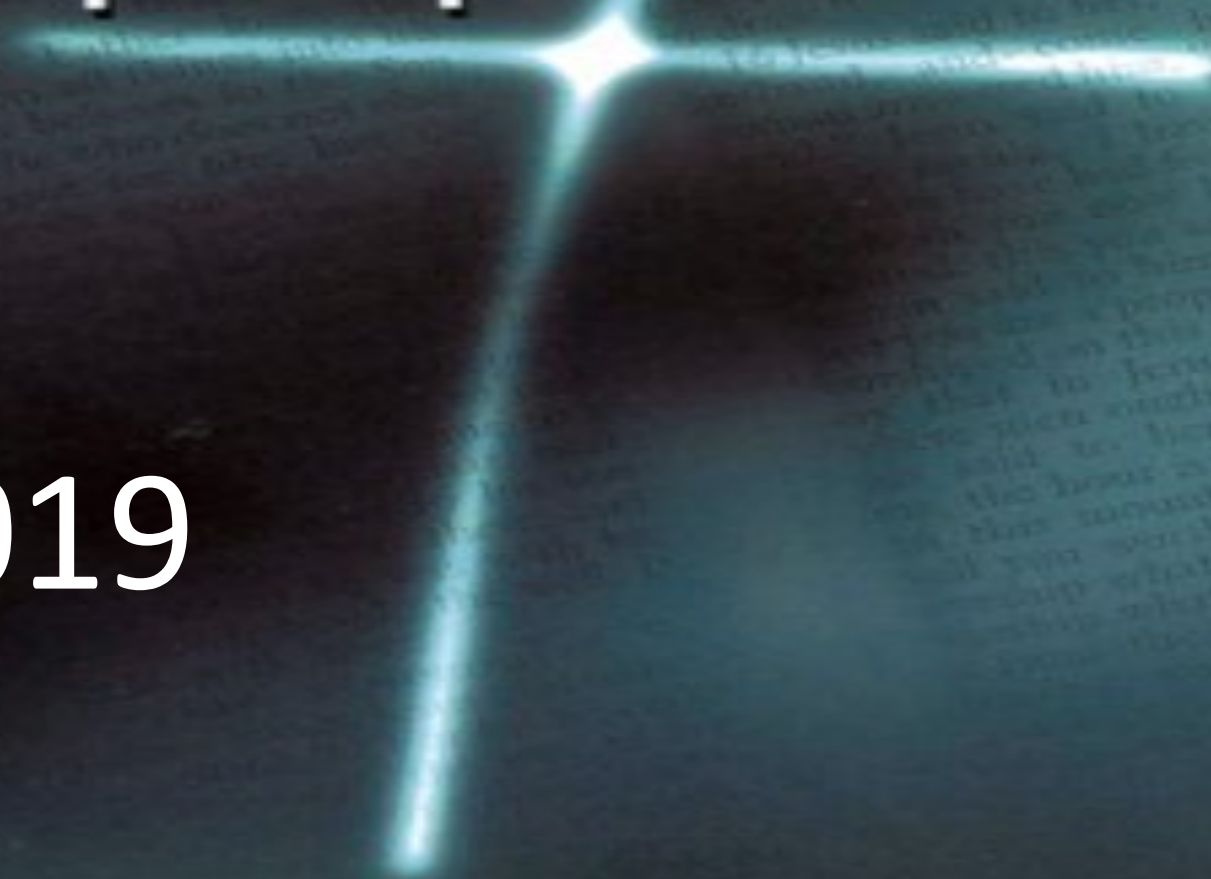


called to be
God's
people

Lent 2019





18th – 22nd March 2019

Transformed



Introducing the theme

In this weeks gospel Jesus give his disciples an insight into the glory of Gods Kingdom.

Each one of us is called to be part of his kingdom. Jesus gives us the values that need .and that we must make our own if we're going to change our lives and enter into the reign of God. And then also, like the disciples who witnessed the transfiguration of Jesus on the top of the mountain we too will be carriers of this message of Jesus into our world so that we begin to bring about the transformation of our world into the reign of God.

