

***Lent 2022 Reflection Journal
for use with***

THE BEST OF JOE SICA

LENT 2022

A Time
FOR
Mending

*Daily Reflections, Actions
and Prayers*



JOSEPH F. SICA

For those using *A Time for Mending* for small group faith sharing, please consider the following guidelines.

St. Monica Small Group Guidelines

Participating in a small group faith sharing activity is a spiritual opportunity that benefits everyone involved. Please read the guidelines together before each meeting.

- + God has created each of us uniquely, and I recognize that everyone comes to this experience with different backgrounds, experiences and views. I commit to **honoring differences**, knowing they add to the richness of the group's experience.
- + God frequently speaks through the unfamiliar and different. I will **listen intently** in order to fully understand different points of view, realizing these other views will help with my own evolving journey.
- + Listening is an act of love and care. I will **practice sacred listening, listen with respect, not interrupt, and not engage in side conversations.**
- + How I treat another person is much more important than my opinions and perspectives. I will **respectfully seek clarification** of other perspectives to add to my understanding.
- + Because God made us, all persons are of equal importance and value, and all voices are important. I commit to assuring that **everyone has an opportunity to speak**, and I will **encourage others to speak before I speak again.**
- + I will **never criticize or condemn** what others share. I will **never give advice.** I am **free to remain silent**, if I wish.
- + We gather to care, not to cure. **God does the curing.**
- + God has given each of us gifts that are given in the hope and expectation that these gifts will be shared. I will **participate fully**, share responsibility for the group's process and experience, and commit to faithful attendance. **I commit to being on time.**
- + We trust one another completely. **Everything we share is always confidential.** I will honor that everything shared within this group is to stay within this group.

Preparing for the Lenten Journey

...setting the context

Lent invites us to conversion, to a change in mindset, so that life's truth and beauty may be found not so much in possessing as in giving, not so much in accumulating as in sowing and sharing goodness.

-Pope Francis, February 2022

We invite you to enter into this season of renewal using ***A Time for Mending*** by Joseph F. Sica. This booklet guides us through the daily readings of Lent, providing opportunity for prayer and reflection. Questions are provided in this journal to stimulate reflection each day. Please know these are for your personal contemplation and can be used (or not used) in whatever way helps you connect to the readings for the day. Perhaps there is even another question that you might ask, one not presented in this booklet.

As you reflect, you may wish to consider the following:

- ~ KNOW now that God is present
- ~ READ the gospel
- ~ NOTICE what you think and feel
- ~ PRAY as you are led for yourself and others
- ~ LISTEN to God
- ~ ASK God to show you how to live each day

KNOW that God is present with you and ready to converse. Spend some time today reflecting on your daily schedule. As we begin the preparation for Jesus' passion death and resurrection, plan to give a specific time to prayer and reflection each day of Lent. What positive changes would you like to make this Lent?

Lent 2022

3/2-3/5

Week of Ash Wednesday

Ash Wednesday: We're All Banged Up

What in my life has made me feel "banged up?" What treasures has God given to help me through? Where in my life do I want or need to change direction? Are there habits I want to change? How can I go about doing this?

Thursday: This Is Who I Am!

Deep down, do I believe in my own worth? What are my best traits and strengths? Who are the people in my life who build me up and make me feel good? How can I be a person who builds others up?

Friday: Laughter Heals

How easily do I find humor in things? When was my last good laugh? Do I find humor in my faith life? How could I increase the joy and laughter in my life?

Saturday: We Are All Cheerleaders

Do I use my words to uplift others? Who in my life may need encouragement today? How could I share positive words with them?

Reflections from the week:

Lent Week 1

3/6-3/12

Sunday: It's Time to Wake Up

In what ways am I tempted? What "wake up calls" have or do I face? What graces am I able to find from these experiences? How am I growing through my temptations and wake up calls?

Monday: Little Acts of Kindness

How do I care for others? In what ways do I make an impact on others? What little things touch me and how can I do the same for someone else?

Tuesday: Forgive and Move On!

Who in my life do I hold anger and resentment towards? Is there something I need to forgive? What do I need to do to let go and move on from a painful situation?

Wednesday: Golden or Lost Opportunities?

What opportunity can I seize today? What distracts me from savoring moments? What is something I have noticed recently that I should act upon? How can I better see the signs around me?

Thursday: What Goes Around Comes Around

What relationships in my life matter most to me? In what ways do I act in these relationships that I am happy with? Unhappy with?

Friday: Refocus and Forgive

Where in my life do I need to be reconciled? What choices could I make to move in that direction? Where could I choose to focus positive energy?

Saturday: How Can I Love You?

Who in my life do I find difficult? Who do I struggle to love? What choices can I make to be more loving? How do I want to respond?

Reflections from the week:

Lent Week 2

3/13-3/19

Sunday: Caught Up in Glory

How has grief affected me? How can I be more compassionate to someone who is grieving?
What does the idea of “someday” mean to me?

Monday: Walk in Their Shoes

Who do I find myself being judgmental of? Why is this? Can I try to walk in their shoes?
When have my judgements been wrong? How have they hurt myself or others?

Tuesday: The Power to Influence

Who do I influence? Who influences me? How can I use influence to create positive outcomes?

Wednesday: Accepting “What Is”

What has disappointed me recently? How did I deal with this unexpected outcome? What surprises me? How well am I able to adjust in these situations?

Thursday: Share Your Heart

What gifts do I have to share with others? What experiences in my life can I turn into service for others? How can I turn a regret into a positive learning experience?

