

Week 27th – 31st January: Penitence (C.H.R.I.S.T. value of Responsibility)

“I'm always disappointed when people don't live up to their potential,” said Maya Angelou. That’s probably most, if not all, of us, at least some of the time. The quotes and reflection this week focus upon the ways we can learn from our mistakes and the practice of penitence in mending and healing the divisions that can come between us.

Wisdom from Spiritual Traditions

“Jesus said ‘I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.’” (Luke 15:7)

“O you who believe! Turn to God in sincere repentance.” (al-Tahrim Q 66:8)

“Forgiveness is as necessary to life as the food we eat and the air we breathe.” (Guru Granth Sahib)

Life in all its fullness – John 10:1-10

Reflection & Prayer

Merciful God,
in our lives we make decisions at times
which we regret and for which we are sorry.
Help us not to be weighed down by the past
but freed to live with compassion for the future
that all may we all come to know life in its fulness. Amen.

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Monday	When you are annoyed at someone's mistake, immediately look at yourself and reflect how you also fail... By being mindful of this you'll quickly forget your anger. -- Marcus Aurelius
Tuesday	Never ruin an apology with an excuse. -- Benjamin Franklin
Wednesday	When you have faults, do not fear to abandon them. -- Confucius
Thursday	When you realize you've made a mistake, take immediate steps to correct it. -- Dalai Lama
Friday	Right actions in the future are the best apologies for bad actions in the past. -- Tryon Edwards