

## Email Guidelines:

### 2<sup>nd</sup> Week of Lent 09

During this week, we continue to meditate the readings of the day, except on Wednesday and Friday, when we deepen the theme we started last week on: Fasting and Feasting.

#### MONDAY: Luke 6, 36-38

*"Be compassionate..."*

Jesus doesn't tell us to do acts of compassion but to be compassionate. Doing or being is quite different. Whereas 'doing' can be occasionally, 'being' involves an attitude of life, more permanent, which constitutes my normal way of being.

How is it possible to be compassionate? How is it possible not to judge if that is a feeling I cannot avoid or control?

*"... just as your Father is compassionate."*

During this Lent, Jesus invites us to exercise fixing our eyes and heart in the compassionate heart of God towards ourselves and towards others, instead of

taking the easy road of being guided by our feelings, judgments and condemnations.

Jesus is compassionate because He lived united to the Father. He knows we aren't perfect but in our limitations, He is always ready to show his love and to pick us up.

#### TUESDAY: Matthew 23, 1-12

Jesus challenges the crowds and his disciples to behave differently from those Scribes and Pharisees who were hypocrites.

This gospel presents other two attitudes we can have in life: trying to be good and obedient to God either by showing off how great we are or by being simply and humbly servants of God.

So, we can ask ourselves today: do I live my Christian life because I want to be realized, noticeable, perfect in the eyes of God and of others, or because I want to serve and love God, no matter what other people say of it?

Let's pray and dwell today in the meaning of these words: *"The greatest among you must be your servant..."*

**WEDNESDAY: Fast from apparent darkness; feast on the reality of light.**

**John 12, 35:** *"Walk in the light while the light is still with you; nobody who walks in the dark knows where he is going..."*

**1 Kings 3:** Solomon asks for wisdom

Lent is a time when we are invited to search for the light. We are called to step out from the darkness and journey towards the light. This supposes a willing to go out from our comfort zone to the light, meeting Jesus there. It also supposes to ask God for wisdom to know how to approach and face the darkness with the love of Christ. It is not about me but about Him. And because it is about His will, I dare to take the first step towards the light.

So, today we can pray asking ourselves and God: which areas in my life are in need of light? And how are my relationships?

*Lord, help me to dialogue things through and openly, because that is a step towards the light. Help me not to be afraid of confrontation because unless I confront how I feel and see, I won't find the light to grow. Sometimes I can be right, but other times the way I perceive things and others can be*

*wrong. Lord, give me the humility to rejoice in the light and to fast from apparent darkness.*

#### **THURSDAY: Luke 16, 19-31**

This Parable of the rich man and Lazarus reflects those Pharisees' love for money in Jesus' time.

Lent is a time for conversion, for change; a time where we are called to meditate on our lives and change whatever needs to be changed.

Are we pleased with our way of living? Sometimes the best way of answering this is to think ourselves in the end of our lives looking back to our present moment. Would we change anything?

The rich man in this parable regretted having been selfish and not having given more consideration to the poor.

*Lord, give us the courage and the strength to change what needs to be changed in our lives; what makes us live a more fulfilling life as followers of Christ.*

**FRIDAY: Fast from words that pollute; feast on phrases that purify.**

**Matthew 5: 20-25:** "... Anyway who calls his brother "Fool" will answer for it... so then, if you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering there before the altar, go and be reconciled with your brother first, and then come back and present your offering."

**Matthew 15:11-18:** The mouth speaks from what there is in the heart.

I think these readings speak already for itself. However, I must say that when we try to live what they say, we do feast; our heart finds a new joy. Have you tried and experience also it?

However, if we feel that there are lots of words coming out from our month which often pollute the environment and other people's heart, we may need to reflect on how is our heart? Is it dry of God's love, patience, tolerance and forgiveness? Is it surrounded by too much stress, anxiety, anger? To fast from words that pollute may suppose to ask for forgiveness.

Lent is also a time where we are invited to receive the Sacrament of Reconciliation and experience God's Grace being poured out to our hearts, purifying ourselves and enabling us to feast on phrases that purify.

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