

Lent Reflection: A Journey of the Heart with Our Spiritual Family



Dear Sisters and Partners,

Warm greetings to each of you as we enter the sacred season of Lent.

It is with joy that we share with you the Lenten Reflection prepared through a collaborative effort of the Communication Office, GSIJP, and the Congregational Formation Office (CFO). This reflection has emerged from prayer, dialogue, and shared discernment, expressing our common desire to journey more deeply together in this season of grace.

This Lenten journey invites us to walk with our spiritual family, allowing our hearts to be shaped through prayer, mindfulness, and reflection, and gradually leading us from interior conversion to compassionate action and renewed mission. Each week draws inspiration from our charism and witnesses, guiding us gently toward Holy Week and the joy of Resurrection.

How to use this Lenten Reflection:

- The reflection is designed for daily personal prayer, with a short reflection and a simple mindful practice for each day.
- This resource may be used communally in small groups, communities, formation settings, or prayer gatherings, with the daily reflection shared and time set aside for silence or brief sharing.
- We encourage you to journey with the reflections at your own pace, allowing what resonates to deepen prayer and daily living, rather than trying to “complete” everything.

May this resource accompany your Lenten journey, helping you to pause, listen, and respond faithfully to God, to one another, and to the cries of the world.

Please feel free to share this reflection within your networks and ministries, and to adapt it according to your local context and needs.

With gratitude for your companionship on this journey, and prayers for a grace-filled Lent,

With warm regards,

Communication Office, GSIJP, Congregational Formation Office (CFO)



Week One: With St. John Eudes - “Form Christ in Your Heart”

Lent begins with a call to return to the heart of God and to our own deepest truth. St. John Eudes, apostle of the Hearts of Jesus and Mary, reminds us that conversion is not limited to external practices, but is about allowing the Divine to take shape within us.

For John Eudes, the heart is a sacred dwelling place where God longs to abide. Lent invites us to enter this inner sanctuary, to notice what draws or distracts us, and to gently release whatever distances us from love. Through prayer, silence, and honest self-reflection, we become more aware of the grace already moving within us.

As we begin this Lenten journey, we may ask ourselves:

- What occupies my heart today?
- What within me calls for healing, purification, or renewal?
- Am I allowing the Heart of Jesus to shape my thoughts, desires, and actions?

This first week grounds us in interior conversion, reminding us that all mission flows from a heart attuned to the Living God, the Creator of all life.

Daily Reflections with Mindfulness Practices

Day 1: Reflection: Lent begins by turning inward. The Universe meets us not in noise, but in the quiet of the heart. “The heart of the human person is the dwelling place of the divine. It is there that the divine wishes to live, to speak, and to act.” St. John Eudes

Mindful Practice: Sit in silence for 3 minutes. Notice your breathing. Gently say: “May what is sacred shape my heart.”

Day 2: Reflection: The Divine desires What we carry in our hearts shapes our actions-Eudes emphasizes forming the divine within us as the foundation of true life that is truthfulness, not perfection.

Mindful Practice: Notice one emotion today without judging it. Gently offer it to the Loving Presence.

Day 3: Reflection: The heart of the Good Shepherd is patient and gentle. Lent invites us to grow into this same gentleness.

Mindful Practice: Slow down one routine task (walking, eating, washing) and do it with full attention.

Day 4: Reflection: St. John Eudes’ believes that the Word of God is a divine treasure to be held and cherished deep within the heart.

Mindful Practice: Read a line from a sacred scripture slowly. Pause after each word.

Day 5: Reflection: Conversion begins when we allow ourselves to be loved as we are.

Mindful Practice: When self-criticism arises, replace it with a short prayer or affirmation of trust.

Day 6: Reflection: A heart shaped by the Divine becomes a dwelling place of peace.

Mindful Practice: Breathe deeply three times before responding in conversation.

Day 7: Reflection: The Universe delights in a heart that listens.

Mindful Practice: Review the week gently. Give thanks for one grace received.



Week Two: With St. Mary Euphrasia Pelletier - "Moved by Mercy, Sent in Love"

Having entered the journey of the heart, we now walk with St. Mary Euphrasia Pelletier, whose life was a courageous response to the mercy she herself experienced. She shows us that genuine conversion does not remain inward, but naturally turns us toward others—especially those who are wounded, excluded, or forgotten.

