

BEHOLD

A LENTEN COMPANION

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INTRODUCTION

BEHOLD - LENT CENTRED ON JESUS CHRIST, OUR EUCHARISTIC LORD

Lent is a season of grace.

A sacred time when the Church invites us to slow down, to turn again toward God, and to allow our hearts to be gently reshaped by love. It is not a season of striving or self-perfection, but of return — a returning of the heart to what matters most.

At the centre of this journey is Jesus Christ, our Eucharistic Lord. The One who calls us to repentance is the same Lord who gives Himself to us as Bread. He comes close to us as we are, inviting us to behold Him and to be changed by His love.

This companion invites us into a simple posture for Lent: to behold Christ. It is not about adding more to the season, but about learning to remain with Him and allowing His Eucharistic presence to shape our hearts and our lives as we journey toward Easter.

As we lift our eyes toward Him, we discover that conversion begins not with effort alone, but with encounter, and that communion with Him is renewed again and again in the Eucharist.

May this journey help us return again and again to Jesus Christ, our Eucharistic Lord, and be renewed by His mercy and love.



During this Franciscan Jubilee Year, the Church also recalls the quiet witness of St Francis of Assisi — a man who learned to keep his eyes fixed on Christ, especially Christ crucified and present in the Eucharist. In this Jubilee year, we draw from his life as a gentle guide for the journey, offering a brief weekly reflection that points always beyond Francis to Jesus, the One he loved above all else.

How to use this Lenten Companion

This is designed to help you slow down, make space, and remain with Jesus, especially as He is present to us in the Eucharist. It is intentionally simple, flexible, and contemplative, shaped by Scripture and the Church's call to conversion, prayer, and mission.

You can use it in several ways:

FOR PERSONAL PRAYER

- During the week, prepare for Sunday Mass by praying with the Gospel using Lectio Divina.
- Sit with the daily reflections and prayers from Monday to Saturday, allowing them to lead you gently into deeper attentiveness to Christ.
- Each day includes a small mission action, an invitation to carry the presence of Jesus into your daily life through simple acts of love, mercy, and faithfulness.
- If possible, create a small prayer space in your home, perhaps with a Bible, a candle, or a crucifix, to help you remain focused and recollected.

FOR FAMILIES

- Read the Sunday Gospel together and take a moment of quiet reflection.
- Choose one or two days during the week to pray the daily reflection together as a family.
- Invite children to share simply: "Where can Jesus be close to me today?"
- Allow the mission action to become something you practise together through kindness, forgiveness, or service.

FOR PARISH GROUPS / SMALL COMMUNITIES

- Use the Sunday Gospel reflection as the centre of your gathering.
- Invite participants to share a word or phrase from the Gospel that stayed with them.
- Allow time for silence, remembering that Lent forms us as much through stillness as through words.
- End by choosing one mission action to carry into your family life, workplace, parish, or community, wherever Christ is inviting you to bear His presence.

How to pray with Lectio Divina

Lectio Divina means “Divine Reading.”

It is a gentle way of praying with Scripture — listening with the heart.

1. LECTIO — READ

~ Receive the Word

Read the passage slowly. Notice a word or phrase that stands out.

2. MEDITATIO — REFLECT

~ Reflect on the Word

Ponder it. What might God be saying to you today?

3. ORATIO — RESPOND

~ Respond to the Word

Speak to God — in gratitude, sorrow, desire, or trust.

4. CONTEMPLATIO — REST

~ Rest in the Word

Be still. No words. Just sit in God’s presence.

5. ACTIO — LIVE IT

~ Live the Word

Let the Word take flesh in your life today. What can you do differently?

Journaling during Lent

Some people find it helpful to keep a small journal, noting a word, thought, or moment of grace from your prayer. Journaling is another way of listening, a way of allowing the Word to remain with you and settle more deeply in your heart.

And at the end of these weeks, even a few small notes can help you see where God has been quietly at work. Let it be simple. Let it help you notice.

Daily Rhythm for Prayer

1. READ THE REFLECTION SLOWLY

Let one thought or phrase touch your heart.

2. PRAY THE SHORT PRAYER

Allow it to become your prayer for the moment.

3. SIT FOR A QUIET PAUSE

Let the reflection settle. Hold a moment of stillness with God.

4. CARRY THE ACTION LIGHTLY INTO THE DAY

Not as a duty, but as an openness: *“Lord, show me the right moment for this.”*

Let each day be simple. Let it unfold gently. Behold the Lord with you.

