

Hope in the Future



Reflection One 'Lent' A Spiritual Springtime

Transforming the stony ground of our Heart

Reflection: While stones in themselves can be very beautiful



they do not produce beautiful fruit. Jesus in his parable about the sower tells us that the seeds that fell on stony ground died quickly because they had no soil in which to root. These stones symbolize our hardness of heart, all the things that we need to turn away from so that we can truly bear fruit and blossom in God's love.

The Parable of the Sower Luke 8.4-8

⁴When a great crowd gathered and people from town after town came to him, he said in a parable: ⁵'A sower went out to sow his seed; and as he sowed, some fell on the path and was trampled on, and the birds of the air ate it up.⁶ Some fell on the rock; and as

it grew up, it withered for lack of moisture.⁷ Some fell among thorns, and the thorns grew with it and choked it. ⁸ Some fell into good soil, and when it grew, it produced a hundredfold.' As he said this, he called out, 'Let anyone with ears to hear listen!'

Jesus explains The Parable of the Sower: Luke, 8.11-15

¹¹ Now the parable is this: The seed is the word of God. ¹² The ones on the path are those who have heard; then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. ¹³ The ones on the rock are those who, when they hear the word, receive it with joy. But these have no root; they believe only for a while and in a time of testing fall away. ¹⁴ As for what fell among the thorns, these are the ones who hear; but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. ¹⁵ But as for that in the good soil, these are the ones who, when they hear the word, hold it fast in an honest and good heart, and bear fruit with patient endurance.

New Revised Standard Version, Anglicised Catholic Edition



A Reflection.....

**Help me Lord to clear the stony ground of my heart
so that your love will root and grow in me.**

Lent is....

A time of springtime and renewal.

A time for a change of heart.

A time for a new and closer look at the way our lives are lived.

A time to turn from sinful ways and return to our loving Father.

Lent is....

A time for concern for others

A time to lay aside our selfishness and reach out in kindness to those in need.

A time to be generous.

A time to grow in love for others.

Lent is....

A time for prayer.

A time to make new efforts in our relationship with God.

A time to turn in Love.

Lent is.....

A time of fasting.

A time to 'give up' all that hurts us.

A time to hunger for God.

As I reflect on these words the ones that attract me most are.....

I feel this is because God is inviting me to

After a time of reflection we share with each other

A Lenten Psalm

I thank you, O God, for the warming of the winds
that brings a melting of the snow,
for daylight hours that daily grow longer
and richer in the aroma of hope.
Spring lingers beneath the horizon
as approaching echoes of Easter ring in my ears.

I lift up my heart to you,
Beloved, in this season of Lent
that gently sweeps across
my sluggish and sleeping heart,
awakening me to a deeper love for you
and for my companions on this road of life.

May the wind of the Spirit
that drove Jesus into the desert,
into the furnace of prayer,
also drive me with a passion
during this Lenten season
to enkindle the fire of my devotion
in the desert of Lenten love.
May I earnestly use this Lenten season
to answer the inner urge to grow in love. Glory be....

Concluding Prayer

We thank you, Lord, for this season of Lent which draws us back
to the fruitfulness of love. May the stony ground of our hearts be
transformed as we prepare for the celebration of Easter.
Grant that we may be filled with a deep hunger for you, compassion
for others and a desire to grow and blossom in your love. We ask
this in the power of your Holy Spirit. Amen

