

Reflection Saturday 1st Week Lent 2022

Asked what kind of person they most want to be, people will include honourable, dignified, reverent and respectful; caring, being helpful, the ability and desire to help others, living moral and ethical lives etc. etc. etc. Write these in a book entitled LAW and we step back with caution. Yet, God's Law, his will for us is to be the best that we can be; not just in our abilities and talents but in the smallest actions and events of life. Our Lenten journey can help us clarify our muddled thinking and begin to see that God also asks us to do those things we most want to do better.

It is impossible to be perfect on earth because we can always do or be better in some way every day. However, Jesus taught that perfection consists in love; fulfilling the spirit of the Law rather than just keeping the rules; choosing to go one step further. Saint Luke states that perfection is **merciful love**: *to be perfect means to be merciful*. Having Jesus before us as the merciful one enables us to understand better in what His perfection consists and it spurs us to be like Him, full of love, of understanding and of mercy.

Pope Francis: *the way to perfection is found in small steps of obedience, of charity and love, even steps that seem nothing. St. Therese of the Child Jesus was once walking to the refectory with a fellow elderly religious. The elderly woman could not walk well and young Therese was trying to help her, but the sister grew annoyed, saying "do not touch me" and things of that sort. Perhaps old age had made her a little neurotic, but the always smiling young sister was with her. Arriving at the refectory, Therese tried to help the elderly sister sit down but she said, "no, you're hurting me". Despite this treatment, the smiling young Therese took the bread, prepared it and gave it to the elderly sister!*