Lenten Companion Prayers

BEHOLD I LISTEN

To be said before reading Scripture

Lord Jesus,
present and attentive,
quiet my heart before Your Word.
As I listen to the Gospel,
teach me to recognise Your voice
and to receive what You desire to give.
Amen.

BEHOLD I BEGIN

Daily opening prayer

Jesus, humble and hidden,
I place this day before You.
As I journey through Lent,
teach me to slow down and make room.
Be with me in the places
where my heart most longs for You.
Amen.

BEHOLD I RESPOND

Daily closing prayer

Jesus, Bread of Life,
help me live what I have received.
Shape my words, my actions, and my choices,
that I may carry Your presence
into my family, my relationships, my work,
and wherever love is needed.
Amen.

Sacrament of Reconciliation

Lent is a season of returning. Again and again, God calls us back — not with condemnation, but with mercy.

The Sacrament of Reconciliation is one of the greatest gifts of the Church. Here, we encounter Jesus personally.

Not as judge, but as healer. Not to shame us, but to restore us.

No matter how long it has been, no matter what we carry, Christ is ready to receive us.

He is gentle. He is faithful. He is waiting.

To come to Reconciliation is not to dwell on sin, but to behold mercy.

WHY GO TO RECONCILIATION?

- To experience God's forgiveness personally
- To begin again with a lighter heart
- To receive grace to grow in holiness
- To be restored to peace and communion

This is not about being perfect. It is about coming home.

TAKE THE STEP

If it has been a long time, do not be afraid.

Priests are there to welcome you with compassion.

Come as you are.

Bring what you carry.

Christ will meet you there.

Look out for extended Reconciliation times during Lent at your parish and nearby churches, and consider attending a Lenten Reconciliation service if one is offered.

Behold His mercy.

And begin again.

A SIMPLE EXAMINATION OF CONSCIENCE

Take a few quiet moments before God and ask:

Love of God

- Have I made space for prayer in my life?
- Have I trusted God in difficulty?
- Have I honoured the Lord's Day?

Love of neighbour

- Have I been patient and kind?
- Have I spoken harshly, judged others or held onto resentment?
- Have I failed to love when I had the opportunity?

Faithfulness of life

- Have I cared for the life God has given to me?
- Have I chosen what leads me closer to Christ?
- Have I turned away from what I know is good?

Let the Holy Spirit guide you gently.
You do not need to search anxiously.
Simply be honest.

ACT OF CONTRITION

Lord Jesus,
I am sorry for my sins.
With all my heart, I turn back to You.
Thank You for Your mercy and love.
Help me to walk in Your ways,
to sin no more,
and to trust in Your grace.
Amen.



“Let us begin again, brothers, for up to now we have done little or nothing.” — St Francis of Assisi

St Francis knew the joy of beginning again. He never saw conversion as a single moment, but a lifelong return to God's mercy. Francis reminds us that holiness is not about never falling, but about always returning to Christ.

Ash Wednesday to the First Sunday of Lent

BEHOLD AND RETURN

The opening days of Lent invite us to begin again.

Marked with ashes, we are reminded of both our fragility and our belonging. We are dust, yet deeply loved.

This first movement of Lent is not about getting things right, but about returning — returning to God with honesty, humility, and trust.

As we begin this season, we are invited simply to behold Christ and to return to Him, confident that His mercy goes before us and His grace will sustain us.



A HEART THAT TURNS BACK TO GOD.

GOSPEL FOR ASH WEDNESDAY
MATTHEW 6:1-6, 16-18

Ash Wednesday Gospel

MATTHEW 6:1-6, 16-18

"Your Father who sees in secret will repay you."

Jesus said to his disciples:

"Take care not to perform righteous deeds
in order that people may see them;
otherwise, you will have no recompense from your heavenly Father.

When you give alms,
do not blow a trumpet before you,
as the hypocrites do in the synagogues and in the streets
to win the praise of others.

Amen, I say to you,
they have received their reward.

But when you give alms,
do not let your left hand know what your right is doing,
so that your almsgiving may be secret.
And your Father who sees in secret will repay you.

"When you pray,
do not be like the hypocrites,
who love to stand and pray in the synagogues and on street corners
so that others may see them.

Amen, I say to you,
they have received their reward.

But when you pray, go to your inner room,
close the door, and pray to your Father in secret.
And your Father who sees in secret will repay you.

"When you fast,
do not look gloomy like the hypocrites.
They neglect their appearance,
so that they may appear to others to be fasting.
Amen, I say to you, they have received their reward.

