

2022 Week 10 (03/07/22-03/13/22)

Tala-Arawan

THE DICES WEEKLY PRAYER DIARY



What is TALA-ARAWAN?

TALA-ARAWAN is the DICES weekly prayer diary.

TALA-ARAWAN features quotes from each day's Bible readings, reflection guide questions, daily challenges, and weekly features including games, trivia, and others.

Read on!



Tabua

Arawan

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March 7 to 13, 2022

Week 10

Monday to Sunday



March 7, 2022

Monday

First Reading
Leviticus 19:1-2, 11-18

*Be holy because
I, the Lord your God,
am holy.*

Monday of the
First Week of Lent

*Saint Perpetua
Saint Felicity*

Responsorial Psalm
Psalm 19:8-10, 15

*The decrees of the
Lord are firm, and
all of them are
righteous.*

Gospel Reading
Matthew 25:31-46

Whatever you did
for one of the least
of these brothers
and sisters of Mine,
you did for Me.

Reflection Guide Question

When was the last time you helped someone else, in any way, and dedicated in to Jesus?

Challenge Of The Day

Today, when you help someone else, keep in mind that you are doing it for Jesus,

March 8, 2022

Tuesday

First Reading
Isaiah 55:10-11

*My word ...
will not return
to Me empty.*

Tuesday of the
First Week of Lent

Saint John of God

Responsorial Psalm
Psalm 34:4-7, 16-19

*I sought the Lord, and
He answered me; He
delivered me from all
my fears.*

Gospel Reading
Matthew 6:7-15

Our Father in heaven,
hallowed be Your
name; Your kingdom
come, Your will be
done on earth as it is
in heaven.

Reflection Guide Question

When was the last time you prayed the prayer "Our Father"? What did the prayer mean to you?

Challenge Of The Day

Today, have a private and silent conversation with God as your Father.

Saint of the Week

Saint John of God (1495-1550)

Saint John of God was canonized in 1690, and was later named the patron saint of hospitals and the sick.

Before his death, Saint John of God was a soldier, but later became a health-care worker. Inspired by his work, his followers later formed the Brothers Hospitallers of Saint John of God, a worldwide Catholic religious institute "serving the Church in the assistance for the sick and those in need, with a preference for the poorest".

References: *Hospitaller Order of Saint John of God (2022)*



March 9, 2022

Wednesday

First Reading
Jonah 3:1-10

Jonah obeyed the word of the Lord and went to Nineveh.

Wednesday of the
First Week of Lent
Saint Frances of Rome

Responsorial Psalm
Psalm 51:3-4, 12-13, 18-19

Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Gospel Reading
Luke 11:29-32

They repented at the preaching of Jonah, and now, something greater than Jonah is here.

Reflection Guide Question

What is the lesson that our modern-day society should learn from the story of Jonah?

Challenge Of The Day

Today, read the story of Jonah and reflect about what you would do if you were in that situation.

March 10, 2022

Thursday

First Reading
Esther C:12, 14-16, 23-25

*Now help me, who
am alone and have
no one but You,
O Lord, my God.*

Thursday of the
First Week of Lent

Responsorial Psalm
Psalm 138:1-3, 7-8

*When I called,
You answered me;
You greatly embold-
ened me.*

Gospel Reading
Matthew 7:7-12

For everyone who
asks receives; the one
who seeks finds;
and to the one who
knocks, the door will
be opened.

Reflection Guide Question

Do you trust God to know what's best for you when you pray to Him? If not, what do you do instead?

Challenge Of The Day

Today, pray to God for help for something you are having trouble with in your life.

March 11, 2022

Friday

First Reading
Ezekiel 18:21-28

Do I take any pleasure in the death of the wicked? ... Rather, am I not pleased when they turn from their ways and live?

Friday of the
First Week of Lent

Responsorial Psalm
Psalm 130:1-8

If you, Lord, kept a record of sins, who could stand? But with You, there is forgiveness ...

Gospel Reading
Matthew 5:20-26

... Leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

Reflection Guide Question

Who is one person in your life who you need to reconcile with? Are you prepared to do so?

Challenge Of The Day

Today, talk with someone you need to forgive, or someone from whom you need to ask forgiveness.

Word of the Week

abstinence

/'abs-tə-nəns/

noun



All Catholics aged 14 years old and above are called to practice abstinence during all Fridays of the Lenten season and refrain from eating meat.

The principle of abstinence, however, goes beyond simply avoiding meat in meals. In fact, Pope Francis warns us of the danger of practicing "many external observances" such as abstinence "without the truth of the heart".

References: *Modern Catholic Dictionary*, Rev. Fr. John Hardon (1980), *National Catholic Reporter* (2018)

Quote of the Week

Avoid 'showing off' by fasting. Letting people know that we are practicing Catholics and we do penance, so that people think, 'what a good person', is a trick. It's pretending to be virtuous.

We must pretend, but with a smile. That is, not showing others that we are performing acts of penance.

—*Pope Francis*

References: *Vatican News* (2018)



March 12, 2022

Saturday

First Reading
Deuteronomy 26:16-19

The Lord your God commands you this day to follow these decrees and laws.

Saturday of the
First Week of Lent

Responsorial Psalm
Psalm 119:1-2, 4-5, 7-8

Blessed are those ... who walk according to the law of the Lord.

Gospel Reading
Matthew 5:43-48

But I tell you,
love your enemies
and pray for those
who persecute you.

Reflection Guide Question

When other people hurt you, what is your instinctive reaction? Do you hurt them back?

Challenge Of The Day

Today, say a prayer for someone who you might consider to be an "enemy".

March 13, 2022

Sunday

First Reading
Genesis 15:5-12, 17-18

Abram believed the Lord, and he credited it to Him as righteousness.

Second Sunday
of Lent

Responsorial Psalm
Psalm 27:1, 7-9, 13-14

I remain confident of this: I will see the goodness of the Lord in the land of the living.

Gospel Reading
Luke 9:28b-36

A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to Him."

Second Reading
Philippians 3:17—4:1

The Lord ... will transform our lowly bodies so that they will be like His glorious body.

Reflection Guide Question

What does the concept of "transfiguration" mean to you?

Game of the Week

Word Search

L	I	S	N	V	D	Q	G	G	D	L	I	K	A	E
Q	I	K	W	O	I	J	P	K	D	C	J	U	Y	S
L	E	N	T	A	I	O	C	H	O	S	H	W	T	X
H	H	M	L	A	B	T	L	J	G	K	K	A	R	R
O	T	D	A	K	Q	S	C	E	F	S	F	R	O	E
I	V	O	O	I	T	Z	T	E	T	O	C	E	F	F
R	L	U	S	L	W	M	S	I	L	O	Q	S	V	A
G	J	Y	G	W	Y	T	C	T	N	F	T	M	N	S
B	A	V	Q	O	P	W	J	X	F	E	E	A	X	T
D	M	X	T	R	D	K	C	D	A	A	N	R	I	I
Y	W	X	A	P	E	N	A	N	C	E	W	C	E	N
M	I	Y	G	N	I	V	I	G	S	M	L	A	E	G
O	E	I	X	N	M	L	V	O	Y	T	T	L	G	I
R	Z	W	V	Q	E	U	C	B	O	O	V	C	O	C
H	O	O	P	Z	R	F	X	J	O	C	J	D	L	V

LENT
ABSTINENCE
FASTING

PRAYER
ALMSGIVING
REFLECTION

FORTY DAYS
PENANCE

VIOLET
KUWARESMA



DICES,
let us pray.