Mary Euphrasia allowed her heart to be stirred by suffering. Trusting in God's faithful care, she responded with creativity, courage, and hope. In her spirit, this season invites us to reflect not only on personal failings, but also on the depth and openness of our compassion.

We are invited to reflect:

- Where am I being called to expand my heart in mercy?
- Have I become weary, cautious, or selective in my love?
- How can my prayer lead me toward concrete expressions of justice and tenderness?

This week calls us to let mercy take shape in our daily choices and relationships.

Daily Reflections with Mindfulness Practices

Day 8: Reflection: Mercy begins when we allow ourselves to be touched by the suffering of others.

Mindful Practice: Notice someone who is often unseen. Offer a silent blessing.

Day 9: Reflection: Love grows when we move beyond what is comfortable.

Mindful Practice: Intentionally choose one small act of kindness today.

Day 10: Reflection: Trust in the Divine frees us from fear.

Mindful Practice: When anxiety arises, pause and gently place your hand on your heart.

Day 11: Reflection: Mercy listens more than it speaks.

Mindful Practice: Practice deep listening without interrupting or preparing a response.

Day 12: Reflection: Compassion flows from prayer and returns to it.

Mindful Practice: Link prayer with action—pause to pray before offering help.

Day 13: Reflection: God's faithful care unfolds one step at a time. "Trust in God who will provide for everything". St. Mary Euphrasia

Mindful Practice: Attend to today's tasks without carrying tomorrow's concerns.

Day 14: Reflection: Mercy transforms both the one who offers it and the one who receives it.

Mindful Practice: Reflect gently: Where did I encounter the Divine this week?



Week Three: With Blessed Maria Droste: “Abiding in Love, Offering All”

Midway through Lent, Blessed Maria Droste invites us into the mystery of self-giving love. Her life, hidden and fragile, was marked by profound union with the heart of the Good Shepherd. She reminds us that holiness is often lived quietly, through fidelity in small things.

Maria Droste teaches us that suffering, when united with the Creator, becomes a gift for the life of the world. Lent, seen through her life, becomes a time to embrace our limitations and offer them with love.

We ask ourselves:

- Can I accept my weakness as a place of grace?
- Do I trust that my hidden sacrifices matter?
- Am I willing to offer my life anew to God?

This week deepens our understanding of Lent as loving surrender, not heroic effort.

Daily Reflections with Mindfulness Practices

Day 15: Reflection: God works powerfully in hidden faithfulness.

Mindful Practice: Do an unnoticed good deed joyfully.

Day 16: Reflection: Weakness can become a place of grace.

Mindful Practice: Acknowledge a limitation without resisting it.

Day 17: Reflection: Love is often expressed through endurance.

Mindful Practice: When tired, breathe slowly and continue gently.

Day 18: Reflection: God sees what the world overlooks.

Mindful Practice: Avoid comparison today. Stay present to your own path.

Day 19: Reflection: Offering small sacrifices shapes the heart.

Mindful Practice: Let go of one small comfort consciously.

Day 20: Reflection: Silence deepens love.

Mindful Practice: Spend five minutes of quiet presence with God.

Day 21: Reflection: Hidden lives can change the world.

Mindful Practice: Thank God for ordinary faithfulness.





Week Four: With Blessed Marie-Therese Soubiran: “Faithful in the Darkness”

As Lent progresses, we walk with Blessed Marie-Therese Soubiran, a woman who experienced misunderstanding, loss, and injustice, yet remained faithful. Her life speaks powerfully to moments of discouragement and apparent failure.

She teaches us that faithfulness does not always mean success or recognition. Lent invites us to trust God even when our efforts seem fruitless and when the path is unclear.

We reflect:

- How do I respond when things do not go as planned?
- Can I trust God when I feel misunderstood or powerless?
- Where am I being invited to persevere in quiet hope?

This week strengthens us to remain rooted in God’s love, even in uncertainty.

Daily Reflections with Mindfulness Practices

Day 22: Reflection: God remains faithful even when paths are unclear.

Mindful Practice: Repeat slowly: “I trust You, the Sacred One.”

Day 23: Reflection: Disappointment can purify love.

Mindful Practice: Name one disappointment and release it in prayer.

