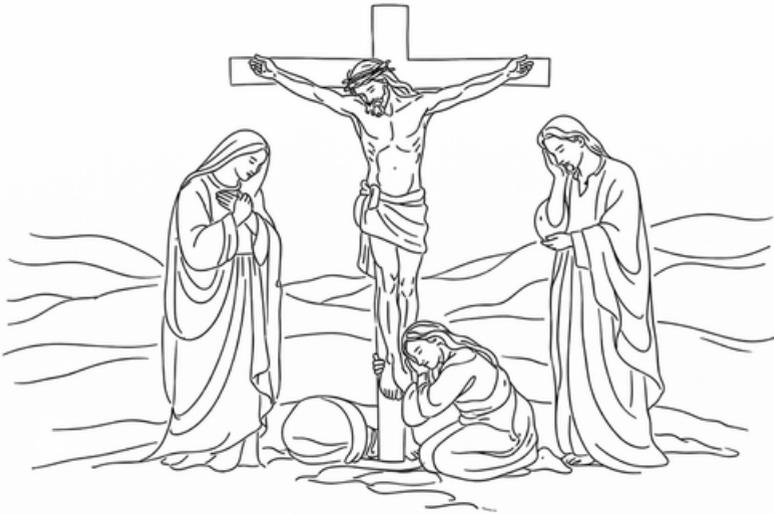


Holy Week

BEHOLD THE CRUCIFIED

In Holy Week, we walk with Jesus through His Passion and death.
We behold the love that gives itself completely, the mercy poured out
on the Cross for the salvation of the world.

As we enter the silence of these sacred days, we are invited to remain
with Christ, trusting that love stronger than death
will lead us to new life.



LOVE Poured OUT FOR THE WORLD.

How to pray with Lectio Divina

Lectio Divina means “Divine Reading.”

It is a gentle way of praying with Scripture — listening with the heart.

1. LECTIO — READ

~ Receive the Word

Read the passage slowly. Notice a word or phrase that stands out.

2. MEDITATIO — REFLECT

~ Reflect on the Word

Ponder it. What might God be saying to you today?

3. ORATIO — RESPOND

~ Respond to the Word

Speak to God — in gratitude, sorrow, desire, or trust.

4. CONTEMPLATIO — REST

~ Rest in the Word

Be still. No words. Just sit in God’s presence.

5. ACTIO — LIVE IT

~ Live the Word

Let the Word take flesh in your life today. What can you do differently?

Journaling during Lent

Some people find it helpful to keep a small journal, noting a word, thought, or moment of grace from your prayer. Journaling is another way of listening, a way of allowing the Word to remain with you and settle more deeply in your heart.

And at the end of these weeks, even a few small notes can help you see where God has been quietly at work. Let it be simple. Let it help you notice.

Daily Rhythm for Prayer

1. READ THE REFLECTION SLOWLY

Let one thought or phrase touch your heart.

2. PRAY THE SHORT PRAYER

Allow it to become your prayer for the moment.

3. SIT FOR A QUIET PAUSE

Let the reflection settle. Hold a moment of stillness with God.

4. CARRY THE ACTION LIGHTLY INTO THE DAY

Not as a duty, but as an openness: *“Lord, show me the right moment for this.”*

Let each day be simple. Let it unfold gently. Behold the Lord with you.

Lenten Companion Prayers

BEHOLD I LISTEN

To be said before reading Scripture

Lord Jesus,
present and attentive,
quiet my heart before Your Word.
As I listen to the Gospel,
teach me to recognise Your voice
and to receive what You desire to give.
Amen.

BEHOLD I BEGIN

Daily opening prayer

Jesus, humble and hidden,
I place this day before You.
As I journey through Lent,
teach me to slow down and make room.
Be with me in the places
where my heart most longs for You.
Amen.

BEHOLD I RESPOND

Daily closing prayer

Jesus, Bread of Life,
help me live what I have received.
Shape my words, my actions, and my choices,
that I may carry Your presence
into my family, my relationships, my work,
and wherever love is needed.
Amen.

Holy Week Reflections



“See, brothers, the humility of God.”
— St Francis of Assisi

Francis was deeply moved by the humility of Christ. He saw in Jesus not a distant king, but a God who chose littleness and closeness. This vision shaped everything about him. As we enter Holy Week, Francis draws our attention to the humble love of Christ, who comes not in power, but in mercy.

PALM SUNDAY **BEHOLD THE KING WHO IN HUMILITY**

Jesus enters Jerusalem not in power, but in gentleness. The crowds welcome Him, yet the shadow of the Cross already falls across the road ahead.

Prayer: *Jesus, help me welcome You as my King.*

Action: Begin Holy Week slowly and prayerfully.

MONDAY OF HOLY WEEK **BEHOLD THE ANOINTED ONE**

Love is poured out in quiet devotion.

Mary anoints Jesus in an act of extravagant love, preparing Him for what is to come.

Prayer: *Jesus, receive my offering of love.*

Action: Offer a quiet act of devotion today.

TUESDAY OF HOLY WEEK **BEHOLD THE FAITHFUL SERVANT**

Christ walks forward with unwavering love, even as betrayal draws near.

