
Christ Crucified

The image is of a Trinity crucifixion. Notice that the artist depicts the nails going through the hand of God the Father as he holds up the cross.

Reflect on this picture. What do you notice?

Perhaps read the words of St. Augustine or psalm 85 as a way to reflect on the humanity and divinity of Christ.

“He prays for us as our priest, he prays in us as our head, he is the object of our prayers as our God...Our thoughts must then be awakened to keep their vigil of faith. We must realise that the one whom we were contemplating a short time before in his nature as God took to himself the nature of a servant; he was made in the likeness of men and found to be a man like others; he humbled himself by being obedient even to accepting death; as he hung on the cross he made the psalmist’s words his own: My God, my God, why have you forsaken me?”

We pray to him as God, he prays for us as a servant. In the first case he is the Creator, in the second a creature. Himself unchanged, he took to himself our created nature in order to change it, and made us one man with himself, head and body. We pray then to him, through him, in him, and we speak along with him and he along with us.” - St Augustine on Psalm 85



Trinity by Leandro Bassano 1557-1622

Catholic Parishes of Garstang & Scorton

Holy Week Reflection at Home

Friday 2nd April 2021



Examen: Four simple steps:

1. **Replay** - think over your day like a film replaying in your head. Notice what you are noticing. What made you happy? What made you anxious? What made you angry?
2. **Rejoice** - thank God for those things which are obvious. But also thank Him for non-obvious things which we sometimes forget - random acts of kindness, being healthy, a positive song or meal. Relish and savour these moments in gratitude to God.
3. **Repent** - say sorry to God for moments that come to into your mind as you review the day e.g., getting involved in gossip, reacting with a tone that was aggressive, lacking compassion in a situation, ignoring a need, not responding to a nudge. Receive His forgiveness afresh.
4. **Reboot** – make a decision in your heart to live for Jesus tomorrow and ask for grace to see His presence more clearly.

The different ways of exploring the Examen this week explore different ways of dialoging with God in friendship – holding the practice in context of relationship. This helps Praying the Examen become a habit but not a routine.

Reading

Hebrews 4:14-16, 5:7-9

‘The Lord burdened him with the sins of all of us’

Since in Jesus, the Son of God, we have the supreme high priest who has gone through to the highest heaven, we must never let go of the faith that we have professed. For it is not as if we had a high priest who was incapable of feeling our weaknesses with us; but we have one who has been tempted in every way that we are, though he is without sin. Let us be confident, then, in approaching the throne of grace, that we shall have mercy from him and find grace when we are in need of help.

During his life on earth, he offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

The Word of the Lord

Reflect

What does the reading 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, images or phrases strike you?

Why? Was it a word? An image? St. Paul wrote to the first Christian communities. What do his words say to us today?

Notice how St. Paul draws us to the humanity of Jesus.

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 ...

