



Acts of Compassion – Day by Day

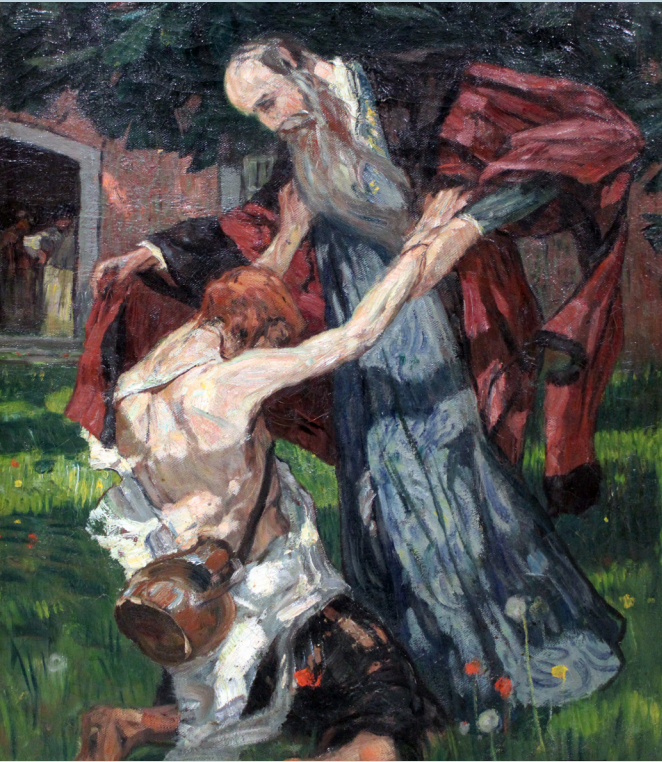
Lent - Week Five

TAKE
HOME

Lent is a time for engaging with the God of compassion and letting go judgement of others.

A woman encounters Jesus and because of this encounter with the face of compassion she is transformed. The moment changed her

- What would an encounter with Jesus be like for you?



Jesus bent down and wrote in the sand ... he took a moment before responding.

When you are tempted to bite back at people, take a moment before you respond.

Stop, breathe, think, respond.

- Am I quick to condemn others?
- Am I quick to condemn myself?
- How can I offer compassion and mercy to others this week? Can I be the face of Christ to another?
- How can I offer compassion and mercy to myself? Can I gaze upon myself with the same love that God does?

Go into the week consciously seeking out what you can learn from others.

- What are the gifts the people I come across offer me, through their words, their actions, their way of being?

“One must come to know who one is before God, one’s strengths and weaknesses, gifts and failings, in order that one may be transformed into a vessel of compassionate love and come to see the world with new and deeper vision.”

Ilia Delio, *Franciscan Prayer*, (p12).