But when you fast,
anoint your head and wash your face,
so that you may not appear to be fasting,
except to your Father who is hidden.
And your Father who sees what is hidden will repay you."

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Ash Wednesday Week Daily Reflections

MONDAY — BEHOLD THE INVITATION

God quietly draws the heart toward Himself.

Prayer: *Jesus, draw my heart toward You.*

Action: Take a few quiet moments today to invite God into the days ahead.

TUESDAY — BEHOLD THE TURNING OF THE HEART

Grace awakens the desire to return to God.

Prayer: *Lord, help me to return to You with honesty and trust.*

Action: Reflect briefly on what you hope to bring to God this Lent.

ASH WEDNESDAY — BEHOLD AND RETURN

God meets us in our weakness and calls us home.

Prayer: *Jesus, lead me back to the Father.*

Action: Receive the ashes attentively and offer this Lent to God as a time of return.

THURSDAY — BEHOLD THE CALL TO REPENTANCE

God's mercy invites the heart to turn again.

Prayer: *Lord, soften my heart and turn me back to You.*

Action: Ask the Holy Spirit to show you one area where change is needed.

FRIDAY — BEHOLD THE WAY OF FASTING

True hunger reveals what the heart longs for most.

Prayer: *Jesus, teach me to hunger for what truly gives life.*

Action: Observe the Church's fast and abstinence today, offering it quietly to God.

SATURDAY — BEHOLD GOD'S MERCY

God's love reaches us before we reach Him.

Prayer: *Father of mercy, help me trust Your love.*

Action: Pray slowly today: "Lord, I trust in Your mercy."

Daily Opening and Closing Prayers, pg 6

First Week of Lent

BEHOLD IN HUMILITY

In the wilderness, Jesus resists the temptation to rely on power, comfort, or control. Instead, He entrusts Himself fully to the Father.

Humility opens the heart to grace. As we behold Christ in the desert, we learn that freedom begins with trust, and that God's Word is our true nourishment.

This week invites us to stand before Christ as we are, acknowledging our need for God and allowing Him to sustain us.



STANDING BEFORE CHRIST IN TRUTH.

GOSPEL FOR THE FIRST SUNDAY OF LENT

MATTHEW 4:1-11

First Sunday of Lent Gospel

MATTHEW 4:1-11

"One does not live on bread alone, but on every word that comes forth from the mouth of God."

At that time Jesus was led by the Spirit into the desert to be tempted by the devil.

He fasted for forty days and forty nights, and afterwards he was hungry.

The tempter approached and said to him,

"If you are the Son of God, command that these stones become loaves of bread."

He said in reply,

"It is written:

One does not live on bread alone, but on every word that comes forth from the mouth of God."

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down.

For it is written:

He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone."

Jesus answered him,

"Again it is written, *You shall not put the Lord, your God, to the test."*

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me."

At this, Jesus said to him,

"Get away, Satan!

It is written:

The Lord, your God, shall you worship and him alone shall you serve."

Then the devil left him and, behold, angels came and ministered to him.

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

First Week of Lent



“Let us begin again, brothers, for up to now we have done little or nothing.” — St Francis of Assisi

Francis understood the need to begin again. His life was marked by conversion, not once, but continually. He never presumed he had arrived. Instead, he trusted that God’s mercy was always new. In the desert moments of Lent, Francis reminds us that every return to God is a grace.

MONDAY — BEHOLD IN HUMILITY

Standing before God in truth opens the heart to grace.

Prayer: *Jesus, help me stand before You in truth.*

Action: Name one place where you need God’s help and offer it to Him.

TUESDAY — BEHOLD GOD’S WORD

God’s Word sustains life more deeply than bread.

Prayer: *Lord, let Your Word shape my heart.*

Action: Spend a few moments today reading Scripture slowly.

WEDNESDAY — BEHOLD THE FATHER’S CARE

God knows our needs and holds them with love

Prayer: *Father, I place my trust in You.*

Action: Entrust one worry to God today.

THURSDAY — BEHOLD THE CALL TO PRAYER

Jesus draws close to the Father in quiet trust.

Prayer: *Jesus, draw me into quiet prayer with You.*

Action: Set aside a short, intentional time of silence today.

FRIDAY — BEHOLD THE WAY OF THE CROSS

Love reveals itself through quiet sacrifice.

Prayer: *Jesus, teach me the way of self-giving love.*

Action: Make a small sacrifice today for the good of another.

