



God of the Journey,
may this Lenten season
challenge us to a
change of heart:
to live gently,
to love generously,
to count blessings and
walk paths of peace
and inclusion.
Amen

Fifth Sunday of Lent

What can you change this Lenten season?

Are you ready for change?

The prophet Ezekiel said: 'I will take out of your flesh the heart of stone and give you a heart of flesh'. This was the experience of the Apostle Paul after his encounter with Jesus on the road to Damascus. It radically changed his outlook on life ... God transformed his heart! ... The revolutions of history have changed political and economic systems, but none have really changed the human heart in depth. True revolution, the revolution that radically transforms life was brought about by Jesus Christ through his resurrection... (Church of Mercy, 2014, 13).

As we move towards the Easter season, we are challenged to heart change – to a revolution of the heart that refocuses us on Jesus' call to live differently, to change the way we see the world, to work tirelessly for those in need ... to be true resurrection people. And this revolution of the heart is the centre of the Lenten call to become revolutionaries – to speak, to advocate, to role model, to proclaim a more inclusive, compassionate and loving way. As Pope Francis reminds us: *In this day and age unless Christians are revolutionaries, they are not Christian* (Church of Mercy, 2014, 13).

How can you proclaim a more compassionate and loving way this Lent?

COMPASSION JUSTICE RESPECT HOPE