

# LENT REFLECTIONS 2025

## Week 3

*By Rev Janet Bayly*

Welcome to our third Lenten Reflection as we travel through the forty days commemoration of Jesus' time in the desert, wrestling with temptation.

Ann Lewin writes in her book *Watching for the Kingfisher*:



*Lent is a time to learn to travel  
Lightly, to clear the clutter  
From our crowded lives and find a space  
A desert. Deserts are bleak  
No creature comforts  
Only a vast expanse of stillness  
Sharpening awareness of ourselves  
And God.*

And so we give ourselves time and space to be, resting in the luxury of an empty timetable. For many of us, that is not possible, but hopefully we can find a little corner of peace. Finding peace can often be challenging.

Martin Manser writes:

*There are many times when our lives lack peace. We are constantly faced on television, on the internet and in newspapers with scenes of war and devastation. In personal lives too, peace can be fragile; it does not take a lot to shatter our peace. Whatever situation we find ourselves in, we need peace. Let us ponder a few well known Bible verses, asking God to show us and draw us into his perfect peace.*

We often hear these words at the close of a service;

*The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God and of his son Jesus Christ our Lord. Phil 4 v 7*

Jesus' words from the Sermon on the Mount also encourage us not just to seek peace but to be peacemakers:

*Blessed are the peacemakers, for they shall be called the children of God.*  
Matt 5v 9

Some of us may have read the book and or seen the film, Conclave. We now know exactly how the next Pope will be chosen. The present pope, Pope Francis, born Jorge Mario Bergoglio, is a great man of peace and humility. He is a critic of unbridled consumerism and capitalism. Many of his writings address these issues.

Here are his words about peace:

*True peace is granted by God to hearts that are disarmed of selfishness, hostility and anxiety for the future, replacing them with generosity, forgiveness, and hope for a better world. May we seek the true peace that is granted by God to hearts that are disarmed.*

**Listen to** *The Priestly Blessing: The Lord bless you and keep you.*

**Prayer:** Lord during Lent may we ponder the great sacrifice of Jesus Christ the Prince of Peace. Grant us your deep and lasting peace in our lives whatever our circumstances. May we too live peaceably and be your peacemakers.



**Blessing:** Deep peace of the running wave to you,  
Deep peace of the flowing air to you  
Deep peace of the quiet earth to you  
Deep peace of Christ, the Light of the World, to you  
Deep peace to you. Amen.