

Lenten Reflection for the Week of February 21, 2016 – Sr. Elyse Staab, DC

SCRIPTURE READINGS

Genesis 15: 5-12, 17-18	<i>“Abram put his faith in the Lord, who credited it to him as an act of righteousness.”</i>
Psalms 27: 1, 7-8, 8-9, 13-14	<i>“The Lord is my light and my salvation...”</i>
Philippians 3: 17-4:1	<i>“...our citizenship is in heaven...”</i>
Luke 9: 28b-36	<i>“Lord, it is good for us to be here.”</i>

REFLECTION

Take time to slowly read the Scripture passages for today. In a quiet, prayerful place, reflect on the following:

In our readings today we are encouraged to

- **LISTEN** to God, as Abram did in the first reading, **BELIEVING** in his word and in his promises.
 - How do you listen to God in your life? What helps you to do this?
 - Reflect on a time when God has been faithful to his promise to you. Spend time in thanksgiving for this blessing.
- **SEEK** God's presence as the psalmist exhorts us (Psalm 27).
 - Where do you find God's presence in your life?
 - How do you bring God's presence to others?
- **STAND FIRM** as Paul encourages us in the face of the cross.
 - What challenges you most in standing firm in your faith?
 - Talk to God about this and ask for his strength to be faithful.
- **TRUST AND DO NOT FEAR** – At first Peter cried out, “Master, it is good for us that we are here...” as he witnessed Jesus' transfiguration and the appearance of Moses and Elijah, but he became frightened when the cloud came and cast a shadow over them.
 - What are the clouds that sometime cast shadows in your life? Talk to God about them.
 - Are you able to find God in the darkness as well as in the light?

PRAYER

Father of light, in you is found no shadow of change but only the fullness of life and limitless truth. Open our hearts to the voice of your Word and free us from the original darkness that shadows our vision. Restore our sight that we may look upon your Son who calls us to repentance and a change of heart, for he lives and reigns with you forever.

TRY THIS TODAY/THIS WEEK

In your circle of family, friends, co-workers, people to whom you minister, who might need a word of comfort from you? Who might need someone with whom to share their faith? Who might need someone to whom they can unburden a weighty problem? Who might need someone to invite them back into the fold of community? Who might need to be forgiven or ask forgiveness? Can you be that person for them? Can you pray for them? call or visit them? invite them out for lunch or coffee? Where is God directing your prayer and your steps during this week of Lent? How will you respond?