

BAPTISED AND SENT IN LENT

First Sunday of Lent

Theme: Baptised and sent by the Spirit

Opening Prayer

Loving God,
You call us to renew our baptism
during this season of Lent as we
journey to Easter.

Help us to respond more fully to
Your call and send us out to
proclaim the Gospel by our lives,
Through Christ Our Lord.

Amen.



Baptised and Sent Quote

*"Baptism is an entry point to a life of faith, a gateway to mission, and the root and foundation on which to build a Christian life."
Paragraph 10*



Gospel Link

This week's Gospel comes from Matthew 4:11.

After His Baptism, Jesus is led by the Spirit into the wilderness.



SCAN ME



PROCESS

Opening Prayer

- Say the opening prayer together.

Read

- Read the Gospel passage aloud followed by the two quotes from Baptised and Sent.

Reflect

- Pause for silent reflection.
- Share what stays with you from these readings.
- Listen to each other to understand.
- In what way is the Holy Spirit leading me and us in our Lenten synodal journey?

Respond in Action

- What concrete action or steps can I/we take to respond more fully to our Baptism?

Concluding Prayer

Gracious God,

We thank you for journeying with us and for all that has been shared.

Help us to remember that we are all Baptised and Sent and give us the courage and energy to make a difference in our world.

Through Christ our Lord.

Amen.

Excerpt from the Gospel

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone but on every word that comes from the mouth of God.'

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

To access the full text of this week's Gospel scan the QR code on the front of this prayer resource

Excerpt from Baptised and Sent

"The identity of the People of God flows from Baptism in the name of the Father and of the Son and of the Holy Spirit. This identity is lived out as a call to holiness and a sending out in mission, inviting all peoples to accept the gift of salvation (cf. Mt 28:18-19). The missionary synodal Church springs from Baptism, in which Christ clothes us with Himself (cf. Gal 3:27) and enables us to be reborn of the Spirit (cf. Jn 3:5-6) as children of God".

Paragraph 60

BAPTISED AND SENT IN LENT

Second Sunday of Lent

Theme: Personal Contact with Jesus
Transforms Us

Opening Prayer

Loving God,
You call us to renew our baptism
during this season of Lent as we
journey to Easter.
Help us to respond more fully to
Your call and send us out to
proclaim the Gospel by our lives.
Through Christ Our Lord.
Amen.



Baptised and Sent Quote

"Faith formation brings us into personal contact with Jesus and is foundational for enabling people to share their faith with joy." Paragraph 13



Gospel Link

This week's Gospel comes from Matthew 17:1-9.

Jesus is transfigured on the mountain and the disciples glimpse His glory.



SCAN ME



PROCESS

Opening Prayer

- Say the opening prayer together.

Read

- Read the Gospel passage aloud followed by the two quotes from Baptised and Sent.

Reflect

- Pause for silent reflection.
- Share what stays with you from these readings.
- Listen to each other to understand.
- In what way/s is faith formation a priority for you, your family and your parish?

Respond in Action

- What concrete actions or steps can I/we take to make faith formation a priority?

Concluding Prayer

Gracious God,

We thank you for journeying with us and for all that has been shared.

Help us to remember that we are all Baptised and Sent and give us the courage and energy to make a difference in our world.

Through Christ our Lord.

Amen.

Excerpt from the Gospel

“Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light.”

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

To access the full text of this week's Gospel scan the QR code on the front of this prayer resource

Excerpt from Baptised and Sent

“Deepening faith formation was described as essential to move “from inherited faith to intentional discipleship.” Catechesis should be anchored in “authentic, lived faith, not just doctrine,” and ensure both laity and clergy are well-formed for ministry. Several groups linked adult catechesis, teacher training, and lay formation directly to mission, evangelisation, and meaningful liturgy.”

Paragraph 31

BAPTISED AND SENT IN LENT

Third Sunday of Lent

Theme: Who Belongs?

Opening Prayer

Loving God,
You call us to renew our baptism
during this season of Lent as we
journey to Easter.
Help us to respond more fully to
Your call and send us out to
proclaim the Gospel by our lives.
Through Christ Our Lord.
Amen.



Baptised and Sent Quote

*"Belonging brings caring, mercy,
compassion and love. It is at the
heart of who we are."*

Paragraph 11



Gospel Link

This week's Gospel comes
from John 4:5-42.

Jesus meets the Samaritan
woman at the well and
offers her living water.



SCAN ME



PROCESS

Opening Prayer

- Say the opening prayer together.

Read

- Read the Gospel passage aloud followed by the two quotes from Baptised and Sent.

Reflect

- Pause for silent reflection.
- Share what stays with you from these readings.
- Listen to each other to understand.
- In what way/s is your parish welcoming and inclusive?

