

Introduction

These weekly reflection scripts are designed to be simple, prayerful moments that invite us to pause and listen. Each one focuses on a biblical encounter where conversation takes place. Moments where hearts are opened, lives are changed, and God is present in the space between people. They link closely with our Lenten appeal, Heart to Heart, which calls us to reach out, start a conversation, and notice one another more deeply.

In a world where loneliness has become one of the biggest hidden poverties, these reflections remind us that conversation is not small or incidental, it is powerful, and can be deeply healing.

Whether watched as a video, read privately, or shared in a group or meeting, these reflections encourage us to notice how God works through listening, speaking, and simply being present. This Lent, may they inspire us to go heart to heart with others, just as we see Jesus doing throughout the Gospels.

Week 1: Elijah and the Widow

Elijah the Prophet appears in the Bible during a time when everything in Israel feels unsettled. As God's messenger, he carries a message that Israel's leaders would rather not hear – because real prophecy tends to make people uncomfortable.

And right in the middle of all of that chaos, God sends Elijah, not to somewhere grand, but to a small town outside Israel. At the town gate, Elijah meets a widow gathering a few sticks. And life for a widow was incredibly hard- no income, no protection, just daily survival. When Elijah asks her for water, and then for bread, her real worry spills out: she only has a tiny bit of flour and oil left. One more meal for her and her son, and then nothing.

Elijah doesn't sweep past her fear or pretend it's not real. He meets her right there and says the words she most needs to hear: "Do not be afraid." Then he invites her into one small act of trust, promising that God will look after them.

And somehow, she finds the courage to say yes. She bakes the bread... and that's when the miracle begins. The jar never empties. The jug never runs dry. Day after day, God quietly provides what they need.

What's striking is how small the beginning is. A short conversation. A bit of honesty. Two people choosing to trust each other in a difficult moment. That's the soil where God starts to work. St Vincent puts it beautifully: "God does not consider the outcome of the work, but the charity that accompanies it."

In other words, don't worry about how small something seems. What matters is the love behind it. Maybe that's the part for us to hold onto:

That real change often starts with an honest conversation and speaking heart to heart matters more than we think. God works through simple moments when we listen and dare to share what little we have.

Conversation Starter: *When has a small, honest conversation made a difference for you or someone else?*



Week 2: Woman at the Well

Jesus arrives at a well in Samaria at midday and he's hot, tired, and thirsty. He doesn't come as someone distant or untouchable; He comes as someone who knows what it is to feel worn out. And it's in this very ordinary moment that something extraordinary begins.

A woman approaches the well, alone in the heat. Most people would have come early in the morning, when the air was cool and the crowds were friendly. But she comes at noon. She's had a tough past and probably feels judged by others and wants to stay under the radar. She doesn't expect anyone to notice her, or even speak to her.

Yet Jesus does. And not only that – He asks her for a drink.

For a Jewish man to speak to a Samaritan woman was unheard of. Old arguments and religious tensions had built thick walls between their communities. But Jesus steps right across them. No fuss or drama. Just calm conversation. It's His way of showing that God's love isn't fenced in by labels or social rules.

As they talk, Jesus speaks of "living water" – something deeper than what the well can offer. Water that refreshes the soul and hope that doesn't run dry. A life that can start again, even after disappointment.

Then Jesus gently shows that He knows her story – every part of it. And instead of hiding, she stays with Him in the conversation. There's no shaming, no condemnation. Just honest recognition and compassionate truth. Jesus sees her not as a problem to fix, but a person to value.

Blessed Rosalie Rendu once said, "But be kind and love, for love is your first gift to the poor. They will appreciate your kindness and your love more than all else you bring them." That's exactly what Jesus does here: He notices her, treats her with respect, and speaks with love. It's through that simple, attentive care that she begins to see her own worth again.

And something shifts. The woman who came to the well trying to avoid everyone suddenly becomes the one who runs back into town. She leaves her water jar behind – almost a symbol that she's no longer carrying the same heaviness. She speaks openly, confidently: "Come and see the man who told me everything I ever did!" The one who once hid from others now leads them towards Jesus. This story reminds us that God often meets us in the most ordinary places – at a well, in our routines and in our tired moments. And when He does, He speaks in ways that lift us up rather than pin us down.

Heart-to-heart moments with God don't trap us in who we've been. They reveal who we can become. And it's through these simple heart to heart conversations with others that we can share God's love.

Conversation Starter: *Has there been a moment when someone's attention or kindness helped you see yourself differently?*



Week 3: Jesus and Peter on the Beach

After the resurrection, some of the disciples go fishing, but they catch nothing.

Early in the morning, they see a fire on the shore, some fish cooking- and there is Jesus. He meets them exactly where they are: tired, disappointed, unsure what to do next.

Peter stands there, probably thinking about the three times he denied Jesus. Guilt and shame weigh heavy. He wonders if he's still wanted, if he still belongs.

Jesus doesn't scold him. He simply asks, "Do you love me?"

Three times. Each question is an invitation, not a test. Peter responds honestly, speaking from the heart: "Lord, you know that I love you." In that quiet, ordinary moment, love flows. Heart speaks to heart. Mercy reaches in. Peter begins to realise he is still trusted, still needed.

St Vincent de Paul once said, "Love is inventive unto infinity." Here we see exactly what he meant. Love reaches into fear, into failure and into shame. It doesn't give up. It restores, even when we feel far from enough.

Jesus doesn't just forgive Peter. He gives him work to do, a way to live that love: "Feed my sheep." His heart is back in action, and through him, God's care spreads to others.

