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| Preparing for Easter  Week Five: 7th April 2020 |
| Hallelujah. Moyers, Mike |
| **As we continue our journey to Easter and enter Holy Week**, let us take this opportunity to reflect on the journey so far. As these uncertain and difficult times continue to challenge us in so many ways, may we be with Jesus in his suffering this week, knowing he is with us in ours as we pray, together but apart. |
| **Praying over the Lenten series – another approach to the Examen**  This week’s prayer is an opportunity to look back over the four weeks of our Lenten series. Based on the Examen, a prayer from the Spiritual Exercises of St Ignatius, the purpose is to become more aware of the ways in which God has been present to you, the times when the Holy Spirit was drawing you towards life. You might want to begin by reminding yourself of the various texts from the four weeks.  Begin by taking time to come into stillness, aware that you are in the presence of God.  Ask God to show you what it would be most helpful to see. Ask for God’s light as you review the weeks of our Lenten journey. What does God want you to notice as you look back? What does God want you to take forward as you journey on from here? |

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| Read through the following passage. How has what St Paul speaks of been true for you during our times of prayer?  *‘May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercise for us believers.’ (Ephesians 1:17-19)*  Gently let the weeks of our Lenten series re-play before your mind’s eye…..  Which scripture passages, poems, words, images or phrases stood out for you?  Which capture something important for you to remember from these four weeks?  What themes emerged for you? Perhaps things came up more than once. Perhaps  something accompanied your journey in these difficult and uncertain times.  What has been stirring in you?  What feels important for you to come back to in prayer in the coming days and weeks?  End by speaking with God, as one friend speaks to another, about all that you have experienced in this prayerful review. Let this part of your prayer go where it will, leading you into thanksgiving, or asking for further gifts that you need from God, or perhaps simply into a companionable silence. |
| ***The Bright Field***  *I have seen the sun break through to illuminate a small field for a while,*  *and gone my way and forgotten it.*  *But that was the pearl of great price,*  *the one field that had the treasure in it.*  *I realise now that I must give all that I have to possess it.*  *Life is not hurrying on to a receding future,*  *nor hankering after an imagined past.*  *It is the turning aside like Moses to the miracle of the lit bush, to a brightness that*  *seemed as transitory as your youth once,*  *but is the eternity that awaits you.*  (R.S. Thomas) |
| **Further resources:**   * Jesuits in Britain Lenten Retreat 2020: Journey into Freedom   <https://www.pathwaystogod.org/lent-retreat-2020>   * World Community for Christian meditation (WCCM): Fr Laurence Freeman Daily Reflections for Lent   <http://www.wccm.org/content/subscribe-now-receive-lent-reflections-laurence-freeman>   * *Intimacy with God*, Thomas Keating. * *Finding your Hidden Treasure*, Benignus O’Rourke. |