

LENT REFLECTIONS 2025

Week 1

By Rev Janet Bayly

St Paul wrote to the church he had established in Galatia, (modern day Turkey) about living fruitful lives.



“When the Holy Spirit controls our lives he will produce this kind of fruit in us:

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” Galatians 5 v 22.

So this Lenten time may we take time to reflect on our lives and our relationship with our Saviour who endured the temptations in the wilderness for forty days and set his face towards Jerusalem and the cross.

Many years ago a friend wrote these helpful yet challenging words.

During Lent based on Paul’s words:

Fast from hatred and feast on love

Fast from sadness and feast on joy

Fast from anger and feast on peace

Fast from impatience and feast on patience

Fast from greed and feast on kindness

Fast from envy and feast on goodness

Fast from disloyalty and feast on faithfulness

Fast from harshness and feast on gentleness

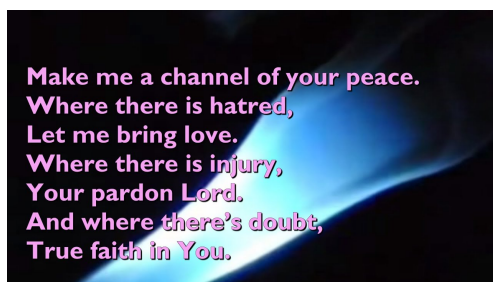
Fast from selfishness and feast on self- control.

Prayer

Thank you Lord for this time of Lent
when we give ourselves time and space
to reflect on the depth of your love and sacrifice.
May we seek to follow you each day,
fasting from sin and feasting on goodness.
So may we travel well through Lent
growing closer to each other and to you,
The Way, The Truth and The Life. Amen.

*Make me a channel of your peace
Where there is hatred let me bring your love
Where there is injury your pardon Lord
And where there's doubt true faith in you.*

Listen to the hymn here:



Blessing

May the God of hope
fill us with all joy
as we trust in him,
so we may overflow with hope
by the power of the Holy Spirit.
Amen