

■ Parish Seasonal Guide ■

Lent: Journey of Conversion

By Fr. Charlie Chilufya, S.J.

This Lent parish guide offers reflections and prayer outlines for each week of Lent. It helps parish groups live the call to conversion through prayer, reflection, and faith-sharing. The themes invite participants to deeper self-examination and renewal in Christ.

■ Structure of Weekly Gathering

1. Opening Prayer

Begin with silence or a simple Taizé chant. Pray for the grace of conversion.

2. Reading of the Gospel

Proclaim the Sunday Gospel aloud. Pause for silence, then read again.

3. Reflection Input

Short reflection or reading on the weekly Lenten theme.

4. Faith-Sharing

Each participant shares: Where do I experience the need for conversion in my life? Where do I see God's mercy?

5. Closing Prayer

Conclude with the Our Father or the Suscipe prayer.

■ Weekly Themes & Reflections

Week 1: Temptation & Trust

Matthew 4:1–11 — Jesus tempted in the desert.

Reflection: Where am I tempted to choose comfort over faithfulness?

Week 2: Transfiguration

Matthew 17:1–9 — Jesus transfigured on the mountain.

Reflection: Where is God inviting me to see His glory in daily life?

Week 3: Living Water

John 4:5–42 — The Samaritan woman.

Reflection: What thirsts do I bring to Christ? Where do I find living water?

Week 4: Light & Healing

John 9:1–41 — The man born blind.

Reflection: Where do I need God's healing light?

Week 5: Life Restored

John 11:1–45 — The raising of Lazarus.

Reflection: What feels dead in me? Where is God calling new life?

■ Closing Lenten Prayer

'Lord Jesus, as we walk this Lenten journey, open our hearts to Your mercy. Give us the grace to repent, to believe in the Gospel, and to live as witnesses of Your love. Amen.'