

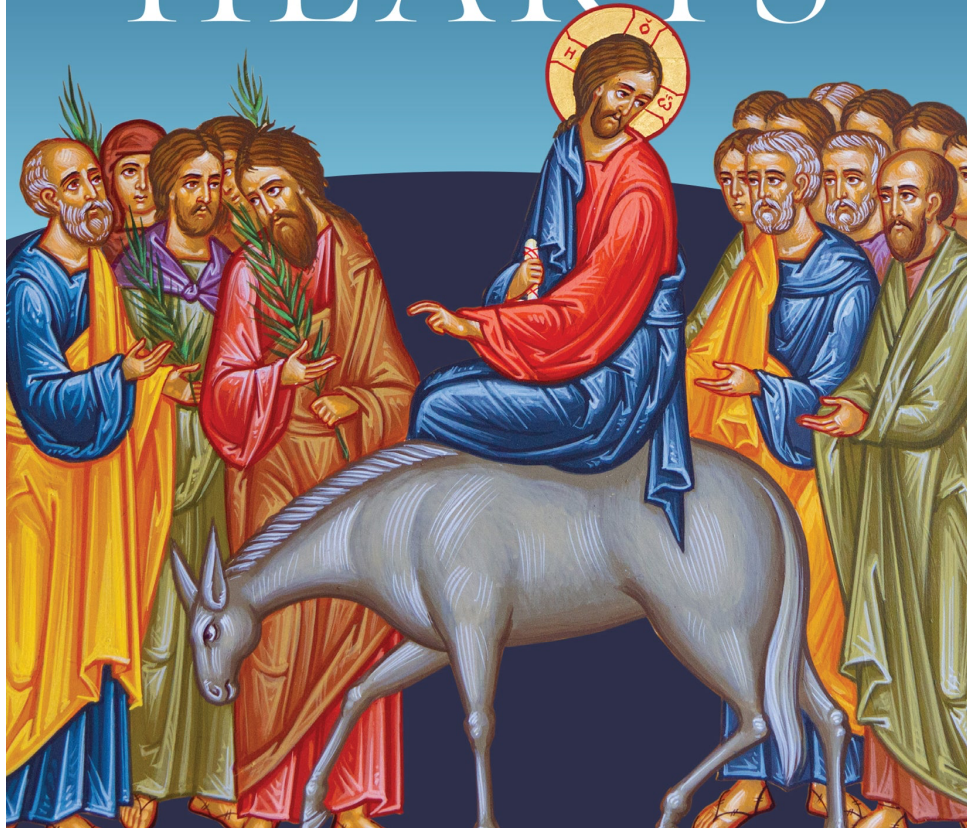
***Lent 2024 Reflection Journal
for use with***

THE BEST OF JOE SICA

Lent 2024

DAILY MEDITATIONS, ACTIONS & PRAYERS

The SEASON *for*
HEALING
HEARTS



For those using *A Season for Healing Hearts* for small group faith sharing, please consider the following guidelines.

St. Monica Small Group Guidelines

Participating in a small group faith sharing activity is a spiritual opportunity that benefits everyone involved. Please read the guidelines together before each meeting.

- + God has created each of us uniquely, and I recognize that everyone comes to this experience with different backgrounds, experiences and views. I commit to **honoring differences**, knowing they add to the richness of the group's experience.
- + God frequently speaks through the unfamiliar and different. I will **listen intently** in order to fully understand different points of view, realizing these other views will help with my own evolving journey.
- + Listening is an act of love and care. I will **practice sacred listening, listen with respect, not interrupt, and not engage in side conversations.**
- + How I treat another person is much more important than my opinions and perspectives. I will **respectfully seek clarification** of other perspectives to add to my understanding.
- + Because God made us, all persons are of equal importance and value, and all voices are important. I commit to assuring that **everyone has an opportunity to speak**, and I will **encourage others to speak before I speak again.**
- + I will **never criticize or condemn** what others share. I will **never give advice.** I am **free to remain silent**, if I wish.
- + We gather to care, not to cure. **God does the curing.**
- + God has given each of us gifts that are given in the hope and expectation that these gifts will be shared. I will **participate fully**, share responsibility for the group's process and experience, and commit to faithful attendance. **I commit to being on time.**
- + We trust one another completely. **Everything we share is always confidential.** I will honor that everything shared within this group is to stay within this group.

Preparing for the Lenten Journey

...setting the context

Lent invites us to conversion, to a change in mindset, so that life's truth and beauty may be found not so much in possessing as in giving, not so much in accumulating as in sowing and sharing goodness.

-Pope Francis, February 2022

We invite you to enter into this season of renewal using ***A Season for Healing Hearts*** by Joseph F. Sica. This booklet guides us through the daily readings of Lent, providing opportunity for prayer and reflection.

As you reflect, you may wish to consider the following:

- ~ KNOW now that God is present
- ~ READ the gospel
- ~ NOTICE what you think and feel
- ~ PRAY as you are led for yourself and others
- ~ LISTEN to God
- ~ ASK God to show you how to live each day

Questions are provided in this journal to stimulate reflection each day. Please know these are for your personal contemplation and can be used (or not used) in whatever way helps you connect to the readings for the day. Perhaps there is even another question that you might ask, one not presented in this booklet.

