

Week 1 | Repenting

Begin with prayer

Find a quiet place and stand still for a moment. Dedicate your journey today to God, asking him to speak to you as you read, pray and walk.

*Lord, grant that I may always allow myself to be guided by you,
always follow your plans and perfectly follow your holy will.*

Grant that in all things great and small,

I may do whatever you require of me.

May your will be done in time and in eternity,

by me, in me and through me. Amen

Teresa of Ávila



Matthew 3:1-3

In those days John the Baptist appeared in the wilderness of Judea, proclaiming, 'Repent, for the kingdom of heaven has come near.' This is the one of whom the prophet Isaiah spoke when he said, 'The voice of one crying out in the wilderness: "Prepare the way of the Lord, make his paths straight."'

Repentance begins with that vital first step of recognising our sinfulness – that which we commemorate on Ash Wednesday. However, this is only the first step along a lifelong journey of learning to live and love in and through Christ.

Reflect

A repentant life is a joyful one; it is an 'I can' experience:

'I can change.'

'I can grow.'

'I can live more fully.'

But it is also an 'I can't experience': *'I can't do this alone.'*

Only from God will we find true repentance; only through Christ can we be wholly forgiven; only with the Spirit can we live out that repentance, bearing fruit worthy of that constant renewing of our hearts and minds, turning again and again towards the light which shows us the way.

Question

How can you live a repentant life? What is the 'fruit worthy of repentance'? Rather than overwhelming yourself with all that you might do, perhaps choose three things you wish to change – three things which will put you in a better place with God and with humanity.

Prayer

Help me Father, to acknowledge my sin and to turn away from it. Help me to walk in a new direction, placing my feet in your footsteps, allowing your Holy Spirit to fill my heart and soul so that my words and actions might be your instruments of saving grace. Amen

'God writes the gospel not in the Bible alone, but on trees and flowers and clouds and stars.'

Martin Luther

Evidence that God's love extends throughout his creation is found in the entire Bible, rejoicing in the capacity of nature to reveal not only God's love for the world and those who inhabit it, but also God's endless creativity and imagination. Jesus constantly uses examples taken from nature to illustrate aspects of God's kingdom and our own behaviour within it. We are taught to appreciate landscapes and to learn from the details of flowers and the behaviour of birds.

As you journey today, let your senses be filled with wonder at your surroundings, so that you learn from and rejoice in the gifts of the natural world.

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