

Jubilee Year of Mercy Lenten Reflection



Opening Prayer

Leader

As we begin this prayer we thank you Father for all the blessings you give us each day; we thank you especially for this time of quiet reflection and renewal as, for a little while, we leave behind the ‘busyness’ of school.

Letting Go:

Reader 1

As we begin to wind down let us try to put our worries and concerns on “hold”. We are often so overwhelmed by the things that worry us that we don’t always remember the many good things in our lives.

Today we pray that we might allow ourselves to rest in God’s peace and have the courage to trust that He will take care of everything else. *Pause*

Reader 2

Each of you has picked up a stone on your way in here.

Pause for a moment. Reflect on what is good in your life; the blessings for which you wish to thank God. *Pause*

Reader 3

Now reflect on those things that are negative in your life. Remember perhaps someone you have hurt, or something that has hurt you, that you find difficult to let go of. See in this moment a time of grace; a time for a new beginning. Hand your worries over to God. Trust Him, and trust that all *will* be well.

Leader

Imagine that all of these things are somehow transferred to the stone in your hand.

Over the next little while - this class, a day, or a few days, - hold your stone; carry your stone in your pocket; pray about the things you are entrusting to God; reflect on your relationship with God.

Open the door of your heart and invite God to fill it with his love.

When you are ready, return your stone here to what will become our 'Mountain of Mercy'. The space in our school where we can lay down our burdens; leave them in God's hands. A space where we can decide to allow God's love to change our hearts so that we will always care for others and be forgiving, merciful and just in our daily lives.

Scripture Reading (Reader 1)

Always aim at what is best for each other and for everyone. Always be joyful; pray constantly and for all things give thanks; this is the will of God for you in Jesus Christ.

1 Thessalonians 5:15-18

Sing: : (Just the refrain)

Misericordes sicut Pater:

Misericordes sicut Pater.

X 3



Gospel Reading (Reader 2)

Jesus said to the disciples, "Be merciful, just as your Father is merciful. Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

Luke 6:36-38.

Leader

As our 'mountain' of stones grows during Lent we are also invited to come to the prayer room, to pick up a stone which someone else has left here, and to pray for that person. When we have done so we return the stone to the collection. At the end of term some of the stones here will be brought to the Parish Church, and during Holy Week a Parish Stone will be brought to the Cathedral of the Assumption in Carlow for the Chrism Mass. In this way all the intentions brought to all the Mountains of Mercy will be represented there.

Prayer

R1

As you hold your stone look at it, notice how it feels in your hand.

We pray today that our hearts may never be hearts of stone. Help us always to be alert to the needs of others and willing to help them along the way. We pray to the

Lord *R: Lord hear our prayer*

R2

Lord give us the grace, to look into our own hearts and to reflect honestly on what we find there. Fill them with your love.

We pray to the Lord. *R: Lord hear our prayer*

R3

Pope Francis says: “A little mercy makes the world less cold and more just”. Lord we pray that our hearts may be open to bringing the warmth of your love to our world.

We pray to the Lord *R: Lord hear our prayer.*

Leader: Let us pray together

Our Father ...



Together we pray ...



God our Father,
Help us always to remember that, through our Baptism, you have brought us to new life in Christ.

We ask you to change our hearts as we journey through the 40 days of Lent.

Help us to see Jesus in everyone we meet and to serve him in each other; in the poor, the sick and the lonely.

By the grace of your Holy Spirit may our prayers and Lenten sacrifices help us to grow closer to each other and to you,
As one family in Jesus

We make our prayer through Christ our Lord Amen.

