**Monday 9 March 2020.**

The Gospel at Mass today is from Luke’s Gospel.

Jesus said to his disciples: ‘Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.’

Our personal reflection today – how compassionate and caring are we? Do we show our compassion through our words and our actions?

***Hail Mary…..***

**Tuesday 10 March 2020.**

Today is the Feast Day of St John Ogilvie. In the 17th Century when practising Catholicism was outlawed John Ogilvie secretly trained as a priest so that he could bring the Sacraments and the Mass to the people of Scotland. He was eventually arrested and as he would not denounce his Catholic Faith he was executed this day in 1615 at Glasgow Cross.

Today, we pray for all who are persecuted for their faith.

***Our Father….***

**Wednesday 11 March 2020.**

According to Pope Francis, living the Christian life is simple: listen to God's word and put it into practice. He says, "These are the two conditions in order to follow Jesus, hear the word of God and put it into practice. This is the Christian life, nothing more."

Every time we read God's word faithfully in the Gospel or hear a passage being read to us we should ask ourselves: 'Is God speaking to me, is he saying something specifically to me?' And if the answer is ‘yes’, our next question is ‘How am I going to respond?’

Let us turn to Our Lord as we say together…….

***Our Father …………***

**Thursday 12 March 2020.**

This is the Feast of St Hilary of Poitiers who was a bishop in the Fourth Century and consistently taught the truth about Jesus being both Divine and Human. He worked to strengthen the faith of the people and to promote the study of the Bible.

Today we are urged to make a real effort to learn about our faith and to use the Bible and not to leave it sitting on a shelf.

***Hail Mary….***

**Friday 13 March 2020.**

Lent is a time of sacrifice, prayer and almsgiving. We do these to cast-off things which distract us from our relationship with God.

Lord, help me to keep to my Lenten Promises

even when the sacrifices and the effort can seem overwhelming.

I know that with your help, anything can be done.

Thank-you for your love and may your Holy Spirit strengthen me to resist temptation and to always do your will.

***Our Father…..***