

Lenten Reflections
Our Lady of Grace
Youth & Young Adult Ministry

Please complete one reflection on the Gospel reading for your assigned day and send to Jake (JRTeitgen@ologn.org) by your due date (one week before your assigned day). You should aim for a reflection that is **approximately 300 words**. However, if you believe you can provide valuable reflection for readers with significantly more or less words, please follow your call (or talk to Jake if you have questions). Also, please **choose one image** (must be sent electronically) that goes along with your reflection. This can be a spiritual painting, personal photograph, image of nature, or anything you think fits with what you've written. **These reflections will be shared with others in the youth ministry, young adult ministry, or parish community.** Thank you for contributing your insight and time for the sake of Our Lady of Grace!

Here is some advice for writing your reflection:

Pray.

Seriously, pray.

Bring it to Adoration and work on it, consider it, or edit it there.

Don't be afraid to be real in your feelings or emotions. Bring your true self into the reflection.

Trust the Holy Spirit more than you trust yourself.

If you're done in 15 minutes, you probably didn't do it right.

Try thinking about the reading as a whole (including what happens before or afterwards), or expand upon one phrase that really stands out to you.

Don't assume people have read the Gospel for that day. You might quote a particular portion or sum up the reading at the beginning of your reflection (i.e. "In today's Gospel, Jesus tells us to...").

You could try thinking of the historical aspects of that Gospel, how it relates to our lives today, or what it reminds you of in your own life – or all three!

Incorporate a story from your own life. What did this Gospel remind you of that has been a real lesson or faith moment for you?

This is not an essay paper; it is a reflection. Be brief; be bold; give readers something to take with them through the day.

Proofread and edit your reflection before you submit it.

Send **reflections** and **image** to Jake at (JRTeitgen@ologn.org) or via Facebook (facebook.com/jake.teitgen) by your assigned due date.

To receive other reflections or to receive them via a different media, visit flocknote.com/ourladyofgrace and subscribe to the Lenten Reflections list.