

GUIDED  
MEDITATIONS FOR

CHRIST  
OUR PRIEST

Session One

“Master, it is wonderful for us to be here.”

We make St Peter’s words in the Transfiguration our own.

Jesus, it is wonderful to be here – to make this pause in our daily life, to come together in your presence, to shut out the cares of the world, to be still and to listen to you.

Here you speak to us clearly – through the Scriptures, through our Lenten reflections, through the others here with us, and above all in the silence of our heart.

We hear the voice of the Father saying personally to each one of us: “This is my Son, the Chosen One. Listen to him.”

Jesus, help me to listen to you, to be open to your word.

What are you asking of me?

Jesus, as we meditate on your Transfiguration, our thoughts go to the glory that awaits us in heaven. Eternal life is our goal, the reason for our existence.

We will join you there if we live and die in your love.

Help us now, in this season of Lent, in this season of grace, to follow you more closely: to renew our struggle to avoid sin, to do more penance, to be more prayerful and more kind to others.

In a word, to do your will, to grow in love, to be the saints you want us to be.

Mary, our hope, queen of all saints, you heard the word of God and kept it. Help me to love Jesus as you did.

Session Two

Jesus, how much you love us!

When we were separated from you by the sin of our first parents, and by our own sins, you did not reject us.

Instead, you loved us so much that you took on our human nature, you became man and dwelt amongst us.

Then you went even further.

You suffered and died on the Cross in order to reconcile us with the Father.

Truly, no greater love can a man have than that he lay down his life for his friends.

How much you love us! Thank you.

Jesus, how have I responded to your love for me?

So often I have offended you by my sins – my many sins.

How could I do that to you when you love me so much?

I am sorry. I am truly sorry.

Help me to resolve never to offend you again, but rather to do everything possible to please you, to do your will in everything, to show by my deeds that I love you.

Mary, my mother, you were without sin throughout your whole life.

Help me to be truly sorry for my sins, and to try to please God in everything, as you did.

GUIDED  
MEDITATIONS FOR

CHRIST  
OUR PRIEST

Session Three

Heavenly Father, how merciful you are!  
You love us more than any earthly father or mother could possibly love their children.  
You love us even when we wander away from you – when we forget you, when we don't pray  
as we ought, when we don't worship you, when we offend you by our sins.  
Even then you love us, and you wait for us to come back.  
Help us to come back to you, to be converted, now in this time of Lent, this time of conversion.  
And then to grow ever closer to you, through our good deeds, our prayer and penance.

Heavenly Father, you wanted us to be able to experience your mercy in a tangible way.  
And so you gave us through your divine Son the sacrament of reconciliation, the sacrament of  
mercy, of peace and joy.  
How much good the sacrament does us, how helpful it is to hear with our ears your merciful  
words of forgiveness.  
And to know that, no matter how grievously or how often we have offended you, you are always  
ready to forgive us and take us back.  
After confession, we always set off again on our spiritual journey with new heart, strengthened  
by the grace of the sacrament.  
Help us to take advantage of this sacrament more often, and to help others to discover its healing  
power.

Holy Mary, Mother of Mercy, Refuge of Sinners, pray for us.

Session Four

Jesus, how rich you are in mercy!  
When others wanted to follow the law and stone the woman who had committed adultery, you  
forgave her.  
When she thought she was about to die, you gave her back her life – her spiritual life and her  
natural life.  
When no one was left to condemn her you said, "Neither do I condemn you; go away and don't  
sin any more."  
How often you have forgiven me like that!  
Help me to be grateful, and to resolve not to offend you again.

Jesus, when you have been so merciful to me, why am I so lacking in mercy with others?  
If someone has hurt me, I find it hard to forgive them. Help me to remember how merciful you  
are with me, and to forgive them always.  
And help me to show kindness to all those around me who are suffering in any way, from  
sickness, marriage problems, loneliness, or financial worries.  
In that way I will witness to your infinite mercy.  
And I will hear your reassuring words, "Blessed are the merciful, for they shall obtain mercy"  
(Mt 5:7).  
Mary, Mother of Mercy, help me to be more thankful for God's mercy to me and always to show  
mercy to others.

GUIDED  
MEDITATIONS FOR

# CHRIST OUR PRIEST

## Session Five

Jesus, truly you loved us to the end.  
 No man would have agreed to suffer as much as you did, even for his best friend.  
 But you, who are God, laid down your life for man.  
 You, who are without sin, laid down your life for us sinners.  
 And you did it freely: "I lay down my life of my own accord; no one takes it from me", you said.  
 How much you love us!  
 I must ask myself: how do I treat you?  
 How do I repay your love for me?

Jesus, you died for me as my redeemer.  
 You made it possible for me to go to heaven.  
 But the way to heaven passes over Calvary, along the way of the cross.  
 And so you invite me to deny myself, to take up my cross and follow you.  
 Help me, especially in what remains of Lent, to be generous:  
 to deny myself through prayer, penance and deeds of charity.  
 Then I will be able to say with the good thief, "Jesus, remember me when you come into your kingdom".  
 And I will hear your answer: "Indeed, I promise you, today you will be with me in paradise."

Mary, my mother, Help of Christians, help me to follow Jesus closely as you did, along the way of the cross to the joy of heaven.

