



# Acts of Compassion - Day by Day

Lent - Week Two

TAKE  
HOME

Lent is a transformative time, a time to shed those habits that diminish us as human beings.

It was in prayer that Jesus was changed and transformed.

- How can we use this period of Lent to commit to a time of prayer each day - or to an extra time of prayer each day?

It could be as simple as a breath prayer prayed for just one minute:

Choose a simple prayer that can be prayed in two phrases - one on the in-breath and one on the out-breath, such as

- Loving God ... bring peace.
- God of compassion ... live in me.
- Merciful God ... come near.
- 'Yes,' God ... I choose you.



Prayer changes us. If our everyday activities became moments of prayer, we could be continuously transformed and become what we love.

Can our everyday lives be transformed, every moment with awareness of God's presence?

- Making beds - thanksgiving for sleep; for rest; for loving relationships.
- Washing dishes and clothes - cleanse me from my sins; make me whiter than snow - call to mind our sins and ask forgiveness.
- Dusting - we are made from dust and to dust we return. An opportunity to pray for others.
- Gardening or caring for pets - bringing to awareness the sacredness of all creation.
- Cooking - the gift of hospitality - sharing with others; nurture of body and soul.
- Sweeping, mopping and vacuuming - what are the things I want to let go of today? To sweep out of my life?
- Packing the dishwasher - a little examen - what needs to fit in my life, and what can be put aside?
- Driving the car or the sound of a siren - prayer for emergency service workers and those in distress.

*“The discipline of prayer makes us stop and listen, wait and look, taste and see, pay attention and be aware... it actually demands much willpower and motivation.... Every attempt to ‘live it through’ or to ‘stay with it’ is so contrary to our usual habits that all our impulses rise up in protest. But when discipline keeps us faithful, we slowly begin to sense that something so deep, so mysterious, and so creative is happening here and now that we are drawn towards it.”*

Henri Nouwen, Donald McNeill, Douglas Morrison, *Compassion: A Reflection on the Christian Life*, (p105).