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## Rest in the presence of God

Looking at the image, reflecting again on the Gospel as, 'God has spoken to me. What do I reply?'

Spend a period in silent reflection, maybe set a timer for a minute or two.

Respond to what God has said through the passage read and even through the echoes we have heard in our own hearts.

## Prepare to return to the world

As the period of reflection ends, pray in the words Jesus taught us.

Our Father, who art in heaven,

hallowed be thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil.

Amen



The artist focuses on Jesus and Mary, not the room full of people, including Lazarus and Judas.

When we first encounter Mary, she is sitting at Jesus' feet listening to the consternation of her sister Martha.

What does Mary of Bethany teach us?

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# Catholic Parishes of Garstang & Scorton

Holy Week Reflection at Home

Monday 29th March 2021



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## Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The method presented here is adapted from a technique described by Ignatius Loyola in his *Spiritual Exercises*. Jesuits practice the Examen twice daily—at noon and at the end of the day.

This is a version of the five-step Daily Examen that St. Ignatius practiced.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.



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## Gospel

John 12:1-11

### **'She had to keep this scent for the day of my burial'**

Six days before the Passover, Jesus went to Bethany, where Lazarus was, whom he had raised from the dead. They gave a dinner for him there; Martha waited on them and Lazarus was among those at table. Mary brought in a pound of very costly ointment, pure nard, and with it anointed the feet of Jesus, wiping them with her hair; the house was full of the scent of the ointment. Then Judas Iscariot – one of his disciples, the man who was to betray him – said, 'Why wasn't this ointment sold for three hundred denarii, and the money given to the poor?' He said this, not because he cared about the poor, but because he was a thief; he was in charge of the common fund and used to help himself to the contributions. So Jesus said, 'Leave her alone; she had to keep this scent for the day of my burial. You have the poor with you always, you will not always have me.'

Meanwhile a large number of Jews heard that he was there and came not only on account of Jesus but also to see Lazarus whom he had raised from the dead. Then the chief priests decided to kill Lazarus as well, since it was on his account that many of the Jews were leaving them and believing in Jesus.

*The Gospel of the Lord.*

### **Reflect**

#### **What does the Gospel say to me?**

God has willed me to be here, now, today, for a reason. Now is the time to reflect, and find that reason, and hear what God has chosen to tell me.

- **What has drawn my attention or struck me in some way?** *Re-read the passage slowly, what words, actions or characters strike you?*

- **Why? Was it a person? A word? A situation? A gesture?** *Who do you notice in the passage. Let your attention rest on each character, their words or actions.*

- **What is God saying to me through these words, here and now, today?** *Listen to the words of the Gospel with your heart.*