SATURDAY — BEHOLD GOD’S FAITHFULNESS

God remains present through every trial.

Prayer: *Lord, help me remain faithful.*

Action: Give thanks for one way God has sustained you.

Daily Opening and Closing Prayers, pg 6

Second Week of Lent

BEHOLD IN TRUST

On the mountain of the Transfiguration, the disciples glimpse the glory of Christ. In the midst of fear and mystery, the Father speaks:

“This is my beloved Son. Listen to Him.”

This week invites us to deepen our trust by listening attentively to Jesus. Even when the path ahead is unclear, we are called to place our confidence in Him and to follow where He leads.



LISTENING TO THE BELOVED SON.

GOSPEL FOR THE SECOND SUNDAY OF LENT

MATTHEW 17:1-9

Second Sunday of Lent Gospel

MATTHEW 17:1-9

"This is my beloved Son, with whom I am well pleased; listen to him."

Jesus took Peter, James, and John his brother,
and led them up a high mountain by themselves.

And he was transfigured before them;

his face shone like the sun

and his clothes became white as light.

And behold, Moses and Elijah appeared to them,
conversing with him.

Then Peter said to Jesus in reply,

"Lord, it is good that we are here.

If you wish, I will make three tents here,
one for you, one for Moses, and one for Elijah."

While he was still speaking, behold,

a bright cloud cast a shadow over them,

then from the cloud came a voice that said,

"This is my beloved Son, with whom I am well pleased;
listen to him."

When the disciples heard this, they fell prostrate
and were very much afraid.

But Jesus came and touched them, saying,

"Rise, and do not be afraid."

And when the disciples raised their eyes,

they saw no one else but Jesus alone.

As they were coming down from the mountain,

Jesus charged them,

"Do not tell the vision to anyone

until the Son of Man has been raised from the dead."

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Second Week of Lent



“Lord, what do You want me to do?”

— St Francis of Assisi

Francis longed to hear the voice of Christ and follow it with simplicity. His life changed when he began to ask not what he wanted, but what the Lord desired. Like the disciples on the mountain, he learned to listen. In a world full of noise, Francis invites us back to the quiet where Christ speaks.

MONDAY – BEHOLD IN TRUST

Listening opens the heart to deeper faith.

Prayer: *Jesus, help me listen to You.*

Action: Create space today to listen without distraction.

TUESDAY - BEHOLD CHRIST’S LIGHT”

God strengthens faith through moments of light.

Prayer: *Lord, strengthen my faith.*

Action: Recall a moment when God’s presence felt near.

WEDNESDAY – BEHOLD THE FATHER’S WILL

Trust grows through surrender to God’s way.

Prayer: *Father, I trust Your will.*

Action: Pray slowly, “Your will be done.”

THURSDAY - BEHOLD THE CALL TO FOLLOW

Christ invites us forward, one step at a time.

Prayer: *Jesus, lead me where You desire.*

Action: Take one small step of obedience today.

FRIDAY - SERVING WITH LOVE

God’s mercy meets us along the way.

Prayer: *Lord, help me receive Your mercy.*

Action: Offer forgiveness or kindness today.

SATURDAY - BEHOLD PERSEVERING FAITH

Faith deepens through patient trust.

Prayer: *Jesus, help me persevere.*

Action: Remain faithful to prayer even when it feels quiet.

Daily Opening and Closing Prayers, pg 6

Third Week of Lent

BEHOLD MERCY

Jesus meets the Samaritan woman at the well
and speaks to her deepest thirst.

He offers living water — mercy that restores, heals, and gives new life.

This week invites us to come honestly before Christ, bringing our
longing, our weakness, and our need for forgiveness.

As we receive His mercy, our hearts are renewed and
drawn back into communion with God.



RECEIVING THE LIVING WATER.

GOSPEL FOR THE THIRD SUNDAY OF LENT

JOHN 4:5-42

Third Sunday of Lent Gospel

JOHN 4:5-42

"Everyone who drinks this water will be thirsty again."

Jesus came to a town of Samaria called Sychar,
near the plot of land that Jacob had given to his son Joseph.
Jacob's well was there.

Jesus, tired from his journey, sat down there at the well.

It was about noon.

A woman of Samaria came to draw water.

Jesus said to her,

"Give me a drink."

His disciples had gone into the town to buy food.

The Samaritan woman said to him,

"How can you, a Jew, ask me, a Samaritan woman, for a drink?"

For Jews use nothing in common with Samaritans.

