**Monday Week 4 Lent**

This week is known as Rejoicing Week and Isaiah takes the opportunity to remind us that God wants to fill our lives with *joy* and *delight*. Our news, however, is all too full of the ravages of the virus diverting us away from this. So, why not focus on good news this week; the good news taking place in our lives and all around us viz. the sunny weather these past two days; we have more time to breath and not rush about. I have seen families out walking together along the streets through which I cycle. Even the Gospel suggests God is indiscriminate with his mercy, love and healing. Yes, there is so much for which to thank God and to rejoice. Instead of bewailing the effects of the coronavirus and being heralds of doom and gloom, let us place our faith and trust in the Lord, like the court official, and use the coronavirus as a spur to do good. The following words of Pope Francis show us how!

Fast from hurting words … and say kind words.

Fast from sadness … and be filled with gratitude.

Fast from anger … and be filled with patience.

Fast from pessimism … and be filled with hope.

Fast from worries … and have trust in God.

Fast from complaints … and contemplate simplicity.

Fast from pressures … and be prayerful.

Fast from bitterness … and fill your hearts with joy.

Fast from selfishness … and be compassionate to others.

Fast from grudges … and be reconciled.

Fast from words … and be silent so you can listen.

 and rejoice!!