Prayer: *Jesus, help me remain faithful to You.*

Action: Stay close to Christ in prayer today.

WEDNESDAY OF HOLY WEEK BEHOLD THE BETRAYED

Even in betrayal, Jesus does not withdraw His love.
He remains faithful when others fall away.

Prayer: *Lord, remain with me in my weakness.*

Action: Bring your failures to God with trust.

HOLY THURSDAY BEHOLD THE GIFT OF THE EUCHARIST

Jesus gives Himself completely and remains with us.
In the Upper Room, He offers His Body and Blood and teaches us the way of humble love.

Prayer: *Jesus, thank You for giving Yourself to us.*

Action: Spend time in gratitude before the Blessed Sacrament.

GOOD FRIDAY BEHOLD THE CRUCIFIED

Love is revealed fully upon the Cross.
Here, Christ gives everything.

Prayer: *Jesus, I remain with You at the Cross.*

Action: Observe the day with reverence, fasting, and prayer.

HOLY SATURDAY BEHOLD THE SILENCE

The world grows still.
Hope waits in the quiet.

Prayer: *Lord, teach me to wait with hope.*

Action: Keep watch with quiet prayer.

EASTER SUNDAY BEHOLD THE RISEN LORD

The tomb is empty.
Christ is risen.
Love has conquered death.

Prayer: Risen Jesus, fill my heart with Your life and joy.

Action: Rejoice and give thanks — Christ is alive.

Daily Opening and Closing Prayers, pg 6

A PRAYER TO END LENT

BEHOLD THE RISEN LORD

Lent has been a journey of returning.
A quiet turning of the heart toward Christ.

We have beheld Him in weakness and mercy,
in silence and sacrifice,
and at the Cross where love was poured out.

Now we behold Him risen.

The One who walked with us through Lent remains with us still —
present, faithful, and near. *Our Eucharistic Lord.*

And the invitation continues:
to behold Him, to remain with Him,
and to carry His life into the days ahead.

Take a quiet moment now:

- Where did I encounter Christ most deeply this Lent?
- What has changed in my heart?
- What is Jesus inviting me into now?
- How will I remain close to Him beyond this season?

Let the journey continue.

*Jesus, risen and living Lord,
thank You for walking with me through this Lent.
Remain with me now.
Teach me to behold You in the Eucharist,
to trust You in every season,
and to follow You with a renewed heart.
Jesus, I behold You. Jesus, I trust You. Jesus, I belong to You.
Amen.*



“My brothers, let us give thanks to God, for He is good.”

— St Francis of Assisi

Joy marked the life of Francis, even in suffering. He spoke of “perfect joy” not as happiness, but as belonging completely to Christ, whatever came. For Francis, joy was found not in comfort, but in communion with the Lord.

The Resurrection reveals the source of that joy.
Christ is alive. Death is not the end. And in Him, joy rises again.

Sacrament of Reconciliation

Lent is a season of returning. Again and again, God calls us back — not with condemnation, but with mercy.

The Sacrament of Reconciliation is one of the greatest gifts of the Church. Here, we encounter Jesus personally. Not as judge, but as healer. Not to shame us, but to restore us.

No matter how long it has been, no matter what we carry, Christ is ready to receive us.

He is gentle. He is faithful. He is waiting.

To come to Reconciliation is not to dwell on sin, but to behold mercy.

WHY GO TO RECONCILIATION?

- To experience God's forgiveness personally
- To begin again with a lighter heart
- To receive grace to grow in holiness
- To be restored to peace and communion

This is not about being perfect. It is about coming home.

TAKE THE STEP

If it has been a long time, do not be afraid.

Priests are there to welcome you with compassion.

Come as you are.

Bring what you carry.

Christ will meet you there.

Look out for extended Reconciliation times during Lent at your parish and nearby churches, and consider attending a Lenten Reconciliation service if one is offered.

Behold His mercy.

And begin again.

A SIMPLE EXAMINATION OF CONSCIENCE

Take a few quiet moments before God and ask:

Love of God

- Have I made space for prayer in my life?
- Have I trusted God in difficulty?
- Have I honoured the Lord's Day?

Love of neighbour

- Have I been patient and kind?
- Have I spoken harshly, judged others or held onto resentment?
- Have I failed to love when I had the opportunity?

Faithfulness of life

- Have I cared for the life God has given to me?
- Have I chosen what leads me closer to Christ?
- Have I turned away from what I know is good?

Let the Holy Spirit guide you gently.
You do not need to search anxiously.
Simply be honest.

ACT OF CONTRITION

Lord Jesus,
I am sorry for my sins.
With all my heart, I turn back to You.
Thank You for Your mercy and love.
Help me to walk in Your ways,
to sin no more,
and to trust in Your grace.
Amen.



“Let us begin again, brothers, for up to now we have done little or nothing.” — St Francis of Assisi

St Francis knew the joy of beginning again. He never saw conversion as a single moment, but a lifelong return to God's mercy. Francis reminds us that holiness is not about never falling, but about always returning to Christ.