Jesus answered and said to her,

"If you knew the gift of God
and who is saying to you, 'Give me a drink,'
you would have asked him
and he would have given you living water."

The woman said to him,

"Sir, you do not even have a bucket and the cistern is deep;
where then can you get this living water?"

Are you greater than our father Jacob,
who gave us this cistern and drank from it himself
with his children and his flocks?"

Jesus answered and said to her,

"Everyone who drinks this water will be thirsty again;
but whoever drinks the water I shall give will never thirst;
the water I shall give will become in him
a spring of water welling up to eternal life."

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Third Sunday of Lent Gospel *cont.*

The woman said to him,

“Sir, give me this water, so that I may not be thirsty
or have to keep coming here to draw water.

“I can see that you are a prophet.

Our ancestors worshiped on this mountain;
but you people say that the place to worship is in Jerusalem.”

Jesus said to her,

“Believe me, woman, the hour is coming
when you will worship the Father
neither on this mountain nor in Jerusalem.

You people worship what you do not understand;
we worship what we understand,
because salvation is from the Jews.

But the hour is coming, and is now here,
when true worshipers will worship the Father in Spirit and truth;
and indeed the Father seeks such people to worship him.

God is Spirit, and those who worship him
must worship in Spirit and truth.”

The woman said to him,

“I know that the Messiah is coming, the one called the Christ;
when he comes, he will tell us everything.”

Jesus said to her,

“I am he, the one who is speaking with you.”

Many of the Samaritans of that town began to believe in him.

When the Samaritans came to him,
they invited him to stay with them;
and he stayed there two days.

Many more began to believe in him because of his word,
and they said to the woman,

“We no longer believe because of your word;
for we have heard for ourselves,
and we know that this is truly the savior of the world.”

Third Week of Lent



“My God and my all!”
— St Francis of Assisi

Francis knew a deep thirst for God. Beneath his early searching was a longing nothing in the world could satisfy. When he encountered Christ, that longing found its home. Like the woman at the well, he discovered that the heart’s deepest desire is not a problem to fix, but a place where God draws near.

MONDAY – BEHOLD MERCY

Christ meets us at the place of our deepest need.

Prayer: *Jesus, meet me where I am.*

Action: Bring your need honestly before God today.

TUESDAY – BEHOLD LIVING WATER

Only Christ can satisfy the thirst of the heart.

Prayer: *Lord, quench my thirst.*

Action: Spend time with Christ in quiet prayer.

WEDNESDAY — BEHOLD TRUTH

Truth spoken in love leads to freedom.

Prayer: *Jesus, help me live in truth.*

Action: Examine your conscience with honesty and trust.

THURSDAY – BEHOLD HEALING

Mercy gently restores what is wounded.

Prayer: *Lord, heal my heart.*

Action: Consider seeking the Sacrament of Reconciliation.

FRIDAY - BEHOLD COMPASSION

God’s tenderness reaches every weakness.

Prayer: *Jesus, teach me compassion.*

Action: Show kindness to someone who needs it.

SATURDAY — BEHOLD RENEWAL

Forgiveness makes all things new.

Prayer: *Lord, renew my heart.*

Action: Give thanks for mercy received.

Daily Opening and Closing Prayers, pg 6

Fourth Week of Lent

BEHOLD WITH JOY

Jesus heals the man born blind, opening his eyes to the light. As sight is restored, faith grows, and joy begins to break through. This week reminds us that joy is born from encounter with Christ. As He opens our eyes, we learn to see with gratitude and hope, recognising God's work even in the midst of struggle.



SEEING WITH EYES MADE NEW.

GOSPEL FOR THE FOURTH SUNDAY OF LENT
JOHN 9:1-41

Fourth Sunday of Lent Gospel

JOHN 9:1-41

"I was blind and now I see."

As Jesus passed by he saw a man blind from birth.
He spat on the ground and made clay with the saliva,
and smeared the clay on his eyes, and said to him,
"Go wash in the Pool of Siloam" — which means Sent —.
So he went and washed, and came back able to see.

His neighbors and those who had seen him earlier as a beggar said,
"Isn't this the one who used to sit and beg?"
Some said, "It is," but others said, "No, he just looks like him."
He said, "I am."

They brought the one who was once blind to the Pharisees.
Now Jesus had made clay and opened his eyes on a sabbath.
So then the Pharisees also asked him how he was able to see.
He said to them,

"He put clay on my eyes, and I washed, and now I can see."