Respond in Action

- What concrete action or steps can I/we take to help more people feel that they belong?

Concluding Prayer

Gracious God,

We thank you for journeying with us and for all that has been shared.

Help us to remember that we are all Baptised and Sent and give us the courage and energy to make a difference in our world.

Through Christ our Lord.

Amen.

Excerpt from the Gospel

“Jesus came to the Samaritan town called Sychar... When a Samaritan woman came to draw water, Jesus said to her, ‘Give me a drink.’ ... Jesus replied: ‘If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.’”

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

To access the full text of this week's Gospel scan the QR code on the front of this prayer resource

Excerpt from Baptised and Sent

“Belonging and inclusion appeared in nearly every conversation.

The Church is perceived as struggling to welcome those on the margins, especially young people, migrants, LGBTQ+ persons, non-traditional families, those who have experienced relationship breakdown, those in second unions, those who feel judged or hurt, and those estranged from faith communities.

There is a deep desire for a listening Church that makes space for the wounded, those who are doubting, and those who feel on the margins”

Paragraph 11

BAPTISED AND SENT IN LENT

Fourth Sunday of Lent

Theme: Healing In Christ

Opening Prayer

Loving God,
You call us to renew our baptism
during this season of Lent as we
journey to Easter.

Help us to respond more fully to
Your call and send us out to
proclaim the Gospel by our lives.
Through Christ Our Lord.

Amen.



Baptised and Sent Quote

"It was in that prayerful silence that the conviction grew that healing, with its demands of justice, accountability, and reconciliation, must be named explicitly as an essential priority for the next phase of the Irish Synodal Pathway."

Paragraph 52



Gospel Link

This week's Gospel comes from John 9:1-41.

Jesus heals the man born blind, opening his eyes to faith and light.



SCAN ME



PROCESS

Opening Prayer

- Say the opening prayer together.

Read

- Read the Gospel passage aloud followed by the two quotes from Baptised and Sent.

Reflect

- Pause for silent reflection.
- Share what stays with you from these readings.
- Listen to each other to understand.
- How do people experience our parish community as a place where healing can happen?

Respond in Action

- What concrete action or steps can I/we take to reach out to those in need of healing?

Concluding Prayer

Gracious God,

We thank you for journeying with us and for all that has been shared.

Help us to remember that we are all Baptised and Sent and give us the courage and energy to make a difference in our world.

Through Christ our Lord

Amen

Excerpt from the Gospel

“As Jesus went along, he saw a man who had been blind from birth... he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man, and said to him, ‘Go and wash in the Pool of Siloam.’ So the blind man went off and washed himself, and came away with his sight restored.”

The Gospel of the Lord

Praise to you Lord Jesus Christ

To access the full text of this week's Gospel scan the QR code on the front of this prayer resource

Excerpt from Baptised and Sent

“Believers are constantly challenged to configure their lives to the person of Christ, to encounter again and again the saving power of God’s healing love.”

Paragraph 80

BAPTISED AND SENT IN LENT

Fifth Sunday of Lent

Theme: New life in Christ

Opening Prayer

Loving God,

You call us to renew our baptism during this season of Lent as we journey to Easter.

Help us to respond more fully to Your call and send us out to proclaim the Gospel by our lives. Through Christ Our Lord.

Amen.



Baptised and Sent Quote

“New life with the risen Christ has already begun in those who have been baptised. Already now we enjoy the first fruits of eternal life.”

Par 73



Gospel Link

This week's Gospel comes from John 11:1-45.

Jesus raises Lazarus from the dead, revealing Himself as the resurrection and the life.



SCAN ME



PROCESS

Opening Prayer

- Say the opening prayer together.

Read

- Read the Gospel passage aloud followed by the two quotes from Baptised and Sent.

Reflect

- Pause for silent reflection.
- Share what stays with you from these readings.
- Listen to each other to understand.
- In light of this, in what way does my baptism give me new life?

Respond in Action

- What concrete steps or actions can I/we take to renew my baptism this Easter?

Concluding Prayer

Gracious God,

We thank you for journeying with us and for all that has been shared.

Help us to remember that we are all Baptised and Sent and give us the courage and energy to make a difference in our world.

Through Christ our Lord.

Amen.

Excerpt from the Gospel

“Mary and Martha sent this message to Jesus, ‘Lord, the man you love is ill.’... Jesus said: ‘I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die.’”

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

To access the full text of this week's Gospel scan the QR code on the front of this prayer resource

Excerpt from Baptised and Sent

“St Paul reminds the early Christian community that baptism unites them to the saving death of Christ and enables them to share his life:

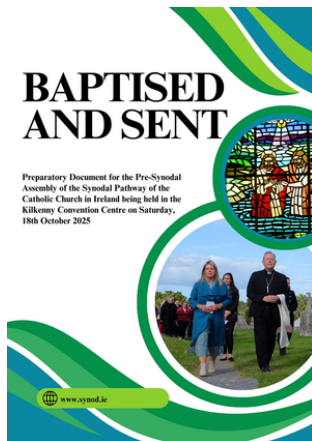
“You have been taught that when we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised, we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life” (6:3-4).

