

Reflection Saturday 3rd Week Lent 2022

Sincerity is what the Lord wants from us. Sincerity is also what we want from ourselves and from others. However, it is much more difficult to live with sincerity than many believe.

Sincerity is defined as *"that which is not falsified"* or *"free from pretence or falsehood"*

Insincerity occurs when we fill our minds with knowledge hoping to be able to explain everything. Life questions can never be fully answered. They continually need further explanation and understanding. Spending time with the question will allow the question to bring the answer to us. Any explanation is limited and subjective. Peter Abelard: *The key to wisdom is this – constant and frequent questioning; for by doubting we are led to question, by questioning we arrive at the truth.* "A wise man can learn more from a foolish question than a fool can learn from a wise answer." Handing our lives over to God opens us to the full richness and beauty of the life with which God has blessed us.

John O'Donohue: *"What you encounter, recognize or discover depends to a large degree on the quality of your approach. Many of the ancient cultures practiced careful rituals of approach. An encounter of depth and spirit was preceded by careful preparation. When we approach with reverence, great things decide to approach us. Our real life comes to the surface and its light awakens the concealed beauty in things. When we walk on the earth with reverence, beauty will decide to trust us. The rushed heart and arrogant mind lack the gentleness and patience to enter that embrace."* "It is crucial to understand that experience itself is not merely an empirical process of appropriating or digesting blocks of life. Experience is rather a journey of transfiguration. Both that which is lived and the one who lives it are transfigured!"

Pope Francis calls us to learn from the poor widow, who placed all she had in the temple treasury, and to develop a faith like hers *"without external frills"* and marked by **interior sincerity** and a "humble love for God and for our brothers and sisters."