Friday: Being Hurt by Those We Love

Am I feeling pained by the actions of someone I love? What might be the real issue? What can I do to resolve the problem?

Saturday: Face the Unexpected with Faith

Is there a problem in my life that I need to hand over to God? How can I work to surrender?
Who can help me in this endeavor?

Reflections from the week:

Lent Week 3
3/20-3/26

Sunday: Patience Is A Virtue

In what area of my life do I need to cultivate more patience? What work in me or others might be growing more slowly than I would like? How can I practice patience?

Monday: Hooked on Pleasing

How am I a people pleaser? How do others work to please me? Do I take others for granted? Is there an area in my life where I need to create healthier boundaries? How can I use the example of Christ and walk away?

Tuesday: Call Me If You Need Me

Where in my life am I struggling? Who could help me with this? Where do I see someone else struggling? How could I reach out to them? How compassionate am I?

Wednesday: Giving Our Best

Where in my life do I influence others by building them up? Where do I influence negatively by bringing down? How can I make great efforts to give my best?

Thursday: Lower the Temperature

Where in my life do I sense division? How can I work to reconcile? How do I react in the face of conflict? How do I want to respond?

Friday: Face Life Fearlessly

What are my greatest fears? How can I work to overcome them? What role does my faith play in this?

Saturday: The Power to Change

Are there areas in my life where I need to seek change? What do I hope will come of the change?

Reflections from the week:

Lent Week 4

3/27-4/2

Sunday: Keeping Memories Alive

What memories come to my mind today as I reminisce? What can I savor in these memories? What do they call me to? Are there people or places I am being called to by these memories?

Monday: Embrace the Unknown

How willing am I to believe? How do I respond to the unknown? How am I creating meaning in my life? What are the joys of this day?

Tuesday: Listen From the Heart

How good am I at listening to others? Is there someone who needs me to listen to them today? How can I take better notice of those who need help? What do I want to share with someone who would listen to me?

Wednesday: Love Now, Here's How!

What relationships in my life are most loving? How do I contribute to that? When am I most sincere in my words and actions? How can I extend that sincerity?

Thursday: Choose Gratitude

What things have I been grumbling about lately? Why? What can I be grateful for in those things? What am I most grateful for in my life?

Friday: Friends for Life

Who offers me real friendship? How do I respond? What do I do to nurture my friendships? How do they reflect my friendship with Jesus?

Saturday: Rethink Your Priorities

What is most important to me? Do my actions reflect these priorities? If so, how? If not, why not? Do I live in such a way that others would know what is most important to me?

Reflections from the week:

Lent Week 5

4/3-4/9

Sunday: Look in the Mirror First

How have I hurt or been hurt by judgement? In what ways do I judge others? Who have I judged only to later find out that it was incomplete or wrong assessment?

Monday: Possibilities Are Everywhere

What do I most hope for in my life? Have negative feelings interfered with my attempts to hope? Can I envision possibilities for the circumstances in my life that seem overwhelming right now?

Tuesday: Wishing Upon Your Own Star

What do I like about myself? What gifts has God given me to draw upon for myself and to share with others? How might my dislike of parts of myself overshadow the parts I like best?

Wednesday: The Truth, the Whole Truth

Do I consider myself an honest person? Am I a truth teller? How has this helped or hurt me? Are there things I have been dishonest about that I need to claim?

Thursday: Live Like There's No Tomorrow

What are my feelings about death? How does this influence the way I live? What role does my faith play?

Friday: What to Do With Critics

How do I respond to criticism? Why? How do I want to respond? How critical am I of others?

Saturday: Count Your Blessings

What in others' lives do I find myself envious of? Does competitiveness play a role? How can I move my focus to my blessings? What gifts in my life am I grateful for?

Reflections from the week:

Lent Week 6

4/10-4/16

Holy Week

Reflect: How am I being called into Holy Week? How will I be participating in Holy Week services?

Palm Sunday: "Oops!" Moments

What mistakes have I had trouble letting go of? Why? Do I more often blame others or myself when things go wrong? How good am I at owning my mistakes and/or saying I am sorry?

Monday: Choose Your Friends Carefully

In what ways have I used others around me? Do I ever feel used by others? In what ways am I a giver? How does it feel when I freely give to others?

Tuesday: Watch Your Back

How has betrayal impacted my life and relationships? Do I carry anger from a betrayal? How can I work towards greater healing?

Wednesday: We're All in the Together

Do I carry around guilt? Do I rationalize my actions or blame others? How can I examine and own the guilt that is warranted and let go of the unnecessary guilt?

Thursday: How Do You Want to Be Remembered?

Who do I think of as I imagine Jesus? What qualities do I want to emulate and be remembered for? How can I cultivate those qualities in my life?

Good Friday: I Am Bigger Than You

What cross am I being asked to bear? How can I take up my cross with courage? In what ways can this cross be a way to new life?

Holy Saturday: Never Give Up!

How do I react when things don't turn out as I thought they would? Am I more prone to despair or hope? What resources do I have to help me move forward?

Reflections from the week:

Alleluia! Jesus is Risen...He is Risen Indeed!!

Lord, I pray that you will continue to reveal yourself to me and that I may see you in all things.

Thank you for teaching me to...

KNOW you in life and resurrection,

READ about you on my Lenten journey,

NOTICE you in all things each day,

PRAY to you in thanksgiving and need,

LISTEN intently for your will and your direction

ASK for help and guidance along the way.

Amen! Hallelujah, Jesus is risen in ME!