

## Reflection Monday Week 6 – 2021

Certain important elements in life can only be appreciated through experience and perception not by rational thinking. Happiness, gentleness, kindness, optimism and of course faith. Even these have their difficulties. Someone may say and believe they are happy but something deep down that struggles to be understood belies their belief. The problem for the Pharisees in the gospel is that everything Jesus was doing showed that he was of God but they were blind to the divine presence. Do you - do we - need proof that God exists? True, sometimes we encounter difficulties and tragedies that make us doubt whether God is present at all. But doubt is healthy. It comes from a longing for God.

As Lent approaches, we begin to focus more and more on prayer, fasting and almsgiving. Prayer is the time we give to help us become more aware of how God is present in our lives and how we respond to that presence. We are not looking to see if God is present but to see the manifold ways in which God manifests his presence to us. We can fast from food but also from time wasting and self-indulgent pleasures. Giving more time to prayer means taking time away from the other things we do – giving God greater priority in our lives. The more we become aware of God's presence, the more we will want to stretch out our hands in charity, care, support and almsgiving.

### **The Journey** – for the Lenten Season - by Justin Farley

Give my heart feet so that it may walk towards you.

Give me the motivation to arise, and the drive to see your will through.

When I am idle put my body back into gear –  
to continue to put one foot in front of the other  
in the presence of doubt and fear.

You are my shield that protects me when the trumpets blare and bows are strung.  
But you can only protect me when I march mightily – not when I turn and run.

The journey looks impossible when I measure the miles.

But one foot in front of the other and your love endures endless trials.

**A nun** gave little Mary a long talk on sin, prayer, and forgiveness. When she finished the lesson, she asked little Mary, *"What do we have to do before we ask the Lord for forgiveness?"*

Little Mary confidently said, **"Sin!"**