
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.*

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. Rest in the presence of God

Respond to what God has said through the passage read and through our own hearts.

Prepare to return to the world

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

Our Father ...



The Last Supper from the Cathedral of Sancti Spíritus, Cuba

Where is the artist focusing attention? What phrases from today's Gospel speak to this image?

Notice the figure of Judas. The artist does not draw attention to Peter's betrayal.

Catholic Parishes of Garstang & Scorton

Holy Week Reflection at Home

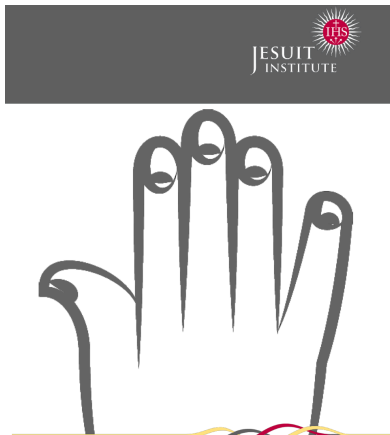
Tuesday 30th March 2021



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. It is a way of preparing to listen to the Word. Today's method is one using the fingers of the hand to focus thoughts and reflections.

1. Thumb - What has been good?
2. Index finger - What has pointed to God in your life today?
3. Middle finger - What has stood out today, good or bad?
4. Ring finger - Think about your promises and responsibilities, where do you need God's help?
5. Little finger - What small change can you make?



Gospel

John 13:21-33,36-38

'What you are going to do, do quickly'

While at supper with his disciples, Jesus was troubled in spirit and declared, 'I tell you most solemnly, one of you will betray me.' The disciples looked at one another, wondering which he meant. The disciple Jesus loved was reclining next to Jesus; Simon Peter signed to him and said, 'Ask who it is he means', so leaning back on Jesus' breast he said, 'Who is it, Lord?' 'It is the one' replied Jesus 'to whom I give the piece of bread that I shall dip in the dish.' He dipped the piece of bread and gave it to Judas son of Simon Iscariot. At that instant, after Judas had taken the bread, Satan entered him. Jesus then said, 'What you are going to do, do quickly.' None of the others at table understood the reason he said this. Since Judas had charge of the common fund, some of them thought Jesus was telling him, 'Buy what we need for the festival', or telling him to give something to the poor. As soon as Judas had taken the piece of bread he went out. Night had fallen.

When he had gone Jesus said:

'Now has the Son of Man been glorified, and in him God has been glorified.

If God has been glorified in him, God will in turn glorify him in himself, and will glorify him very soon.

'My little children, I shall not be with you much longer.

You will look for me, And, as I told the Jews, where I am going, you cannot come.' Simon Peter said, 'Lord, where are you going?' Jesus replied, 'Where I am going you cannot follow me now; you will follow me later.' Peter said to him, 'Why can't I follow you now? I will lay down my life for you.' 'Lay down your life for me?' answered Jesus. 'I tell you most solemnly, before the cock crows you will have disowned me three times.'

The Gospel of the Lord.

Re-read the Gospel passage slowly, perhaps asking the questions overleaf.