
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 ...



Catholic Parishes of Garstang & Scorton

Holy Week Reflection at Home

Thursday 1st April 2021



Examen

Begin with a pause and a slow, deep breath or two; become aware of the presence of the Holy Spirit

Thanksgiving

What am I especially grateful for in the past day . . .

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The gift of another day...

The love and support I have received...

The courage I have mustered...

An event that took place today...

Petition

I am about to review my day; I ask for the light to know God and to know myself as God sees me.

Review

Where have I felt true joy today?

What has troubled me today?

What has challenged me today?

Where and when did I pause today?

Have I noticed God's presence in any of this?

Response

In light of my review, what is my response to the God of my life?

A Look Ahead

As I look ahead, what comes to mind?

With what spirit do I want to enter tomorrow?

Gospel

John 13:1-15

Now he showed how perfect his love was

It was before the festival of the Passover, and Jesus knew that the hour had come for him to pass from this world to the Father. He had always loved those who were his in the world, but now he showed how perfect his love was.

They were at supper, and the devil had already put it into the mind of Judas Iscariot son of Simon, to betray him. Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from table, removed his outer garment and, taking a towel, wrapped it round his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing.

He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'At the moment you do not know what I am doing, but later you will understand.' 'Never!' said Peter 'You shall never wash my feet.' Jesus replied, 'If I do not wash you, you can have nothing in common with me.' 'Then, Lord,' said Simon Peter 'not only my feet, but my hands and my head as well!' Jesus said, 'No one who has taken a bath needs washing, he is clean all over. You too are clean, though not all of you are.' He knew who was going to betray him, that was why he said, 'though not all of you are.'

When he had washed their feet and put on his clothes again he went back to the table. 'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.'

The Gospel of the Lord.

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

You may like to spend a little time looking at Sieger Köder's painting of Jesus washing Peter's feet. Jesus kneels before Peter like a servant, though the sacred nature of the task is emphasised by the striped Jewish prayer-shawl over his head. The soles of his feet are turned towards the viewer. He is vulnerable. Jesus' face is hidden and can only be seen as a reflection in the water, which is already cloudy and muddy from use.

After Jesus has washed the feet of all the disciples, Jesus asks them, 'Do you know what I have done to you?'

Looking at our own lives, can we recognise what Jesus has done for us?