

## Lent Yr C

### Resource Ideas

## An Examen Of Consciousness For Each Week In Lent C



Image from LiturgyRitualPrayer.com

*These statements adapted from the Gospel of each Sunday in Lent C may act as starters for sharing or journaling throughout Lent this year. Spend a few minutes imagining yourself in these situations (bold type) and then answer the related questions.*

#### **WEEK 1**

**Where is the desert of your life – the desert where your faith and your integrity are tested?**

Reflect on: What are the great temptations in my life at the present time?  
Which of the temptations faced by Jesus  
– material security, power, or prestige – bites deepest within me?

#### **WEEK 2**

**Imagine that you are with Peter on the mountain of the Transfiguration.**

Reflect on: In what ways do I try to balance prayer and action in my everyday life?  
Do I recognise the sacred in the 'ordinary' people and events of my life?  
When have I failed to treat someone with respect and sensitivity?

#### **WEEK 3**

**Imagine that you are the fig tree, about to be cut down!**

Reflect on: What 'fruit' have I borne in my life?  
Do I sometimes 'take' more from life, or from people, than I give back?  
Am I willing to spend time and effort in nurturing others?  
Do I nurture and nourish my own inner life and my own personal growth?

#### **WEEK 4**

**You are the father (or mother) who lovingly welcomes your wayward son home!**

Reflect on: Am I able to forgive freely and generously from my heart  
or do I allow anger and resentment to cloud my vision?  
How affected am I by jealousy and resentment  
whenever I see the good fortune of others?

#### **WEEK 5**

**You are the woman about to be stoned!**

Reflect on: Have I ever been too hasty in my judgement and condemnation of others?  
Is there someone in my life at present whom I put "on the outer"?

*After you have finished writing/sharing, finish with this little prayer:*

Loving God, Source of our life,  
you know our weakness.  
We reach out with joy to grasp your hand,  
to walk more readily in your ways.  
We make our prayer through Christ our Lord. Amen.