
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 the feelings 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 ...



James Tissot 'La Cène. Judas met la main dans le plat' (The Last Supper: Judas Dipping his Hand in the Dish)

The image is taken from a larger picture and shows the moment Judas dips his hand into the dish with Jesus, identifying him as the traitor.

St. John the "beloved disciple," lays his head on Jesus' shoulder, as is traditional in scenes of the Last Supper. By contrast, Judas, across the table, is already distanced from Jesus, spatially as well as spiritually. And while all the rest of the company wears white, Judas' robes are darkened.

When have you felt distanced from Jesus?

Catholic Parishes of Garstang & Scorton

Holy Week Reflection at Home

Wednesday 31st March 2021



Examen

St Ignatius' use of the concepts of spiritual consolation and desolation are critical to understanding and practising the examen.

Consolation is when something is deeply and genuinely good for us, good for our souls, leads us towards God and away from our selfish preoccupations. Desolation is when something is not good for us, and leads us to substitute other things in place of God.

Spend 10 minutes praying the Examen

1 Give thanks - Spend a few moments in gratitude for the gifts and blessings of the day.

2 Ask God to enlighten you, showing where he has been at work and present in your day through events, people and places.

3 Examine the day - Review the moments of the day, noticing what has led to consolation and what has led to desolation.

4 Seek forgiveness

5 Resolve to change - Consider where each day you can focus your life on God and experience consolation.

Gospel

Matthew 26:14-25

'The Son of Man is going to his fate, as the scriptures say he will'

One of the Twelve, the man called Judas Iscariot, went to the chief priests and said, 'What are you prepared to give me if I hand him over to you?' They paid him thirty silver pieces, and from that moment he looked for an opportunity to betray him.

Now on the first day of Unleavened Bread the disciples came to Jesus to say, 'Where do you want us to make the preparations for you to eat the passover?' 'Go to so-and-so in the city' he replied 'and say to him, "The Master says: My time is near. It is at your house that I am keeping Passover with my disciples."' The disciples did what Jesus told them and prepared the Passover.

When evening came he was at table with the twelve disciples. And while they were eating he said 'I tell you solemnly, one of you is about to betray me.' They were greatly distressed and started asking him in turn, 'Not I, Lord, surely?' He answered, 'Someone who has dipped his hand into the dish with me, will betray me.'

The Son of Man is going to his fate, as the scriptures say he will, but alas for that man by whom the Son of Man is betrayed! Better for that man if he had never been born!' Judas, who was to betray him; asked in his turn, 'Not I, Rabbi, surely?' 'They are your own words' answered Jesus.

The Gospel of the Lord.

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

You may want to compare St. Matthew's account of the betrayal of Judas with St. John's, read yesterday.

John draws our attention to Peter, Judas is not the only one who betrays Our Lord. Where does Matthew focus our attention?

Judas receives 30 pieces of silver - János Pentelei Molnár

