



## LENTEN MISSION

We invite you to create a sacred space at home as we begin our journey along the Via Dolorosa with Jesus this Lent. This week reflect on the Agony of Jesus in the garden and how his disciples could not watch one hour with Jesus.

For each of the next six days set aside 10 minutes each day to keep watch with the Lord.

Light a candle.

Use this time to just sit quietly and be aware of God's presence in your life.

Watch. Listen.

By the end of the week, you will have kept watch for one hour, just as Jesus asked.

The Via Dolorosa is a distance of 600 meters.

We encourage you, if able, to plan a walking route of a similar distance that you can undertake. While walking take time to reflect on Jesus' final hours as he walked the Via Dolorosa.



Gospel Passage from The Jerusalem Bible  
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## *Walking with Jesus along the Via Dolorosa*

### LENTEN REFLECTIONS WEEK 1

*The actual word, 'Via Dolorosa' is Latin for "Sorrowful Way". It is commonly translated as "Way of Suffering". It is traditionally believed to be the route taken by Jesus as he carried the cross towards Calvary.*

*The pilgrims begin in the Mount of Olives in the Garden of Gethsemane and walk through the Lions' gate, which marks the entry into the old city of Jerusalem. Pilgrims follow the winding path from the Antonia Fortress, believed to have been the place where Jesus was brought before Pilate, and stop at the Church of the Holy Sepulchre, the place where it is believed that Jesus was crucified. It is a distance of about 600 metres.*

## *The agony of Jesus in the Garden of Gethsemane.*

In the Name of the Father and of the Son and of the Holy Spirit. Amen

Lord Jesus, as we begin our journey with you on the way of the Cross, open our hearts to the loving plan that you have for each one of us. As we walk with you, help us to recognise that you are also walking with each one of us. This present time has been one of trial, challenge, and isolation for many people. Help us to experience the consolation of your ever-present love and to remember that you make all things new. We ask this through Christ, Our Lord. Amen

Gospel Reading - Matthew 26:36-46

Then Jesus came with them to a plot of land called Gethsemane; and he said to his disciples, 'Stay here while I go over there to pray.' He took Peter and the two sons of Zebedee with him. And he began to feel sadness and anguish. Then he said to them, 'My soul is sorrowful to the point of death. Wait here and stay awake with me.' And going on a little further he fell on his face and prayed. 'My Father,' he said, 'if it is possible, let this cup pass me by. Nevertheless, let it be as you, not I, would have it.' He came back to the disciples and found them sleeping, and he said to Peter, 'So you had not the strength to stay awake with me for one hour? Stay awake, and pray not to be put to the test. The spirit is willing enough, but human nature is weak.' Again, a second time, he went away and prayed: 'My Father,' he said, 'if this cup cannot pass by, but I must drink it, your will be done!' And he came back again and found them sleeping, their eyes were so heavy. Leaving them there, he went away again and prayed for the third time, repeating the same words. Then he came back to the disciples and said to them, 'You can sleep on now and have your rest. Look, the hour has come when the Son of man is to be betrayed into the hands of sinners. Get up! Let us go! Look, my betrayer is not far away.'

### *A Lenten Poem by Ann Weems*

Lent is a time to  
take time to let the power  
of our faith story take hold of us,  
a time to let the events get up  
and walk around in us,  
a time to intensify our living unto Christ,  
a time to hover over the thoughts of our hearts,  
a time to place our feet in the streets of  
Jerusalem or to walk along the sea and  
listen to his Word,  
a time to touch his robe  
and feel the healing surge through us,  
a time to ponder and a time to wonder....

Lent is a time to allow  
a fresh new taste of God!  
Perhaps we're afraid to have time to think,  
or thoughts come unbidden.  
Perhaps we're afraid to face our future  
knowing our past.

Give us courage, O God,  
to hear your Word  
and to read our living into it.  
Give us the trust to know we're forgiven  
and give us the faith  
to take up our lives and walk.