



Lenten Reflections

Join us through Lent to reflect upon Jesus' words from the Cross.

Each week you will find a new set of reflections here to aid you in your spiritual journey through Lent.

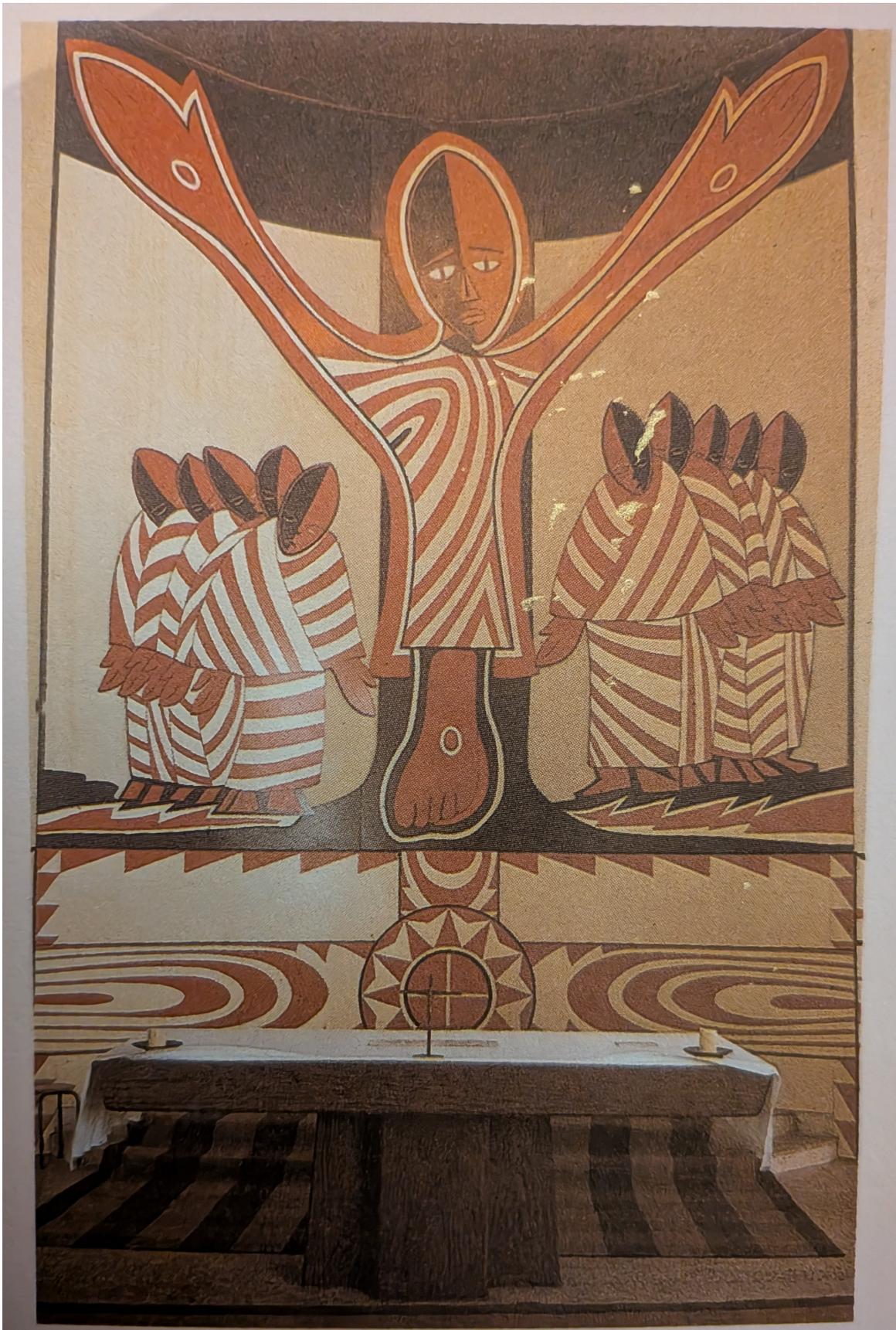
**'Father, into your hands I
commit my spirit'**

(Luke 23:46)

*Surrender - Jesus accepted that
His Father in heaven - God - was
fully in control.*



With grateful thanks to Alethe Virgin (Methodist Lay Preacher), for sharing her reflections with us.