KNOW that God is present with you and ready to converse. Spend some time today reflecting on your daily schedule. As we begin the preparation for Jesus' passion death and resurrection, plan to give a specific time to prayer and reflection each day of Lent. What positive changes would you like to make this Lent?

Lent 2024

Week of Ash Wednesday

2/14 – Ash Wednesday: Get up, stay up, and take one more step

What suffering in my life have I or do I need to reframe to find triumph and healing? How can I be more determined to do that? How can I encourage others to share more openly? How can I be an explainer? Who is someone with whom I'd like to reconnect?

2/15 – Thursday: Chasing the dream-sneerers away

Who in my life is a *dream sneerer*? How much power do I give them in my life? What is a dream I'd like to pursue or a place I'd like to stretch outside my comfort zone? Who in my life supports me and inspires me to discover my potential?

2/16 – Friday: Look to the source and follow the course

In what ways am I a joyologist? In what ways do I find that difficult? How are my attitude and my gratitude levels? What am I thankful for? How can I spread more joy?

2/17 – Saturday: What’s wrong with me?

Where in my life do I wrestle with feelings of doubt or failure? How can I claim my failures?
From which experiences in my life have I learned the most? How can I tame my failures?

Reflections from the week:

Lent Week 1

2/18 – Sunday: Our best friend

For what mistakes do I still carry guilt and shame, or maybe anger and resentment? How can I work on letting go? What do I need to do to forgive? How can I invite Jesus help me with this?

2/19 – Monday: Show up and stop

Where in my life can I give without expecting anything in return? Who needs me to show up? What worries or doubts do I let get in the way of giving myself fully to something? How can I let go of these?

2/20 – Tuesday: Burying the proverbial hatchet

Who in my life do I need to forgive? Am I holding on to anger and resentment? What do I need to do to let go and move on from a painful situation? How can I really bury the hatchet?

2/21 – Wednesday: Golden Opportunities?

Are there things in my life I regret? Is there something for which I wish I had a second chance? What am I preoccupied with that gets in the way? How can I better seize the opportunities that come my way?

2/22 – Thursday: Straight Talk

Do I really believe God hears my prayers? What have been my most desperate prayers? How can I enrich or be more authentic in my prayer life? What could I choose as a period and a place for prayer?

2/23 – Friday: Keep ‘em or kick ‘em

What pains in my life am I choosing to hold on to? Who in my life do I need to forgive? How can I really let go?

2/24 - Saturday: Turn hate upside down

Who in my life do I find difficult? Who do I struggle to love? How can I choose to love them or any of my enemies? How do I want to respond?

Reflections from the week:

Lent Week 2

2/25 – Sunday: Remove the mask

What masks do I wear and why? Who am I truly? What defines me? How can I live more genuinely and authentically? How am I a “uniquely fashioned masterpiece of God?”

2/26 – Monday: Focusing on the specks and ignoring the logs

Who do I find myself being judgmental of? Why is this? How have my judgements hurt myself or others? What is the root of my pain? How can I seek to heal it?

2/27 – Tuesday: Getting back on track

What relationships in my life are the most significant to me? Are there ways that I have failed to nurture these? How can I work to keep them on track? How can I help my relationships thrive? Who do I need to attend to today?

2/28 – Wednesday: Open your eyes

What gifts do I have to share with others? As I look around, who can I help? What can I do?
How can I serve? Who will I reach out to with love today?

2/29 – Thursday: Empty spaces

What effect does having stuff have on me? How can I simplify my life? Do I want to? How
can I collect some empty spaces?

3/1 – Friday: Choose your rut carefully

What rut do I find myself in right now? What is my relationship to change? How am I a
person of “won’t” or “will” power? What changes do I need (and will) to make in my life?

3/2 - Saturday: Forgiveness cures

Where in my life do I seek revenge in the hopes of finding justice? How can I change my need for justice into an ability to forgive? Are there areas of my life where I am suffering because I have not forgiven? What steps can I take on this path to forgive and let go?

Reflections from the week:

Lent Week 3

3/3 – Sunday: The problem with pleasing

How am I a people pleaser and why? Do I feel like others take me for granted or use me? Is there an area in my life where I need to create healthier boundaries? Am I willing to schedule Me-time, no-time, and truth-time?

3/4 – Monday: The spice of life

Are there people in my life that I have trouble accepting as they are? What beauty and uniqueness might they possess that I am overlooking? How can I embrace them with love? How can I work to make room for everyone?

3/5 – Tuesday: Unlocking the prison doors

What pains and hurt in my life are holding me captive? How can I acknowledge and work to free myself from them? What resentments are in the way of my freedom? How can I forgive?

3/6 – Wednesday: The right now

How concerned am I with my possessions? Does this steal my focus from living in and appreciating the present? Do I hold on to yesterday or get absorbed by tomorrow that I miss the now? What am I thankful for today?

