

## Week 7: Love is...

**Reflect:** *And now these three remain: faith, hope and love. But the greatest of these is love.*

(1 Cor 13:13)

As we approach the end of our journey together and prepare to celebrate Easter, we are reminded of the incredible love that Jesus has for us. Love has been the driving factor in all our weekly Lenten reflections.

We are separated from the children we serve by distance, technology, life circumstances, and culture – yet our experiences over the past few weeks have drawn us closer to them.

We've learned to stretch ourselves, to challenge our bodies, our minds, and our hearts because of this one thing – love.

When we spend time reflecting on scripture and the work that God has called us to do, we are transformed.

Maya Angelou tells us that, “love recognizes no barriers, it jumps hurdles, leaps fences, and penetrates walls to arrive at its destination full of hope.”

What that destination looks like, and the journey we each take to get there, will be different for everyone.

**Act:** For our final activity, we plan to dedicate a day to prayer and fasting. We will skip our morning and evening meals in solidarity with the many children around the world who often eat just once a day.

Instead of the usual breakfast and dinner, either fast, or substitute your usual meals for a small serving of plain rice, unsweetened porridge or bread.

When you eat at midday, take time to really savour your food. Notice how your body responds to it and how your energy levels pick up in the same way that children are energized after eating Mary's Meals at school.

Together, let's think about love. The love we hold for our neighbours, no matter where or who they are; and our love for the children that we may never meet, but who enjoy a daily meal in their place of education because of the way we have learned to love from our Lord.

**Share:** We are so grateful that you have chosen to walk this journey with us. Please share your experience on social media by completing the sentence: “Love is...” We can't wait to read your response.