So some of the Pharisees said,
"This man is not from God,
because he does not keep the sabbath."

But others said,
"How can a sinful man do such signs?"
And there was a division among them.

So they said to the blind man again,
"What do you have to say about him,
since he opened your eyes?"
He said, "He is a prophet."

They answered and said to him,
"You were born totally in sin, and are you trying to teach us?"
Then they threw him out.

When Jesus heard that they had thrown him out,
he found him and said, "Do you believe in the Son of Man?"

He answered and said,
"Who is he, sir, that I may believe in him?"

Jesus said to him,
"You have seen him, and the one speaking with you is he."

He said,
"I do believe, Lord," and he worshiped him.

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Fourth Week of Lent



“You are light; in You there is no darkness.”

— St Francis of Assisi

When Christ touched his life, Francis began to see differently. The world was no longer defined by fear or status, but by grace. Where others saw darkness, he learned to recognise light. His life reminds us that conversion is not only about change, but about learning to see with the eyes of love.

MONDAY – BEHOLD WITH JOY

Light breaks through when eyes are opened by grace.

Prayer: *Jesus, open my eyes.*

Action: Notice one sign of grace today.

TUESDAY – BEHOLD LIGHT

Christ draws us from darkness into truth.

Prayer: *Lord, lead me into Your light.*

Action: Let go of something that keeps you hidden.

WEDNESDAY – BEHOLD GRATITUDE

Joy deepens through thankful hearts.

Prayer: *Thank You, Lord.*

Action: Name three blessings today.

THURSDAY – BEHOLD FREEDOM

Christ frees the heart to live in the light.

Prayer: *Jesus, set me free.*

Action: Release one burden into God’s hands.

FRIDAY – BEHOLD THE WORK OF GOD

God continues His quiet work within us.

Prayer: *Lord, complete Your work in me.*

Action: Trust God’s timing today.

SATURDAY – BEHOLD HOPE

Joy prepares the heart for deeper trust.

Prayer: *Lord, renew my hope.*

Action: Encourage someone today.

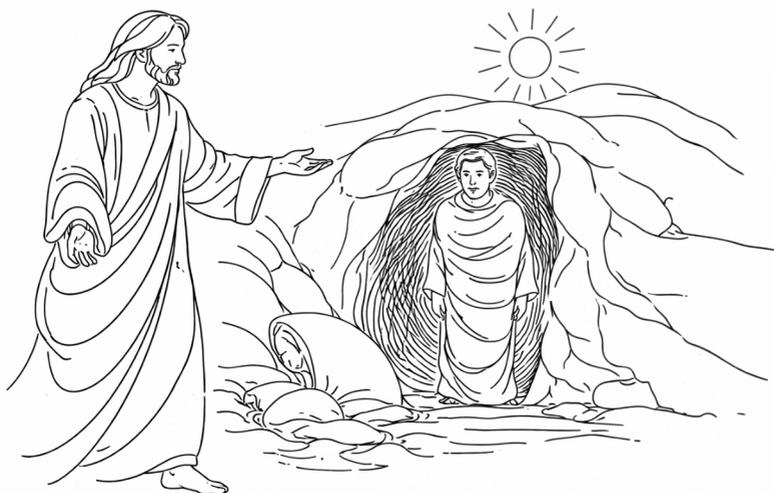
Daily Opening and Closing Prayers, pg 6

Fifth Week of Lent

BEHOLD IN HOPE

Standing before the tomb of Lazarus, Jesus speaks words of life into death. He reveals Himself as the Resurrection and the Life, inviting all who believe to place their hope in Him.

As Lent draws toward Holy Week, this week calls us to trust Christ even in the face of loss, suffering, and uncertainty. Our hope rests not in outcomes, but in the One who holds all things in His hands.



TRUSTING THE LORD OF LIFE.

GOSPEL FOR THE FIFTH SUNDAY OF LENT

JOHN 11:1-45

Fifth Sunday of Lent Gospel

JOHN 11:1-45

"I am the resurrection and the life."

The sisters of Lazarus sent word to Jesus, saying,

"Master, the one you love is ill."

When Jesus heard this he said,

"This illness is not to end in death,

but is for the glory of God,

that the Son of God may be glorified through it."

Now Jesus loved Martha and her sister and Lazarus.

So when he heard that he was ill,

he remained for two days in the place where he was.

Then after this he said to his disciples,

"Let us go back to Judea."

When Jesus arrived, he found that Lazarus

had already been in the tomb for four days.

