

31st March

Daily Prayer and Reflections

We take time to gather in prayer. During our day, we need these moments to pause and reflect. This is especially true in this period of Holy Lent. During Lent, we see that Jesus goes to the desert and has this time of pausing after his baptism. We are also asked to take time in Lent to live out the 3 pillars of Lent which is to pray, fast and give.

Taking time out to pray, whether it be prayer journals or reading over the daily readings, can be helpful to connect with God and to process thoughts with His strength and love.

Today's Prayer:

Lord,

We invite you to work in our lives today. We pray for gratitude for all we have and pray for those around us. I pray that You influence all decisions I make today. You're our pillar of support and we want You to support us throughout the day. We pray that in these unprecedented times we rely on the hope that You have a plan for each of us and to trust in you and your individual plans for us all.

Amen

On the @BC_Chaplaincy Twitter Page, we upload daily reflections and prayer ideas which we invite you to look at with readings of the day also posted. We post small reflections so we can keep God's word active throughout the day and accessible.

Today's Gospel

When you have lifted up the Son of Man then you will know that I am He

Jesus said to the Pharisees:

'I am going away;

you will look for me

and you will die in your sin.

Where I am going, you cannot come.'

The Jews said to one another, 'Will he kill himself? Is that what he means by saying, "Where I am going, you cannot come"?' Jesus went on:

'You are from below; I am from above.

You are of this world; I am not of this world.

I have told you already:

You will die in your sins.

Yes, if you do not believe that I am He,
you will die in your sins.'

So they said to him, 'Who are you?' Jesus answered:

'What I have told you from the outset.

About you I have much to say

and much to condemn;

but the one who sent me is truthful,

and what I have learnt from him

I declare to the world.'

They failed to understand that he was talking to them about the Father. So Jesus said:

'When you have lifted up the Son of Man,

then you will know that I am He

and that I do nothing of myself:

what the Father has taught me is what I preach;

he who sent me is with me,

and has not left me to myself,

for I always do what pleases him.'

As he was saying this, many came to believe in him.

In the gospel today, we hear that Jesus is always with us and not left me to myself. During times of weakness, we can often feel like we are alone but we should all have the trust and strength in God to know it is at this point He is with us and carrying us through it all.

The poem "Footprints in the Sand" highlights this so I invite you to read this:

One night I dreamed a dream.

As I was walking along the beach with my Lord.

Across the dark sky flashed scenes from my life.

For each scene, I noticed two sets of footprints in the sand,

One belonging to me and one to my Lord.

After the last scene of my life flashed before me,

I looked back at the footprints in the sand.

I noticed that at many times along the path of my life,

especially at the very lowest and saddest times,

there was only one set of footprints.

This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you,
You'd walk with me all the way.
But I noticed that during the saddest and most troublesome times of my life,
there was only one set of footprints.
I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you."

The Lord picks us up and never leaves us to face struggles or adversity on our own.

Prayer:

Lord,

We pray for an openness for you to guide us on the path we are meant to be on. We pray that you will carry us through our struggles, and we appreciate all you do for us, your children. Thank you for walking through our day to day and being with us through our choices and experiences of life. Let us remember to talk to you more in gratitude and not just when we are in need. We value your strength and love entering our lives each day.

Amen

Diocesan Information

Masses are live streamed up and down the diocese and are daily. If you want to watch mass, follow this link select a church and the mass times are listed so you can plan Mass Live stream in to your day:

<https://www.mcnmedia.tv/cameras/county/west-midlands>

Praise and Worship Playlist: <https://www.youtube.com/watch?v=F8umfBRIwW8>

At 8pm, Soli & Alton Castle Team are doing a Praise and Worship Live Stream on their Social Media Platforms. Take time to go and watch this stream.

Facebook: Alton Castle Retreat Centre

Instagram: @soli_kyt