



# Acts of Compassion - Day by Day

Lent - Week One

TAKE  
HOME



Lent is a transition time, a time to look honestly at our journey of faith as we walk with Jesus to the cross.

Jesus' wilderness experience was a pivotal moment in his journey and his extended period of temptation was a profound time, which would determine how he would move forward. Jesus faced himself, and his willingness to stay true to God's path.

- How can we allow this Lenten period to be a time of looking honestly at our journey of faith and our willingness to say yes to God?
- During this week, take some time to reflect upon the things that fill your heart.
- Does your heart belong to God, or are you easily led by other distractions?
- In what ways is Jesus the bread of your life?

Lent is an opportunity for shedding the excess and clothing ourselves in Christ.

- Do you look to things and/or people to provide a sense of wholeness, or do you look to God?
- Take a few minutes to reflect upon the 'time wasters' and the 'money wasters' that you allow into your life. During this week, what action could you take each time these temptations lure you?

When Jesus was tempted it was a watershed moment – when he faced himself and confirmed who he was, in the very depth of his being.

St Clare of Assisi knew that wholeness came from facing herself through the mirror of Christ's love and mercy. She invites us to gaze upon ourselves and see Christ within, to be transformed into the mirror of eternity.

- Are you able to allow yourself to see Christ when you gaze at yourself in the mirror (both physically and spiritually)?

*Place your mind before the mirror of eternity;  
Place your soul in the brilliance of glory;  
Place your heart in the figure of the divine substance;  
And, through contemplation,  
transform your entire being into the image  
of the Godhead itself,  
so that you too may feel what friends feel  
in tasting the hidden sweetness  
that, from the beginning,  
God Himself has reserved for His lovers.  
... May you totally love Him  
who gave Himself for your love  
at Whose beauty the sun and the moon marvel  
Whose rewards and their uniqueness and grandeur have no limits....*

St Clare of Assisi, '3rd letter to Agnes of Prague' in *Clare of Assisi: The Lady – Early Documents*, (p51).