3/7 – Thursday: It's all about the TLC

Am I experiencing conflict in any of my relationships? How can I practice TLC (Talking, Listening, Caring)? What do I hope will come from this?

3/8 – Friday: God's unique creation

What do I love about myself? What do I love about my life? Do I feel in control of my destiny, my ability to be what I want to be? What areas of my life do I need to take a look to see what is really there?

3/9 – Saturday: Being wrong happily ever after

What do I do when I make a mistake? How comfortable am I with the thought of being wrong? Do I have a need to be right, and if so how does that impact my relationships? How could I practice greater humility?

Reflections from the week:

Lent Week 4

3/10 – Sunday: Open my eyes, Lord

Where in my life might I need to open my eyes a bit? What things have I been ignoring, blind to, or putting off? How can I make a change? How can I create more joy?

3/11 – Monday: To establish ties

How do I affirm others and reinforce dignity in my friendships? Is there anyone with whom I am looking to establish ties or make a new friendship? How can I nurture my friendships? What friend needs my care today?

3/12 – Tuesday: Simple acts

What simple acts others have given me have made an impact? How can I offer that to someone else? How can I reach out to someone in my world who may be feeling unnoticed?

3/13 – Wednesday: The impartial friend

Do I look at death as a friend or foe? How has the inevitability of death impacted the way I live? Thinking about the fragility of life, are there people I want to reach out to today?

3/14 – Thursday: Sharing our burdens

What pains in my life do I need help with? Are there others who may be able to understand my burdens or share my pain? How can I use my experiences of hardship to help others?

3/15 – Friday: Hide the goat

Who in my life “pushes my buttons?” What type of people get under my skin? Why? How can I respond to these in healthier ways? Can I disconnect from them using the ACT steps (Aware, choose, and talk)?

3/16 - Saturday: Breaking the deadlock

Are there areas of my life that feel deadlocked? How can I work to better communicate about it? How can I create healthy compromise?

Reflections from the week:

Lent Week 5

3/17 – Sunday: Heaps of healing humor

How would I describe my sense of humor? What can I do to create more laughter in my life? Are there places where I could lighten up? How can I create a more positive outlook?

3/18 – Monday: Transforming faith

How do I deal with life's surprises? How can I let go of my fear of change and enhance my trust? How can I grow more fervent (and less flimsy) in my faith?

3/19 – Tuesday: Spinning our wheels

What am I most worried about? Is this worry helping me in some way? How can I transform my worries into concern? How can I look for constructive solutions?

3/20 -Wednesday: Kindness indeed

How important is it to me to impact the lives of others? How do I show kindness to others? What are some real actions I can take today to make a difference in someone's life? How can I bring light to others?

3/21 - Thursday: Pipelines

What do I imagine the hereafter to be like? Does it affect the way I live? How can I create pipelines for others and make a permanent difference in other's lives?

3/22 - Friday: Life-lifter or life-sinker?

Are there people in my life that I have judged unfairly? How can I take time to know people better on the inside? How can I be a life-lifter?

3/23 – Saturday: Still deliverable

In what ways have I been damaged in the transit of my life? How do I see myself as still deliverable? Do I need to ask someone for help? What lessons have I learned along my journey?

Reflections from the week:

Lent Week 6

Holy Week

Reflect: How am I being called into Holy Week? How will I be participating in Holy Week services?

3/24 – Palm Sunday: A tender heart

When was the last time I had a good cry? What have I or do I want to cry about? How do I feel about crying as an expression of emotion? Why?

3/25 – Monday: Simplify! Simplify!

How much of my life has become concerned with possessions? What is this keeping me from? What simple pleasure have I missed recently? In what ways do I wish to simplify my life?

3/26 – Tuesday: The six Rs

How has betrayal impacted my life and relationships? Do I carry anger from a betrayal? Have I responded the way any of the six Rs describe? How can I work towards greater healing?

3/27 – Wednesday: Families that dine together

How often do I dine with my family (blood or chosen)? What value do I see in sharing meals together? How can I make my meal time more meaningful?

3/28 – Thursday: Who am I?

Who am I really? Do others know me this way? What qualities do I want to be remembered for? Do I live those qualities out in my life?

3/29 – Good Friday: The big C

What hurts am I being asked to face? How have they changed me? How can I meet the pains of my life with courage? In what ways can this cross be a way to new life?

3/30 – Holy Saturday: Life-huggers

Where in my life am I playing it safe? Why? Where might I be missing out on opportunities for growth or life because I am afraid? How can I be a life-hugger?

Reflections from the week:

Easter Sunday

Jesus is Risen...He is Risen Indeed!!

Lord, I pray that you will continue to reveal yourself to me and that I may see you in all things.

Thank you for teaching me to...

KNOW you in life and resurrection,

READ about you on my Lenten journey,

NOTICE you in all things each day,

PRAY to you in thanksgiving and need,

LISTEN intently for your will and your direction

ASK for help and guidance along the way.

Amen! Hallelujah, Jesus is risen in ME!

