

Reflection Monday 3rd Week Lent 2022

People are terrified of being shown to be wrong or being put in an awkward situation which shows their incompetence. Unless I am unique!! The fact that Jesus told the truth to his listeners about the widow of Zarephath and Naaman embarrassed them so they wanted to do away with him. Macrina Wiederkehr OSB a spiritual Master understood this only too well and offers this advice from what she has Learned:

- All work (even menial tasks) can become a joy rather than a burden.
- “Practice” is one of the most important words in the spiritual life.
- It is harmful to my soul to judge others.
- All moments of waiting can become moments of keeping vigil.
- The book of the earth is as holy as the book of scripture.
- I am happiest when I am able to surrender my own will.
- If I am not happy with what I have, I probably won't be happier with more.
- Even if I don't agree with someone, I can learn much by listening to them.

Needing to be right and wanting to be in control are the biggest crosses many people face and neither of them come from Jesus. In fact, Jesus accepted his cross precisely because we were causing ourselves to suffer so much, he had to do something radical to release us from it. Yet the simplest challenges in life are always the hardest because we lack trust and we need to be in control. Naaman's story is a valuable reminder of this yet we seem to want to make life harder for ourselves than it already is. Lent offers us a way out.

Spirit led Christ, show us the way. We offer you our hearts, minds and lives asking you to walk alongside us. Be present in the wilderness places of our time and experience so that we might hear and recognise you there. Give us the faith to follow you by way of the cross into God's kingdom. Amen.