When Martha heard that Jesus was coming,

she went to meet him;

but Mary sat at home.

Martha said to Jesus,

"Lord, if you had been here,

my brother would not have died.

But even now I know that whatever you ask of God,

God will give you."

Jesus said to her,

"Your brother will rise."

Martha said,

"I know he will rise,

in the resurrection on the last day."

Jesus told her,

"I am the resurrection and the life;

whoever believes in me, even if he dies, will live,

and everyone who lives and believes in me will never die.

Do you believe this?"

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Fifth Sunday of Lent Gospel *cont.*

She said to him, "Yes, Lord.

I have come to believe that you are the Christ, the Son of God,
the one who is coming into the world."

He became perturbed and deeply troubled, and said,

"Where have you laid him?"

They said to him, "Sir, come and see."

And Jesus wept.

So the Jews said, "See how he loved him."

But some of them said,

"Could not the one who opened the eyes of the blind man
have done something so that this man would not have died?"

So Jesus, perturbed again, came to the tomb.

It was a cave, and a stone lay across it.

Jesus said, "Take away the stone."

Martha, the dead man's sister, said to him,

"Lord, by now there will be a stench;
he has been dead for four days."

Jesus said to her,

"Did I not tell you that if you believe
you will see the glory of God?"

So they took away the stone.

And Jesus raised his eyes and said,

"Father, I thank you for hearing me.

I know that you always hear me;
but because of the crowd here I have said this,
that they may believe that you sent me."

And when he had said this,

He cried out in a loud voice,

"Lazarus, come out!"

The dead man came out,
tied hand and foot with burial bands,
and his face was wrapped in a cloth.

So Jesus said to them,

"Untie him and let him go."

Now many of the Jews who had come to Mary
and seen what he had done began to believe in him.

Fifth Week of Lent



*“I have done what was mine to do;
may Christ teach you what you are to do.”* — St Francis of Assisi

Near the end of his life, Francis carried suffering with deep trust. He knew weakness, illness, and limitation, yet his hope remained firm in Christ. He understood that the work belonged to God. Like Lazarus called from the tomb, Francis points us toward the quiet confidence that new life comes from the Lord.

MONDAY — BEHOLD IN HOPE

Christ stands as Lord over life and death.

Prayer: *Jesus, I trust in You.*

Action: Place one fear into God’s hands.

TUESDAY – BEHOLD LIFE

God speaks life where there seems to be none.

Prayer: *Lord, speak life into me.*

Action: Choose hope where you feel discouraged.

WEDNESDAY – BEHOLD FAITH

Faith grows when we remain close to Christ.

Prayer: *Jesus, strengthen my faith.*

Action: Renew your commitment to prayer.

THURSDAY — BEHOLD THE PROMISE

God is faithful to what He has spoken.

Prayer: *Lord, I trust Your promises.*

Action: Practise patience today.

FRIDAY — BEHOLD LOVE

Love does not turn away from suffering.

Prayer: *Jesus, teach me to love.*

Action: Offer love without expecting anything in return.

SATURDAY — BEHOLD THE NEARNESS OF THE CROSS

The heart grows still as Holy Week draws near.

Prayer: *Lord, prepare my heart.*

Action: Enter the coming days prayerfully and quietly.

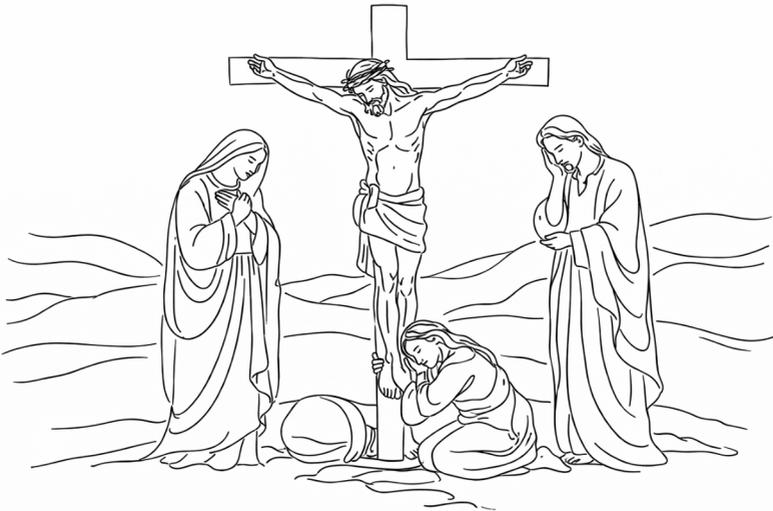
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Holy Week

BEHOLD THE CRUCIFIED

In Holy Week, we walk with Jesus through His Passion and death.
We behold the love that gives itself completely, the mercy poured out
on the Cross for the salvation of the world.

