

## LENTEN MISSION

We have reflected on those who remained with Jesus on his journey to the cross, in particular his mother Mary and John, the beloved disciple.

Place a crucifix in your sacred space as a reminder that we will each, in turn, have our own crosses to bear.

Spend some time pondering the suffering in your own life and those close to you.

Know you are never alone.

God is with you always, especially in your darkest hour.

Call on Him in your time of need.

He is faithful to his promise – he will never leave you.

Just as Jesus conquered death on the cross be assured that through his Love you will conquer the crosses that you bear.

On Good Friday take time in your home to reflect on the Stations of the Cross and to venerate the Cross.



## *Walking with Jesus along the Via Dolorosa*

### LENTEN REFLECTIONS WEEK 5

“Blessed are those who mourn, for they will be comforted”

Much energy is expended on fleeing from situations of suffering in the belief that reality can be concealed. But the cross can never be absent.

A person who sees things as they truly are and sympathises with pain and sorrow is capable of touching life's depths and finding authentic happiness. He or she is consoled, not by the world but by Jesus. Such persons are unafraid to share in the suffering of others; they do not flee from painful situations.

They discover the meaning of life by coming to the aid of those who suffer, understanding their anguish, and bringing relief. They sense that the other is the flesh of our flesh, and are not afraid to draw near, even to touch their wounds. They feel compassion for others in such a way that all distance vanishes. In this way they can embrace Saint Paul's exhortation: “Weep with those who weep” (Rom 12:15)

Gaudete et Exsultate(75-76)

## *The last words of Christ spoken from the cross*

In the Name of the Father and of the Son and of the Holy Spirit. Amen

Jesus's journey along the Via Dolorosa was a lonely one. The crowd who only a week ago welcomed him turned against him and demanded his crucifixion. Most of his friends and followers, overcome by fear, deserted him. Two people who did remain with Him right up to His death on the Cross were Mary, His Mother, and John the Apostle.

May the final words of Christ touch our hearts. Help us to realise that we are not merely onlookers but that we too are part of the story of God's salvation to the world.

We ask this through Christ, Our Lord. Amen

Gospel Reading - John 19:23-28

When the soldiers had finished crucifying Jesus they took his clothing and divided it into four shares, one for each soldier. His undergarment was seamless, woven in one piece from neck to hem; so they said to one another, 'Instead of tearing it, let's throw dice to decide who is to have it.'

In this way the words of scripture were fulfilled: They divide my garments among them and cast lots for my clothes. That is what the soldiers did. Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. Seeing his mother and the disciple whom he loved standing near her, Jesus said to his mother, 'Woman, this is your son.' Then to the disciple he said, 'This is your mother.' And from that hour the disciple took her into his home. After this, Jesus knew that everything had now been completed and, so that the scripture should be completely fulfilled, he said: I am thirsty.

## *The 7 last words of Jesus*

**“Father, forgive them;  
for they know not what they do.”**

(Luke 23:34)

**Today, you will  
be with me in Paradise.”**

(Luke 23:43)

**“Woman, behold your Son!....  
Son, behold your Mother!”**

(John 19:26-27)

**“Eli, eli, lama sabachthani? that is, 'My God, My  
God, why have you forsaken me.”**

(Matthew 27:46-47)

**“I thirst.”**

(John 19:28)

**“It is finished.”**

(John 19:30)

**“Father, into your hands  
I commit my Spirit.”**

(Luke 23:46)