Day 24: Reflection: Perseverance is a quiet form of courage.

Mindful Practice: Stay with a difficult task without rushing.

Day 25: Reflection: God works beyond recognition or success.

Mindful Practice: Detach from results; focus on intention.

Day 26: Reflection: Faithfulness matures in waiting.

Mindful Practice: Practice patience in delays today.

Day 27: Reflection: God’s presence is often hidden but real.

Mindful Practice: Notice subtle signs of grace.

Day 28: Reflection: Hope grows in endurance.

Mindful Practice: Journal one insight from this week.





Week Five: With Blessed Aguchita Rivas Lopez: “Prophetic Love That Gives Life”

As we approach Holy Week, Blessed Aguchita Rivas Lopez stands before us as a witness of courageous, prophetic love.

She chose to defend life, dignity, and justice, even at the cost of her own life. May

her example awaken in everyone a desire to follow Jesus the Good Shepherd with fidelity and courage.

Aguchita reminds us that

Lent is not only about personal holiness but about standing with those whose lives are threatened. Her martyrdom challenges us to examine our commitment to justice, peace, and the protection of the vulnerable.

We ask:

- Where am I called to speak or act for life and dignity?
- What fears hold me back from prophetic courage?
 - How can my Lenten journey lead to concrete solidarity?

This week prepares our hearts to enter Holy Week with authenticity and courage.

Daily Reflections with Mindfulness Practices

Day 29: Reflection: Love sometimes demands courage.

Mindful Practice: Speak one word of truth with kindness.

Day 30: Reflection: Standing for dignity is an act of faith.

Mindful Practice: Be attentive to injustice, even in small ways.

Day 31: Reflection: Bearing witness to justice and peace even when risking her life

Mindful Practice: Sit quietly for a moment and ask: Where am I being invited to stand for life today? Listen without rushing to answer.

Day 32: Reflection: Solidarity reflects God’s heart.

Mindful Practice: Pray for someone suffering injustice.

Day 33: Reflection: Sacrificial love gives life.

Mindful Practice: Offer time, attention, or presence generously.

Day 34: Reflection: Faith lived fully becomes witness.

Mindful Practice: Align one action today with your deepest values.

Day 35: Reflection: Love is stronger than death.

Mindful Practice: Prepare your heart for Holy Week with gratitude.





Week Six: With the Good Shepherd: “Love That Lays Down Its Life”

As we enter Holy Week, our Lenten journey brings us face to face with the Good Shepherd who walks the way of the Cross. The One who knows us by name now reveals the full depth of His love, a love that remains present, faithful, and self-giving even in suffering.

The Good Shepherd does not abandon the flock when danger comes but rather remains with them, caring for them and defending them with their own life. This sacred time invites us to contemplate love as companions on a shared journey. In silence, in acts of service, and in the courage to let go, we come to understand what true shepherding means: to care, to accompany, and to love without counting the cost. This week calls us to slow down and stay with the mystery of Christ’s passion, to recognize the burden others carry, and to reflect on how we ourselves are called to embody a shepherd’s love in daily life.

As we walk this sacred week, we ask:

- Where am I invited to remain present, even when it is difficult?
- How do I respond to suffering - my own and that of others?
- What does it mean for me to lay down my life in love, here and now?

This sixth week grounds us in faithful presence and sacrificial love, drawing us into the heart of the Paschal Mystery.

Daily Reflections with Mindfulness Practices

Day 36 – The Shepherd Who Knows

Reflection: The image of the Good Shepherd reminds us that each person is seen and valued. We are not invisible or forgotten; our lives matter, and our stories are known.

Mindful Practice: Pause and say: ‘(your name) you are my chosen one. I love and care for you’. Rest in the awareness of being known and held in care.

Day 37 – The Shepherd Who Walks With

Reflection: The Good Shepherd does not rush ahead or leave us behind, but walks alongside us, respecting our pace and our journey.

Mindful Practice: Walk slowly today. Be aware of each step, allowing the ground beneath you to feel steady and meaningful.

Day 38 – The Shepherd Who Sees Suffering

Reflection: True compassion notices pain and does not turn away. The Good Shepherd’s presence stays close, even in moments of vulnerability.

Mindful Practice: Notice suffering, your own or another’s, without immediately trying to fix it. Practice staying present with care.

