



*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*

Third Sunday of Lent

What can you change this Lenten season?

Can you live more peacefully?

Isn't the world we want a world of harmony and peace, in ourselves, in our relations with others, in families, in cities, in and between nations? And does not true freedom mean choosing ways in this world that lead to the good of all and are guided by love? When we think only of ourselves, of our own interests and place ourselves in the centre, when we permit ourselves to be captivated by the idols of dominion and power ... then relationships are broken (Church of Mercy, 2014, 124).

There are many forms of conflict in our communities and as we are often told, peace begins with each of us, in our own hearts. The challenge of peaceful living lies in how we relate to others, how we develop relationships, how we nurture community and social harmony. Today it is all too common to see labelling, hate speech, intolerance and gossip masquerading as free speech or news. This Lent we can all stand against those attitudes and movements which seek to divide and create disharmony.

Where can you sow peace this Lent?