

Lenten Reflection Week 3, 21st March 2022

LENT

“Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days.” Luke 4 :1-2

Jesus was led by the Spirit into the wilderness. He remained there for forty days and forty nights. He needed that time to pray and fast and discern His Father’s will for Him. His weapon against the snares of the evil one was prayer. He emerged from His sojourn in the desert empowered by the Spirit. He lived and worked on the margins of society where He vigorously engaged with His ministry of healing and teaching. Throughout His short life Jesus spent a lot of time in prayer. We see Him withdrawing to lonely places to pray. He did this early in the morning and late at night. He prayed for guidance. He prayed for light.

It is often very difficult for us to stop everything and give time to prayer. There are so many distractions and things to do. There are also a variety of different ways of praying, liturgical prayer, mindfulness, contemplation in action, praying as we go.

Lent is a time for us to look at how we pray. Maybe Jesus is calling us to have a deeper prayer life. We need His help and guidance as He needed His Father’s help. It is consoling to know that He prayed for each one of us. He knows us intimately and all our ways. Let us turn to Him with trust on this Lenten journey.

Prayer: Lord Jesus, help us to pray and to know and discern your will for us. Amen