Day 39 – The Shepherd Who Serves

Reflection: Genuine love expresses itself through humble service. Acts of care, offered quietly, reveal the depth of compassion.

Mindful Practice: Acknowledge and appreciate a good deed done by someone today.

Day 40 – The Shepherd Who Carries the Burden

Reflection: Love remains faithful even when the path is difficult. Commitment is revealed in staying present when giving feels costly.

Mindful Practice: When resistance arises, pause, breathe slowly, and stay gently with the moment.

Day 41 – The Shepherd Who Trusts the Source of Life

Reflection: Trust grows when we learn to release control and place ourselves in the care of the greater mystery that sustains life.

Mindful Practice: Identify one worry you are holding tightly. Consciously release it, entrusting it to the Source of life.

Day 42 – The Shepherd Who Gives Life

Reflection: Love shared freely becomes nourishment and life for others. Self-giving opens pathways of renewal and hope.

Mindful Practice: With gratitude, recall an experience of being deeply loved.



Week Seven: Becoming the Good Shepherd: “Sent as Bearers of Resurrection”

The journey of Lent does not end at the Cross. It opens into Resurrection life. In the light of

Easter, the Risen Good Shepherd calls each of us by name and sends us forth to continue the mission of compassion, healing, and hope.

To journey with the Good Shepherd in this final week is to recognize that we are no longer only followers, we are participants in humanity's shepherding love. Resurrection invites us to live differently: with courage instead of fear,

with hope instead of resignation, and with tenderness in a wounded world. Light of the world entrusts and sends us to seek what is lost, to restore dignity, and to nurture life wherever it is fragile. This is the fruit of our Lenten journey: hearts transformed and lives made available for mission.

As we step into Resurrection living, we ask:

- Where am I being sent as a shepherd of hope and compassion?
- How can I carry the spirit of Lent into everyday life?
- What new life is God calling forth through me?

This seventh week completes our journey by drawing us into mission, joy, and renewed commitment, as we live the heart of the Good Shepherd in the world.

Daily Reflections with Mindfulness Practices

Day 43 – Called by Name

Reflection: The Risen Good Shepherd calls us personally into new life.

Mindful Practice: Listen inwardly for God calling you by name.

Day 44 – From Fear to Trust

Reflection: Resurrection transforms fear into courage.

Mindful Practice: When fear arises, place your feet firmly on the ground and breathe.

Day 45 – Compassion as a Way of Life

Reflection: The Good Shepherd's compassion continues through us.

Mindful Practice: Respond gently to one difficult situation today.

Day 46 – Restoring Dignity

Reflection: The Good Shepherd restores dignity and hope.

Mindful Practice: Speak words that affirm and uplift another.

Day 47 – Seeking the Lost

Reflection: Mission begins by noticing who is missing or forgotten.

Mindful Practice: Pray intentionally for someone on the margins.

Day 48 – Living Resurrection Daily

Reflection: Resurrection is lived in small acts of love and faithfulness.

Mindful Practice: Choose hope consciously in one situation.

Day 49 – Sent as Shepherds

Reflection: We are sent to carry the heart of the Good Shepherd into the world.

Mindful Practice: Ask: How am I shepherding life today? End with gratitude.

Conclusion: Walking Onward with the Good Shepherd

Our Lenten journey has led us gently and faithfully from the heart to the Cross, and from the Cross into the light of Resurrection. Guided by our spiritual family, we have learned that conversion begins within, grows through mercy, deepens in hidden fidelity, is purified by trust, and finds its fulfilment in courageous love. In the Good Shepherd, we have encountered a God who knows us by name, walks with us in weakness, and lays down His own life so that we may live.

Through this journey, our hearts have been invited to become more attentive, more compassionate, and more available to God's mission.

Lent does not end, it transforms. What we have prayed, reflected upon, and lived now becomes the way we walk each day: as listeners of the heart, as bearers of mercy, as faithful companions, and as shepherds of hope in a wounded world.

As we step forward into a Resurrected life, we do so with renewed trust and quiet joy, confident that the Shepherd God continues to lead us always, everywhere.

“The Lord is my shepherd; there is nothing I shall want.” (Ps 23)

May this journey continue to shape our hearts, our communities, and our mission.

