

## Prayer for Transformation

Holy Mystery, in You we live  
and move and have our being.  
You have called us from our  
youth to follow You.

You called us to live a radical response  
to the Gospel in our beginnings;  
today You call us to discern our  
response for these changing times.

Transform each of us, we pray.  
May we be more open, vulnerable and  
present to each other, and to You.  
Transform us; that who we are  
and what we do  
furthers the mission of Jesus.

We long for Oneness with You;  
we pray and work for global  
justice and solidarity.  
We know that what You have begun in us  
You will bring to fulfillment.

Thus may it be.

We invite you to engage further as we welcome  
the stranger, visit [www.presentationisters.org](http://www.presentationisters.org)



Sisters of the Presentation  
of the Blessed Virgin Mary

*In Joyful Service*

## Lenten Reflections

### Together Let Us Welcome the Stranger



*Lord, make me an instrument of  
your peace; where there is hatred, let  
me sow love; where there is injury,  
pardon; where there is doubt, faith;  
where there is despair, hope; where  
there is darkness, light; and where  
there is sadness, joy.*

Saint Francis of Assisi

Lent is a time to become more attentive to the type of life we are living. We invite you to reflect upon these passages, as together, we grow in self-awareness and stimulate our consciousness so we may expand our ability to connect with others in more meaningful ways.

### **Week One**

*Dear friend, you are faithful in what you are doing for the brothers and sisters, even though they are strangers to you. John 3:5*

How often have I stopped to assist someone in need? I may not know them, but a genuine sign of love and compassion often bridges the gap even if words are not spoken. Loving God, **let me sow love** and welcome all I meet.

### **Week Two**

*Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering. Hebrews 13:3*

How many times have I thought negatively about myself, building up walls of insecurity and self-doubt? This inner conflict takes away my energy and tarnishes my soul. Loving God, help me to forgive myself and **receive your pardon**, remembering that you love me and that I am made in your image.

### **Week Three**

*Accept one another, just as Christ accepted you, in order to bring praise to God. Romans 15:7*

Am I really accepting of those who may have different religious or political views or someone who has relocated from a foreign land? Do I treat others how I would like to be treated? Loving God, with my imperfections and doubts, **strengthen my faith** and help me to accept others as you have accepted me.

### **Week Four**

*Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. Ephesians 2:19-20*

Do I know my neighbors, my co-workers, people around me in church? Do I make an effort to assist others? Loving God, help me to **provide hope where there is despair** and remember we are all part of your family.

### **Week Five**

*Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Hebrews 13:1-2*

How often have I forgotten that we are all children of God? Do I treat people I meet with the respect and dignity that they deserve? Loving God, where there is darkness, **let your light shine** through me to do your good works.

### **Week Six**

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29*

Lord, sometimes I become distracted and lack mindfulness. Thank you for your gentle reminders that You are there for me, **transforming my sadness into joy.**

*A merciful heart can go out and meet others; it is ready to embrace everyone.*

Pope Francis