When baptism was celebrated during the Easter Vigil, as it was for many centuries, this connection between the paschal mystery and the new life given in baptism was readily made.”

Paragraph 71

BAPTISED AND SENT IN LENT

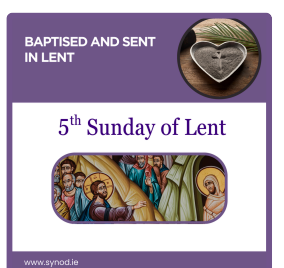
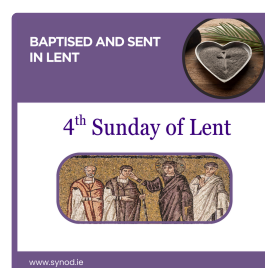
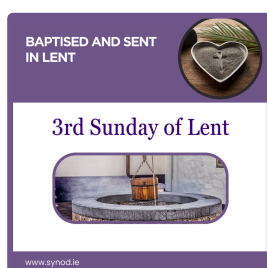
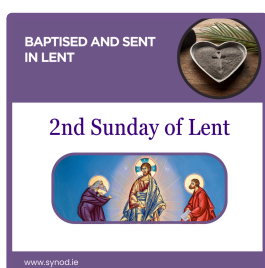
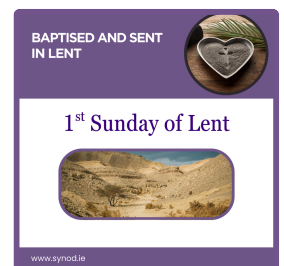
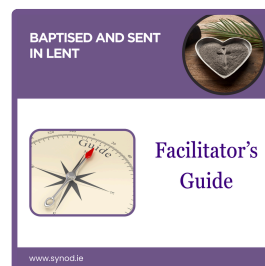
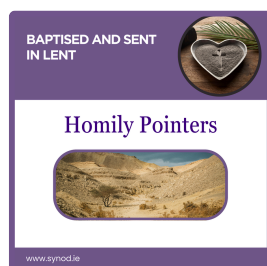
REFLECTION PROGRAMME FOR LENT 2026



This Lent, parishes, schools and groups across Ireland are invited to journey together through a set of reflective resources inspired by Baptised and Sent, the preparatory document for the 2025 National Pre-Synodal Assembly in Kilkenny. Grounded in the conviction that baptism is the foundation of our identity, dignity and mission, these resources help us return to the heart of Christian life: being reborn in Christ and sent out by the Spirit in service of the Gospel.

Each week offers a simple structure for prayer, Gospel reflection and conversation which is linked with key insights from Baptised and Sent. These themes, belonging, healing, renewal, and mission, flow from the document's call to see baptism as the unifying paradigm for the renewal of the Church in Ireland, the "entry point to a life of faith, a gateway to mission, and the root and foundation on which to build a Christian life."

Through these Lenten reflections, we, lay, religious and ordained, are each encouraged to rediscover who we are as God's people, to listen to the Holy Spirit, and to take concrete steps towards living our baptismal calling more deeply. May this season open our hearts to new life in Christ and prepare us for the continuing synodal journey toward the National Assembly in 2026.



BAPTISED AND SENT IN LENT

First Sunday of Lent



Baptised and Sent by the Spirit

www.synod.ie

Matthew 4:1-11: Jesus led by the Spirit into the wilderness

The first week of Lent invites us to return to the very beginning of our Christian journey: our baptism. As Jesus is led by the Spirit into the wilderness after his baptism, we are reminded that baptism is not an ending but a beginning. It is the moment when we are claimed by God, rooted in our identity as God's beloved, and sent out by the Spirit to live faithfully in the world.



This week's resources help us reflect on baptism as the foundation of our identity and mission. Participants are invited to consider how the Spirit continues to lead, strengthen and sustain us, especially in times of testing and uncertainty.

The hoped-for outcome is a renewed awareness that every baptised person is called to live with purpose, courage, and trust, responding more fully to God's call in daily life.

Resources for Parishes and Group Sessions

Parish and groups are encouraged to gather and to reflect as a community on the resources prepared for *Baptised and Sent in Lent*. To access all the resources needed to host a parish or group meeting please click the images below to download the resources needed to facilitate a gathering.


BAPTISED AND SENT
IN LENT




Facilitator's
Guide

www.synod.ie

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1st Sunday of Lent



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PowerPoint

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