

LENT is a time of transformation, **personal transformation**. What is **personal transformation**?

It is the process of **changing** who you are and **becoming** the person you want to be. There are so many things we want to do in our lives: lose weight, break free from an addiction, learn a skill or trade, make more money. A beautiful example of a **transformation** is a **caterpillar** turning into a **butterfly**.

A **personal transformation** happens when we move from where we currently are to a new place where we have a better version of ourselves. It could be in the area of **health, personal relationships, or our ministry**.

Transforming our lives involves going **beyond** the way we live, **co-creating** a **better life** for ourselves, and **changing** the way we live. We do this by using our thoughts, visualization, words, faith, actions, or a combination of them.

Personal Transformation also helps us to thrive and survive and enjoy positive mental health and wellbeing. Life is always making demands of us, and it can feel satisfying when we are able to meet those demands through transforming who we are and what we do.

And how do we go about **transforming** our lives? It begins with **prayer**, asking God to show us what areas in our lives need to be transformed.

Lord, in you I am transformed and transformed still again.
When the **discouraged** cry for hope, make me **hope**.
When the **hungry** cry for bread, make me **bread**.
When the **thirsty** cry for water, make me **water**.
When the **suffering** cry for help, make me **help**.
When the **sick** cry for healing, make me **healing**.
When the **bound** cry for freedom, make me **freedom**.
When the **outcasts** cry for love, make me **love**.



Lord of **Hope**, keep me close to you as you **transform** the world, help me be attentive to the **cry** of the discouraged, the hungry, the suffering, the sick, the bound and outcasts, with love and compassion.
Amen.