



A WEEKLY REFLECTION AND LENTEN MISSION FOR THE HOME

Adapted from Hallow.com

Seven is a meaningful number. There are 7 days in a week. There are 7 Sacraments in the Church. There are 7 deadly sins. There are 7 Gifts of the Holy Spirit. Seven is the number of completeness and perfection (both physical and spiritual). This Lent, let us reflect on the 7 Last Words of Christ as we prepare for our salvation through the death of Jesus on the Cross. Each week, beginning with Ash Wednesday, this guide will help you focus on a particular word from the statements of Jesus before he died. These Seven Last Words show us the completeness and perfection of his dying for our salvation. Each week, meditate on each word, take time during the week to access the resources, and participate in prayer, fasting and almsgiving. Save this link for the digital version to access all hyperlinks: bit.ly/7-Last-Words-Lent



FORGIVENESS

or use the QR Code here.

MARCH 3 - MARCH 5 (BEGIN ASH WEDNESDAY)



“When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. Then Jesus said, **“Father, forgive them, they know not what they do.”**

Luke 23:34

Christ’s first words from the Cross, in the earliest throes of His agony, are to ask God to forgive the very people who placed Him there. How many of us are lonely because of estrangement from someone once close to us whom we have refused to forgive or who has been unforgiving of us? Can we make a gesture to reach out to that person while our arms remain free to move? Even if we should be rebuffed, can we do as Christ did and pray that God will forgive that person — and us, too? Lent is a good time to tackle the question of how forgiveness can be achieved.

Here are some resources and activities as you begin your 40 Days of Lent.

NCRonline.com - Lent is a good time to tackle the challenge of forgiveness

Loyolapress.com - The First Word: A guided meditation

Simplycatholic.com - How to Make a Good Confession

PRAY	FAST	GIVE
Pray the <i>Litany of Humility</i> AscensionPress.com	Fast from Gossip or limit time or Social Media	Almsgiving Make an Almsgiving jar or box to collect change during Lent for charity.

SALVATION

MARCH 7 - MARCH 12 (FIRST WEEK OF LENT)



Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your kingdom." He replied to him, **"Amen, I say to you, today you will be with me in Paradise."**
Luke 23: 39-43

The promise of God's kingdom is so great. St. Dismas realized this as he was at the side of Jesus. During Lent, when we find time to be present with Jesus, we're reminded of the beautiful gift of our salvation and our call to bring God's kingdom to earth, as it is in heaven. The penitent thief acknowledged his guilt and wickedness and was welcomed by Christ. We, too, can find salvation if we acknowledge our sinfulness. No matter how many times you've sinned, or how long it's been since you prayed, God is always looking to forgive you.

Simplycatholic.com - Are You Saved?

LoyolaPress.com - The Second Word: A Guided Meditation

PRAY	FAST	GIVE
Pray with the daily Mass readings each morning. USCCB.org	Fast from Sweets and snacks.	Almsgiving Show an act of kindness to someone

RELATIONSHIP

MARCH 13 - MARCH 19 (SECOND WEEK OF LENT)



Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, **"Woman, behold, your son."** Then he said to the disciple, **"Behold, your mother."** And from that hour the disciple took her into his home."

John 19: 25-27

What we know to be true is that in his most agonizing moments, Jesus called out to Mary. It's a reminder for us that Mary is there for us, in our darkest hours, ready to stand by us. We simply must call out to her. This week, call out to Mary. Deepen your relationship with Jesus through Mary, Mother of our Savior.

Youtube.com - Bishop Barron on Having a "Personal Relationship" with Jesus

LoyolaPress.com - The Third Word: A Guided Meditation

Mycatholic.life - Woman, behold your son.

PRAY	FAST	GIVE
Pray with Mary through <i>The Rosary</i> . maryknollsisters.org	Fast from Complaining or speaking negatively.	Almsgiving Give others compliments. Don't forget to say "I love you" to family members.

DISTRESS

MARCH 20 - MARCH 26 (THIRD WEEK OF LENT)



“After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, **“I thirst.”** There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth.”

