

Thought for the Day – Friday 16<sup>th</sup> February 2024

by Revd John Ohen

Lent

Lent invites us to a conversion of heart, time to change direction, self-examination, and time for spiritual renewal. It is also time for us to overcome any cold indifference we may have.

When the apostles returned to Jesus from their mission, they told him all that they done and thought (Mark 6 v. 30). We can imagine the excitement and eagerness with which they crowded around Jesus, all trying to tell him all that had happened and what they had achieved.

Jesus took them away to a quiet place for a rest after some hard work. Rest time and prayer is very important for those who seek to be active in God's work.

In today's hectic world, we need to make time for prayer and reflection, particularly during Lent. Unfortunately, the world values productivity above the interior life, and regards time spent in prayer as wasted. However, it is in prayer that we gain strength and wisdom we need to live a Godly life. Prayer is not a retreat from reality, rather it is in prayer that we come in touch with reality. We are created by God and wholly depended on him for our survival. It is through prayer, meditation, and silent listening to God that we are enabled to speak to other people about God. We are called to pray continually and never cease. (Luke 18:1).

Prayer:

Dear Lord grant us the grace to persevere in our prayer and spend time with you, so that we may grow in love for you and communicate that love to others. Amen.