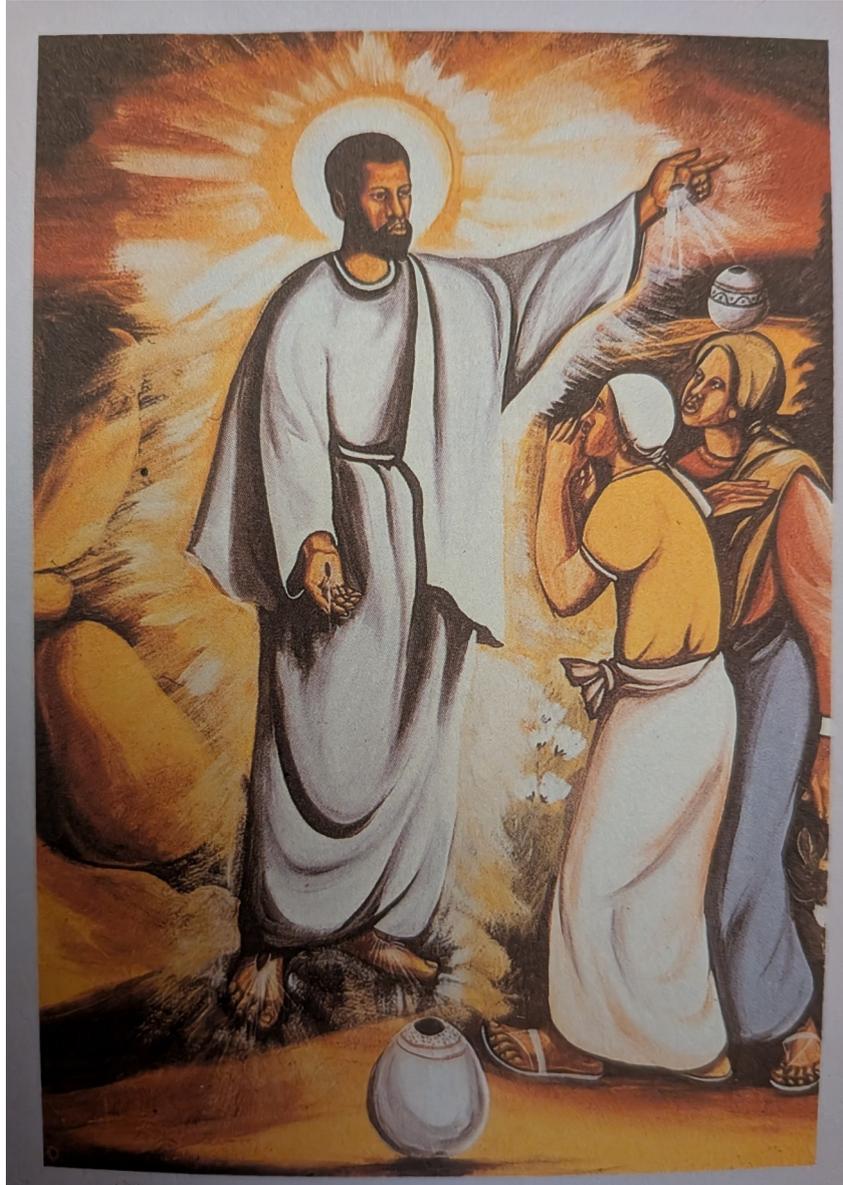
Faith - Jesus' faith in God the Father was one of perfect trust, complete obedience and divine oneness.



Ultimate trust - Jesus' did not despair. He trusted utterly in His Father's plan.

Abba, beyadka natan 'ana ruchi

(Aramaic)



**Pater, eis cheirus sou paratithemai
to pneuma mou**

(Greek)

*Not defeated - Jesus' final words are a
powerful declaration of faith.*

SCAN ME



“Last Words (Tenebrae)” by Andrew Peterson

[https://youtu.be/kx3vDBtf78E?
si=HeeQ00Dg0drbYQQW](https://youtu.be/kx3vDBtf78E?si=HeeQ00Dg0drbYQQW)

Lenten Prayer (Psalm 31:1-5)

In you, O Lord, I seek refuge; do not let me ever be put
to shame;

in your righteousness deliver me.

Incline your ear to me; rescue me speedily.

Be a rock of refuge for me, a strong fortress to save me.

You are indeed my rock and my fortress;
for your name's sake lead me and guide me,
take me out of the net that is hidden for me,
for you are my refuge.

Into your hand I commit my spirit;
you have redeemed me, O Lord, faithful God.