John 19: 28-29

In this moment, Jesus, who offers us the promise of living waters through the Holy Spirit, is dry. Parched and empty, we too, can all relate to the feeling of both physical thirst and inner emptiness. But what else was Jesus thirsting for? In this moment, Jesus was betrayed by humanity and feeling forsaken by his heavenly Father. Perhaps he thirsted for a renewed connection with God and man. This, too, is something to which we all likely can relate.

DivineMercy.life - Reflection 197: I Thirst

LoyolaPress.com - The Fourth Word: A Guided Meditation

PRAY	FAST	GIVE
Pray for those who thirst physically and spiritually this week.	Fast from Wasting water and long showers. March 22 is World Water Day. Visit Maryknollogc.org - Laudato Si	Almsgiving Learn more about water and those that thirst at Catholic Relief Services. CRS.org (search water)

ABANDONMENT

MARCH 27 - APRIL 2 (FOURTH WEEK OF LENT)



“At noon darkness came over the whole land until three in the afternoon. And at three o'clock Jesus cried out in a loud voice, “Eloi, Eloi, lema sabachthani?” which is translated, **“My God, my God, why have you forsaken me?”**

Mark 15: 33-34

When God feels far off and distant, or when we struggle to feel connected to Jesus, these words can help remind us of just how human Jesus was. Have we not all felt forsaken at times? In this, his most human and vulnerable moment, Jesus is quoting Psalm 22. When we feel abandoned, as Jesus did when he cried out to his Father, the conclusion of Psalm 22 reminds us that darkness does not get the final word.

Youtube.com - General Audience: "My God, My God, why have you forsaken me?" Pope Benedict XVI

LoyolaPress.com - The Fifth Word: A Guided Meditation

PRAY	FAST	GIVE
Pray Psalm 22 - USCCB.org Youtube.com - Hymn Mycatholic.life - <i>Prayer of Abandonment</i>	Fast from greed. Don't buy anything besides the essentials during Lent.	Almsgiving Increase your church donations.

TRIUMPH

APRIL 3 - APRIL 9 (FIFTH WEEK OF LENT)



“When Jesus had taken the wine, he said, **“It is finished.”** And bowing his head, he handed over the spirit.”

John 19:30

Each year at the Easter Vigil, before we hear the Gospel of the Resurrection, we read a passage from Isaiah 55 where the Lord speaks to us: “Yet just as from the heavens the rain and snow come down And do not return there till they have watered the earth, making it fertile and fruitful, Giving seed to the one who sows and bread to the one who eats, 11 So shall my word be that goes forth from my mouth; It shall not return to me empty, but shall do what pleases me, achieving the end for which I sent it.” While he hung on the cross, Jesus, Word made flesh, had accomplished everything he needed to. Having taken the full weight of humanity’s sins, he’s given himself fully. He achieved the end for which he was sent. Jesus has triumphed. His work is complete. These words are his earthly farewell.

Mycatholic.life - It is finished

LoyolaPress.com - The Sixth Word: A Guided Meditation

PRAY	FAST	GIVE
Pray for The dead the week. Mycatholicprayers.com - <i>Prayer of Eternal Rest</i>	Fast from Using your cell phone when with others, especially when dining. . Honor their presence attentively.	Almsgiving Volunteer your time at church or in your community to serve those in need.

REUNION

APRIL 10 - APRIL 16 (HOLY WEEK)



It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, **“Father, into your hands I commend my spirit”;** and when he had said this he breathed his last”.

Luke 23: 44-46

What does Jesus say with his last words that he has on earth to us? What does he do? He points us to the Father. He throws himself into the arms of the Father. And then he lets go. Jesus triumphs. Now he enters into heaven, received by his Father, who lovingly welcomes us all into his kingdom. God isn’t seeking our final breath. Jesus points us to the Father so that we too can throw ourselves into his arms, offering our mind, body and soul while we’re still on earth.

Mycatholic.life - Father, into your hands I commend my spirit.

LoyolaPress.com - The Seventh Word: A Guided Meditation

PRAY	FAST	GIVE
Pray the <i>Prayer of Surrender</i> this week. Catholicculture.net - <i>Prayer of Surrender</i>	Fast from From all media this week. Let go and let God!	Almsgiving Perform a random act of kindness each day this week.