Maybe that's the invitation for us too: to let Jesus ask the question in our own lives, to answer honestly from the heart, and to trust that even our small, shaky love can be the start of something life-giving.

On that beach, we see that love doesn't dwell on mistakes - it looks forward, ready to begin again.

Conversation Starter: *Can you think of a time when someone believed in you, even if you weren't sure about yourself?*



Week 4: Zacchaeus

Jesus arrives in Jericho surrounded by a curious crowd. People press in, all excited to see Him –everyone except one man who, at first glance, seems unlikely to be noticed at all. Zacchaeus is wealthy, and a tax collector, Tax collectors worked for the Romans and often took more money than required, so many Jews saw them as greedy and dishonest.

Yet something in him wants more than the noise and judgement of the crowd. He runs ahead and climbs a sycamore tree, not for attention, but for a better view.

Zacchaeus wasn't supposed to be the one Jesus noticed. He's small, socially awkward, rich in the wrong way, and perched in a tree like someone who doesn't quite know where to put himself. He's not exactly the poster boy for holiness. Yet Jesus stops, looks right at him, and invites Himself over. No lecture or conditions. Just presence and conversation. "Zacchaeus, come down. I want to stay at your house today."

It's startling. Not because Jesus chooses him but because Jesus sees him. Not just his status or his stereotype, but him. Right there, in the middle of the crowd's grumbling and surprise.

Zacchaeus isn't perfect. He knows it. He's aware of the whispers and the labels attached to him. But Jesus doesn't demand he clean up his life before the conversation begins. Their conversation begins in the mess with a man up a tree!

And Zacchaeus responds – not with excuses or fear, but with honesty. He invites Jesus into his home and makes a bold promise: half his wealth to the poor, and to repay anyone he's cheated four times over.

Jesus doesn't give him a lecture or a long list of rules. Instead, He says simply, "Today salvation has come to this house."

The amazing thing is that Zacchaeus' joy doesn't come from ticking boxes or proving himself. It starts in being seen, noticed, and welcomed. Being valued by Jesus sparks the change – the generosity and the new life flow from that first encounter.

It's a reminder that real transformation often begins not with what we do, but with being known and loved.

Blessed Rosalie Rendu once said, "If you want someone to love you, love first, and if you have nothing to give, give yourself!"

Jesus lives this out in His encounter with Zacchaeus. He doesn't hold back His attention or His presence. He doesn't wait for Zacchaeus to become deserving. He loves first – and that love becomes the beginning of Zacchaeus' change.

So much of faith is like this. We think God waits for us to fix ourselves before He shows up. But the story of Zacchaeus reminds us that Jesus is often already standing at the foot of our branches, calling our name. He doesn't wait for us to be perfect; He invites us into honesty, into transformation, into table friendship. Maybe today's invitation is the same for us: not to rehearse excuses, not to hide behind who we think we are, but to let ourselves be found. To allow others close enough to have a heart-to-heart. Not the kind where you pretend everything's fine, but the kind where everything is welcome. The kind that starts in a tree and ends in a conversation, where God's love feels less like a theory and more like a friendship you never thought possible.

Conversation Starter: *Has there been a moment when you surprised yourself by showing up even though you wanted to hide?*



Week 5: The Last Supper

It's the night before Jesus' Passion. He gathers His twelve apostles in Jerusalem to celebrate the Jewish Passover, the feast that recalls God freeing Israel from slavery in Egypt. The meal is simple - bread and wine - but this ordinary meal is about to become something extraordinary.

Jesus knows what's coming. He knows His death is near. And yet, He uses this meal to teach His friends what it really means to follow Him.

The twelve apostles are a mixed group: fishermen, a tax collector, ordinary men with ordinary fears and doubts.

Peter is bold and impulsive, ready to follow Jesus anywhere, but he doesn't yet understand the cost of discipleship.

Judas is there too, sitting among them, planning betrayal. Even here, in the middle of friendship, human weakness and sin are present.

During the meal, Jesus does something no one is expecting. He wraps a towel around his waist and starts washing his friends' feet. It's a powerful reminder that love isn't just something you talk about, it's something you do. Jesus chooses to serve, showing that real love means caring for others, even when it's messy or uncomfortable.

Then Jesus takes bread and wine and says, "This is my body... this is my blood... Do this in memory of me." In that moment, He gives us the Eucharist, His real presence with us.

And He reminds them: "Love one another as I have loved you." Faith isn't just about belief - it's about how we treat each other, in small, everyday moments. Heart-to-heart conversations, noticing those around us, serving without keeping score - this is where God shows up.

Think for a moment about that table. You probably picture Jesus in the middle, the apostles lined up around Him. But really, it's a messy, human, ordinary meal. There's room at the table, and some seats are empty- reminding us that there's always room for us, no matter who we are or what we've done. Jesus leans in, speaks honestly, shares His worries and His love. Heart-to-heart. He invites His friends to do the same. That's what changes everything: courage to be open, humble service, and genuine attention to one another.

Saint Pier Giorgio Frassati once said, "In a world gone astray from God there is no peace, but it also lacks charity, which is true and perfect love... Nothing is more beautiful than love."

And here, at the Last Supper, we see exactly what that looks like - Jesus giving Himself first in humble service, in bread and wine, in love that does not withhold anything.

The Last Supper shows us that the extraordinary often begins in the ordinary: a meal, a towel, bread and wine. It's in simple acts of presence, honesty, and love that grace enters our lives, hearts shift, and God shows up.

Conversation Starter: *If Jesus sat at your table, what would you say to him and who else could you invite to sit at the table with you?*

