

Reflection Friday 1st Week Lent 2022

We begin Lent being offered a choice by Moses; choose life or death. The offer is repeated again today. The readings encourage us to choose life because if we do not the consequences will be disastrous. This leads to the next question which is equally important. Do we choose life because we are afraid of the consequences if we don't? Or do we choose life because that is the right thing to do? Or, even better, do we choose life because we love God with all our hearts, minds and souls? Choosing life out of love means wanting to promote the dignity, reverence and honour of others out of love for them; never for our own good, or our own image, or because it boosts our ego; even though it may do all of those and more. Ultimately, Jesus is asking us to live the spirit of the commandments not just keep the rules. This is why Jesus says his words are spirit and life. Discovering and acknowledging the Spirit and Presence of God in the world, in others and in our lives is one of the prime purposes of Lent.

Pope Francis: *God is at work, like a good little seed that silently and slowly germinates to become a lush tree that gives life and rest to everyone. The seeds of our good works may seem small, yet all that is good pertains to God, and good always grows in a humble, hidden, often invisible way. So, discover the presence of God who is humble love and is always at work in the soil of life and of history. With confidence we have the strength to go forward every day, patiently sowing the good that will bear fruit. This attitude and approach are needed to recover from the pandemic. The confidence of "being in God's hands" will help us rebuild and start again with "patience and perseverance".*

Pope Francis: *Our concern is simply to sow, with love, dedication and, patience. The force of the seed is divine. It grows spontaneously, day and night, and when we least expect it, showing us that there is always hope, even in the most infertile soil.*