

**30<sup>th</sup> March**

**Daily Prayer and Reflections**

During these days, we are all looking for a sense of routine and fitting a time of prayer and reflection can be so valued. During Lent, we are all asked to live out the 3 pillars of lent which is to pray, fast and give. The contents of this sheet are to help guide us in prayer.

During the Year of Community, it is of value to our faith that we all join together as a faith community and take time of prayer and reflection. We challenge you to take time of prayer and find a quiet space for conversation with God. We have included today's gospel and a reflection. During the Year of the Word we want to bring God's word to all so He can speak in to all of our lives.

**Today's Prayer:**

Lord,

We keep our hearts open for your love. You know all that we require. We turn to you, for you are ready with your help when we need. You have created us all with unique plans, so we fulfil our full potential because we have a Lord who guides us to make us glad. May we always praise your name. May your help be always with us and we follow your plan daily.

Amen

On the @BC\_Chaplaincy Twitter Page, we upload daily reflections and prayer ideas which we invite you to look at with readings of the day also posted. We post small reflections so we can keep God's word active throughout the day and accessible.

**Today's Gospel**

Jesus went to the Mount of Olives. At daybreak he appeared in the Temple again; and as all the people came to him, he sat down and began to teach them.

The scribes and Pharisees brought a woman along who had been caught committing adultery; and making her stand there in full view of everybody, they said to Jesus, 'Master, this woman was caught in the very act of committing adultery, and Moses has ordered us in the Law to condemn women like this to death by stoning. What have you to say?' They asked him this as a test, looking for something to use against him. But Jesus bent down and started writing on the ground with his finger. As they persisted with their question, he looked up and said, 'If there is one of you who has not sinned, let him be the first to throw a stone at her.' Then he bent down and wrote on the ground again. When they heard this, they went away one by one, beginning with the eldest, until Jesus was left alone with the woman, who remained standing there. He looked up and said, 'Woman, where are they? Has no one condemned you?' 'No one, sir' she replied. 'Neither do I condemn you,' said Jesus 'go away, and do not sin anymore.'

John 8:1-11

In the gospel today, we hear the quote 'If there is one of you who has not sinned, let him be the first to throw a stone at her.'. Jesus is allowing us to stop blaming outwards and start to

do some self-reflection. We can always try to better ourselves and in this time of Lent is the perfect time to take time in prayer and reflection. We are often disloyal to ourselves and our vocations. Only with great difficulty can we stay where life has placed us for we are constantly running away

This woman was surprised, as if she were spied on by people that were waiting for the moment to reveal her sin. We often spy on each other in the same way, waiting for the other person to fail, to fall into sin.

We often stray away from the life God has planned out for us and turn to sin. We can often point to others for our downfalls. But if we just turn to him in prayer we can be cleansed from sin and see things in a optimistic, positive light.

**Prayer:**

Lord,

We pray for your guidance through our day to day life. We pray that you are with us through the choices we have to make and guide us on the right path. We ask for your forgiveness for all we have done wrong and start afresh in your love, guidance and strength. You are our place of refuge and we do not fear the future with You. We thank you for the graces you have allowed us and appreciate it greatly.

Amen

**Diocesan Information**

Masses are live streamed up and down the diocese and are daily. If you want to watch mass, follow this link select a church and the mass times are listed so you can plan Mass Live stream in to your day:

<https://www.mcnmedia.tv/cameras/county/west-midlands>

Praise and Worship Playlist: <https://www.youtube.com/watch?v=F8umfBRIwW8>

Birmingham Catholic Youth Service are Live on Instagram at 8pm Mondays and Fridays with Guest Speakers! Tune in. @birminghamcys