

B E A U T Y
f r o m A S H E S

L E N T

WEEK THREE
CROSS MEDITATION

“If God is Trinity and Jesus is the face of God, then it is a benevolent universe. God is not someone to be afraid of, but is the Ground of Being and on our side.”

-RICHARD ROHR-

This week, as we move our way through the Sign of the Cross, we move our hand from the mind to the heart, and our eyes from the Father to the Son.

Jesus of Nazareth is the human manifestation of the Divine in its purist form. The historical Jesus teaches us so much about God, but more than anything, Jesus reveals God's heart for us.

In Christ Jesus, we see the Sacred Heart of God that burns for the whole world, and we model our own hearts after the heart of Christ.

Today, we surrender our hearts to God.

LENT

WEEK ONE

Sign of the cross meditation from A New Liturgy

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WEEK TWO

God- we give you our minds

-

WEEK THREE

God- we give you our hearts

-

WEEK FOUR

God- we give you our past

-

WEEK FIVE

God- we give you our future

LENT

MIND

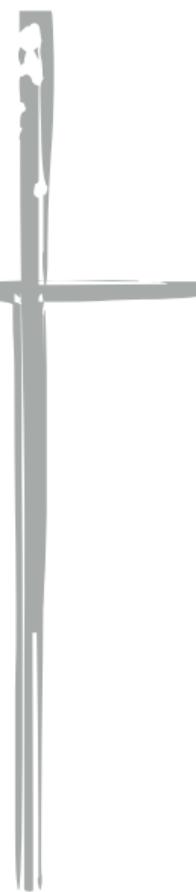
Week 2

PAST

Week 4

FUTURE

Week 5



HEART

Week 3

THIS WEEK

By yourself, or together with your small group, listen and participate with this meditation. It takes about 7 minutes.

CLICK HERE

After you are finished, spend a few minutes in silent contemplation.

If you are in a group, spend a couple minutes talking about your experience.

What impacted you the most?

What thoughts and feelings surfaced during your meditation?

SCRIPTURE

Begin each morning this week by meditating on this passage.

“Do you understand what I have done for you? You call me ‘Teacher’ and ‘Lord,’ and do so correctly, for that is what I am. If I then, your Lord and Teacher, have washed your feet, you too ought to wash one another’s feet. For I have given you an example—you should do just as I have done for you. I tell you the solemn truth, the slave is not greater than his master, nor is the one who is sent as a messenger greater than the one who sent him.”

John 13:13–16