As we enter the silence of these sacred days, we are invited to remain
with Christ, trusting that love stronger than death
will lead us to new life.



LOVE Poured OUT FOR THE WORLD.

Holy Week Reflections



“See, brothers, the humility of God.”
— St Francis of Assisi

Francis was deeply moved by the humility of Christ. He saw in Jesus not a distant king, but a God who chose littleness and closeness. This vision shaped everything about him. As we enter Holy Week, Francis draws our attention to the humble love of Christ, who comes not in power, but in mercy.

PALM SUNDAY **BEHOLD THE KING WHO IN HUMILITY**

Jesus enters Jerusalem not in power, but in gentleness. The crowds welcome Him, yet the shadow of the Cross already falls across the road ahead.

Prayer: *Jesus, help me welcome You as my King.*

Action: Begin Holy Week slowly and prayerfully.

MONDAY OF HOLY WEEK **BEHOLD THE ANOINTED ONE**

Love is poured out in quiet devotion.

Mary anoints Jesus in an act of extravagant love, preparing Him for what is to come.

Prayer: *Jesus, receive my offering of love.*

Action: Offer a quiet act of devotion today.

TUESDAY OF HOLY WEEK **BEHOLD THE FAITHFUL SERVANT**

Christ walks forward with unwavering love, even as betrayal draws near.

Prayer: *Jesus, help me remain faithful to You.*

Action: Stay close to Christ in prayer today.

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WEDNESDAY OF HOLY WEEK BEHOLD THE BETRAYED

Even in betrayal, Jesus does not withdraw His love.
He remains faithful when others fall away.

Prayer: *Lord, remain with me in my weakness.*

Action: Bring your failures to God with trust.

HOLY THURSDAY BEHOLD THE GIFT OF THE EUCHARIST

Jesus gives Himself completely and remains with us.
In the Upper Room, He offers His Body and Blood and teaches us the way of humble love.

Prayer: *Jesus, thank You for giving Yourself to us.*

Action: Spend time in gratitude before the Blessed Sacrament.

GOOD FRIDAY BEHOLD THE CRUCIFIED

Love is revealed fully upon the Cross.
Here, Christ gives everything.

Prayer: *Jesus, I remain with You at the Cross.*

Action: Observe the day with reverence, fasting, and prayer.

HOLY SATURDAY BEHOLD THE SILENCE

The world grows still.
Hope waits in the quiet.

Prayer: *Lord, teach me to wait with hope.*

Action: Keep watch with quiet prayer.

EASTER SUNDAY BEHOLD THE RISEN LORD

The tomb is empty.
Christ is risen.
Love has conquered death.

Prayer: Risen Jesus, fill my heart with Your life and joy.

Action: Rejoice and give thanks — Christ is alive.

Daily Opening and Closing Prayers, pg 6

A PRAYER TO END LENT

BEHOLD THE RISEN LORD

Lent has been a journey of returning.
A quiet turning of the heart toward Christ.

We have beheld Him in weakness and mercy,
in silence and sacrifice,
and at the Cross where love was poured out.

Now we behold Him risen.

The One who walked with us through Lent remains with us still —
present, faithful, and near. *Our Eucharistic Lord.*

And the invitation continues:
to behold Him, to remain with Him,
and to carry His life into the days ahead.

Take a quiet moment now:

- Where did I encounter Christ most deeply this Lent?
- What has changed in my heart?
- What is Jesus inviting me into now?
- How will I remain close to Him beyond this season?

Let the journey continue.

*Jesus, risen and living Lord,
thank You for walking with me through this Lent.
Remain with me now.
Teach me to behold You in the Eucharist,
to trust You in every season,
and to follow You with a renewed heart.
Jesus, I behold You. Jesus, I trust You. Jesus, I belong to You.
Amen.*



“My brothers, let us give thanks to God, for He is good.”

— St Francis of Assisi

Joy marked the life of Francis, even in suffering. He spoke of “perfect joy” not as happiness, but as belonging completely to Christ, whatever came. For Francis, joy was found not in comfort, but in communion with the Lord.

The Resurrection reveals the source of that joy.
Christ is alive. Death is not the end. And in Him, joy rises again.