Reflection Saturday Lent 4 – 2021

Too often when our mind is set on something, we will not be swayed and will find good reasons for why we are right. More often than not Jesus' words, stories and actions were offered to help us see things differently, but the choice is always ours.

Your burden.

The young man was at the end of his rope. Seeing no way out, he dropped to his knees in prayer. "Lord, I can't go on," he said. "I have too heavy a cross to bear."
The Lord replied, "My son, if you can't bear it's weight, just place your cross inside this room. Then open another door and pick any cross you wish."
The man was filled with relief. "Thank you, Lord," he sighed, and did as he was told.
As he looked around the room, he saw many different crosses; some so large the tops were not visible. Then he spotted a tiny cross leaning against a far wall.
"I'd like that one, Lord," he whispered.
And the Lord replied, "My son, that's the cross you brought in."

Another story to help with our thinking especially about others:

In ancient Greece, Socrates held knowledge in high esteem. One day an acquaintance said to him, "Do you know what I just heard about one of your friends?"
"Hold on a minute," Socrates replied. "Before telling me anything I'd like you to pass a little test called the **Triple Filter Test**."
"Triple filter?" asked the man.
"That's right," Socrates continued.
"Before you talk to me about my friend, it might be a good idea to take a moment and filter what you're going to say. That's why I call it the triple filter test. The first **filter is Truth**. Have you made absolutely sure that what you are about to tell me is true?"
"No," the man said, "actually I just heard about it and wanted to tell it to you"
"All right," said Socrates. "So, you don't really know if it's true or not. Now let's try the second filter, the **filter of goodness**. Is what you are about to tell me about my friend something good?" "No, on the contrary, it is bad "
"So," Socrates continued, "you want to tell me something bad about him, but you're not certain it's true. You may still pass the test though. There's one filter left: the **filter of usefulness**. Is what you want to tell me about my friend going to be useful to me?"
"No, not really." Replied the man.
"Well," concluded Socrates, "if what you want to tell me is neither true, nor good, and nor even useful to me, why tell it to me at all."