

March 7 on 7
Lenten Reflections
St. John Baptist De La Salle

Period One

Let us remember we are in the holy presence of God.

De La Salle writes in Meditation 194, "Let this be your first concern then, to be ever attentive." Our task, as given by De La Salle, is to be attentive to the present moment as students and teachers. He invites us to ask ourselves, "What are the needs of those around me?" "How can I reach out to others?"

Reflection:

How will I be present to those I encounter this day?

St. John Baptist De La Salle **Pray for us.**
Live Jesus in our hearts **Forever.**

Period Two

Let us remember we are in the holy presence of God.

De La Salle tells us, "Since you are ambassadors and ministers of Christ Jesus in [all] that you do, you must act as representing Jesus Christ himself." Jesus gave us directions on how this should look: feed the hungry, care for the sick, clothe the naked, visit those in prison. To be like Jesus we look beyond ourselves and toward the needs of others.

Reflection:

What is one need I am aware of where I can be an ambassador of Jesus and bring comfort?

St. John Baptist De La Salle **Pray for us.**
Live Jesus in our hearts **Forever.**

Period Three

Let us remember we are in the holy presence of God.

“Ask God for today, the grace to carry out your duties.” De La Salle was aware of the many challenges we face each day performing our responsibilities. When we begin prayer we “remember” we are not alone – God is present with us at this very moment.

Reflection:

What is a grace I ask for this day inviting God to be with me?

St. John Baptist De La Salle
Live Jesus in our hearts

**Pray for us.
Forever.**

Period Four

Let us remember we are in the holy presence of God.

In Meditation 180.3, De La Salle tells us, “You can perform miracles by touching the hearts of those entrusted to your care.” Whether student or teacher, we all have the responsibility to care for those we encounter. In the process we touch their hearts and they know they are not alone.

Reflection:

How have I cared for others this day?

St. John Baptist De La Salle
Live Jesus in our hearts

**Pray for us.
Forever.**

Period Five

Let us remember we are in the holy presence of God.

De La Salle was aware of life's challenges and believed strongly in God's help and so he wrote, "Be assured, then, that once you have placed yourself in God's hands, He will help you by His grace to endure this trial."

Reflection:

Can I think of a time in which God accompanied me during a difficult time in my life?

St. John Baptist De La Salle
Live Jesus in our hearts

**Pray for us.
Forever.**

Period Six

Let us remember we are in the holy presence of God.

St. Paul says, "we must support one another in charity" writes De La Salle who goes on to say, "Pay attention to this word, support, which he uses; it shows we must carry each others' burdens." De La Salle tells us we must support and help one another: family, friends, team and classmates.

Reflection:

What is one way in which I have supported someone or carried their burden this day?

St. John Baptist De La Salle
Live Jesus in our hearts

**Pray for us.
Forever.**

Period Seven

Let us remember we are in the holy presence of God.

De La Salle writes, "How long has Jesus been knocking at the door of your heart, waiting to enter?" Jesus is patient and wants us to know he is both present and wants to be a part of our lives.

Reflection:

How have you given time to Jesus to develop a relationship with him?

St. John Baptist De La Salle
Live Jesus in our hearts

Pray for us.
Forever.