

Walking and Meditating in Lent

During Lent especially, we remember Jesus meditating and praying to God the Father, for forty days in the Judean desert before he began his ministry. During Lent we are called to refresh and rededicate ourselves to our Christian faith and finally at Easter to renew our baptismal vows.

Medieval monks had a tradition of walking and meditating especially during Lent. They would focus on a particular line of gospel, a phrase Jesus said, or even a repetition of the name of Jesus.

Many people walked on pilgrimage at this time and thousands visited the Augustinian monastery at our local Norton Priory where Knight Dutton brought a piece of the Holy Cross back from the crusades in the Holy Land.



Jesus praying in the desert

A Lenten Walk and Pray

During Lent why not spend some time each day walking and praying.

You could visit one of our special places in and around Widnes, Victoria Park, Spike Island, or Norton Priory.

Find a part of the gospel, or a prayer you especially like, or a Taizé chant to focus your attention on God while you walk.

Try breathing in to the count of 6 and out to the count of 4. Breath slowly and gently.

You could sit down somewhere quiet when you are there, and reflect on all the blessings in your life and the people that you know. Thank God quietly within you for all you have and for the people who are special to you.



'He became poor,
so that by his poverty
you might
become rich'
(2 Cor 8:9)

Pope Francis
Message for Lent 2014

Taizé Chants

Bless the Lord my soul and bless his holy name

Jesus remember me when you come into your kingdom

Stay with me, remain here with me, watch and pray watch and pray

Gospel Quotations to pray

I can do all things through Christ who strengthens me (Philippians 4:13)

For God gave us a spirit not of fear but of power and love and self-control. (2 Timothy 1:7)

Whatever you ask for in prayer believe that you have received it and it will be yours (Mark 11:24)

Pope Francis on Lent. "Fast from hurting words and say kind words. Fast from sadness and be filled with gratitude. Fast from anger and be filled with patience."