

Day 19—Third Sunday of Lent

Scripture for Prayer

Stilling: Take a few minutes to become still.

God is Present: God is with you. Ask God to inspire your imagination.

Ask for what you desire. What gift, what grace do you want right now?

Read the Passage through.

Identify with a character: Choose one of the people in the story and imagine the scene from their point of view.

Senses: Use your five senses, imagine what you may see, hear, smell, touch and taste.

Fill in the details which the scripture leaves out to make the story real for you.

John 2:13-22 (NRSVA)

13 The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, ‘Take these things out of here! Stop making my Father’s house a market-place!’

The Jews then said to him, ‘What sign can you show us for doing this?’ Jesus answered them, ‘Destroy this temple, and in three days I will raise it up.’ The Jews then said, ‘This temple has been under construction for forty-six years, and will you raise it up in three days?’ But he was speaking of the temple of his body.

After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

Conversation: When you come towards the end of your time of prayer, talk to Jesus about what has come up for you. Imagine how he might reply.

Prayer: End with a formal prayer, such as the Lord's Prayer/Our Father

Review of Prayer

When you have finished look back over the prayer. Notice how you reacted and felt.

- Is this saying anything about you, about the way you see others or God?
- Did anything surprise you?
- Is there anything you need to pray about in future?



Today's Meditation

The Examen

In the Spiritual Exercises of St. Ignatius Loyola is a prayer known as the "General Examen". *Examen* being the Spanish for 'examine'.

This is a daily prayer, lasting 10 to 15 minutes, which reflects upon the day, and is usually done in the evening.

There are five elements to the prayer.

1. **Be Still** and become aware of God.

The Creator of the Universe who loves me, is with me.

2. **Review of the day:** I ask God to shine a light into my heart so that looking back over the day I may be able to see God at work. Starting from when I woke-up, be aware of my thoughts, words and actions, and the words and actions of those I came into contact with.

3. **Pay attention to my emotions:**

How did I react? How do I feel?

What brought me joy?

Is there anything I feel unhappy about?

4. **Talk to God about my day.**

Talk about what affected me the most today.

What might God thank me for today? Give thanks for that.

Did I turn away from God or those in need during the day? I ask pardon for any wrong I may have done or opportunities to love I have missed.

5. **I look forward to tomorrow.**

How might I make the best of the day?

I pray that I might be aware of the presence of the Loving God.

I give thanks for life.