Luke 9:28-36

About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. Two men, Moses and Elijah, appeared in glorious splendour, talking with Jesus. They spoke about his departure, which he was about to bring to fulfillment at Jerusalem. Peter and his companions were very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. As the men were leaving Jesus, Peter said to him, “Master, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah.” (He did not know what he was saying.)

While he was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. A voice came from the cloud, saying, “This is my Son, whom I have chosen; listen to him.” When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.



Prayer for the Week

From the rising of the sun
to its setting
your earth gently turns, creator God,
a rich and wonderful place
full of life and colour,
full of wonder and beauty.
Send your Spirit to us today,
so that we can help to build a community of love.
Amen.

Monday 18th March 2019

Action: Buy a Fairtrade product this week

Thought: Before you've finished your breakfast, you'll have relied on half the world. (Martin Luther King)

Reflection: Issues about trade, debt and aid are complicated. Even though a lot of progress has been made with campaigns, there is still a long way to go before poorer countries are able to be on an equal footing with richer nations. And sometimes we can feel powerless to bring about change.

That's one reason why buying Fairtrade items is so good: it means making a personal choice that impacts on global trade. It's makes a real difference to real people. Many supermarkets now have bowed to pressure and stock fairly traded coffee, tea, chocolate, bananas, biscuits – and all sorts of other items. So go on, treat yourself – or someone else. And as you shop, pray for the many people who have been a part of bringing these products to the shelves.

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Tuesday 19th March 2019

Action: Pray for peace

Thought: 'If you want peace, work for justice.' (Pope Paul VI)

Reflection: At the moment on our televisions we are witnessing horrific events in Libya, today there are around 40 conflicts in the world. Some are long running civil wars or battles, others the results of acts of terrorism – all of them cause hurt and pain. But there are often many unreported little conflicts that go on too – the conflicts that we sometimes cause ourselves when we fall out with people, when we're aggressive or disrespectful, or when we think negative thoughts. Today, we pray for peace – we can think of those places that are at war and the many places where conflict stops people from living freely. But let's pray also for each other, that we can be peaceful, truly peaceful, throughout our day.



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Wednesday 20th March 2019

Action: Pick up at least 3 pieces of litter and put them in the bin

Thought: When spiders unite, they can tie up a lion.
(Ethiopian proverb)

Reflection: The world is beautiful – just think about the last amazing sunset you saw, the amazing colour and vitality of spring flowers, or if you've ever been to the sea and looked out over the waves into the horizon. God's creation is truly incredible. So it's a shame if we make a mess of it. Today's action is all about caring for our local environment picking up litter might not be the most pleasant job we'd choose, but it helps to make our community that little bit more beautiful, and helps to recreate that wonderful world that God gave us. And if we all do our little bit, the difference could be huge...



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Thursday 21st March 2019

Action: Think about others before yourself

Thought: 'Our goal must be to build a world... so that all men and women, no matter what their race or creed can live a truly human life.'
(Pope Paul VI)

Reflection: The Gospel includes a golden rule: treat others as you'd like to be treated yourself. And today's action adds to this, by putting other people first. If we're generous in our treatment of other people, if we take that extra step in helping someone out, asking how they are, spending time with them, and so on – then we'll be showing a great example of unselfish service and care. Just take a moment now to think about all the people that you know you will meet or have already met today. Ask God to help you to put them first.



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Friday 22nd March 2019

Action: Pray for someone who is suffering

Thought: 'Where two or three meet in my name, I shall be there with them.'
(Jesus in Matthew 18:20)

Reflection: On the Cross, Jesus looked down at many of his family members and friends who had gathered in sadness and horror before him. He experienced real pain and suffering, and he realised that they were struggling, too, to accept what was happening. As he looked at his best friend, John, and his mother, Mary, he sensed that they needed to support and care for each other and asked them to do just this. It's a natural, human emotion – and one that today's prayer asks us to think about. Most of us will know someone who is suffering: physically, mentally, socially, emotionally... God calls us to pray for them, to support them with our thought and with our care. So take a moment to bring to mind anyone you know that is suffering today. Open your heart to them. Ask God to bring them comfort and strength.