**Monday 1st March**

**WELCOME:** In the name of the Father and of the Son and of the Holy Spirit. Amen.

This week our theme is compassion and forgiveness

**WORD: Matthew 5:15-16**

(Jesus said to his disciples:)

‘You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.’

**WORSHIP:** Loving God,  
there is so much darkness in my life  
and I hide from you.  
Take my hand  
and lead me out of the shadows of my fear.  
Help me to change my heart.  
Bring me to your truth

Free me from the darkness in my heart.

**WITNESS:** God of power and mercy, give us the spirit of prayer and repentance,  
-with burning love for you and all mankind. Forgive us for failing to see Christ in the poor, the distressed and the troublesome. What can we do today to help someone less fortunate than ourselves?

**MEDITATION** (click on the link and turn on the sound)

<https://www.loyolapress.com/retreats/your-inner-sanctuary-start-retreat/>

We conclude our prayer in the name of the Father and of the Son and of the Holy Spirit. Amen