

## Lenten Reflection Week 5, 4<sup>th</sup> April 2022

LOVE

“This is my commandment:

Love one another,

as I have loved you.

A man can have no greater love

than to lay down his life for his friends.” John 15: 12-13

Throughout the ages poets, artists, musicians and songwriters have extolled the power of love. Love changes everything. It is dynamic and transformative. It moves us to reach beyond ourselves. In this gospel passage the little word ‘as’ causes us to stop and ask are we ready for the challenge of sacrificial love. As we journey through Lent we become more aware of the extent of the love Jesus has for us. He gave His life, so that we might have life and have it in abundance. When we contemplate the cross, it is a universal language of love. There is no holding back, no boundaries. It makes us aware that we are one with people from every tribe and tongue and nation and people. Maybe this Lent we can examine our own attitude to the stranger in our midst.

Prayer: Lord Jesus, help us to reach out and grow in love. Amen.