

# GUIDE FOR USING THIS RESOURCE DURING LENT AND FOR EASTER 2025

## AN HOUR FOR AN INDIVIDUAL

*\*A journal or notebook, and a lit candle symbolising Christ's presence, may be helpful.*

- **Begin with the sign of the Cross: "In the name of the Father..."**  
**Ask God**, who loves you, to be with you and guide you.
- **Read and re-read the Gospel passage**, pausing for words or phrases that may 'stand out'. What might God, in Jesus, be saying to you? Talk with Jesus about what comes to mind, or simply rest in God's loving presence.
- **Read and reflect on the writings of 'Fellow Pilgrims'**.
- **Find words or an image** for your insights, and a hope, intention or prayer for the future. You may like to write these in a journal.
- **Conclude** with the final Prayer for this week and the **Sign of the Cross**.

## 75 MINUTES FOR A GROUP

*(optimal group size 5 – 7)*

*\*Journals or notebooks, and a lit candle symbolising Christ's presence, may be helpful.*

*\*One person may assist the group by: leading prayer, keeping time, ensuring each may share while others listen respectfully.*

### 1. WELCOME PRAYER

*(5 minutes)*

- **Greet and welcome each person.**
- **Pray together:** "In the name of the Father..."
- **Pray silently:** Ask God, who loves you, to be with you and guide you. You may like to pray together a common or prepared prayer.

### 2. READING THE GOSPEL AND INDIVIDUAL QUIET TIME

*(25 minutes)*

- **Read aloud and re-read aloud** the Gospel passage; each person notes words or phrases that 'stand out' to them.
- **Consider silently:** What is God, in Jesus, saying to me?
- **Talk with Jesus** about what comes to mind or rest in God's loving presence.
- **Read** the writings of 'Fellow Pilgrims'. Which one speaks to you?
- **Find words or an image** for your insights, and a hope, intention or prayer for the future. You may like to write these in a journal.

### 3. DISCUSSION

*(35 minutes - or longer for a larger group)*

- **Each is invited to share one or two key insights** from their personal reflection and prayer *(1–3 min each)*.
- **General discussion.**

### 4. CONCLUDING PRAYER

*(5–10 minutes)*

- **For what are you grateful today?** Each person shares a word or phrase.
- **Pray** the final Prayer for this week and the **Sign of the Cross**.