



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, forgive them'

'Two other men, both of them criminals, were also led out to be put to death with Jesus. When they came to the place called "The Skull", they crucified Jesus there, and the two criminals, one on his right and the other on his left. Jesus said, "Forgive them, Father! They do not know what they are doing.'" (Luke 23:32-34)

Reflection

What does our instinct tell us to do when we are attacked? If we are the victim of injustice, what is our first reaction? To lash out, to strike back - and when we are challenged about our reaction, the response comes easily - "he deserved it!"

To be forgiving, to be understanding of other people's motives, to understand that their actions are the result of ignorance rather than informed ill-will, is much harder.

And yet Jesus gives us just this example. He faced a degree of humiliation and pain that none of us can imagine, and none of it deserved. Remember that our word for the very worst kind of pain refers to the Cross - excruciating, from the Latin, 'ex cruce'. The Gospel is asking us - if Jesus was capable of forgiveness in those circumstances, can we not also try?

We have examples in modern times of what this might look like - the passive resistance of Martin Luther King and the civil rights movement, for example. Such noble behaviour is not the preserve of Christ-like figures, but is actually expected of all of us. The Gospel message is for all.

So as we enter Lent, rather than simply giving up ordinary temptations such as chocolate, perhaps we could resist our deeper and more harmful temptations - to get our own back, to seek revenge, to give people what we think they deserve. Let us keep our eyes on the Cross, and pray that we can be capable of the kind of forgiveness we see there.



With grateful thanks to Mack Robinson (Licensed Lay Minister), for sharing his reflection with us.

SCAN ME



Samuel Barber's "**Adagio**" performed by the
Amstel Quartet

[https://youtu.be/BIHuhIB Whw?
si=ufma3NFve8yyXH8m](https://youtu.be/BIHuhIB Whw?si=ufma3NFve8yyXH8m)

Lenten Prayer

Lord Jesus, walk with me through the
desert of Lent, and may your Spirit of
forgiving love find new life in me.

Amen.