

Reflection Friday 1st Week Lent 2024

A fundamental feature of human life is the desire to live and to live life to the full. God says we can do this in a multitude of ways and sent Jesus to show us how best to do this. Made in the image of God, we possess all of God's great qualities but, as the prophet Ezekiel reminds us, we still have to choose to use them and that is not always easy and can involve suffering and hardship.

Jesus helps by asking us not just to keep the rules that only focus on not doing wrong but by being concerned about the welfare of others. Jesus is clear that all our life choices concern the welfare of others. In choosing life we also choose to help, support and sustain the life of those around us. We can live the rules of the Church but when the rules deny the life of Christ to them we need to rethink. It is enough for a good man to do nothing, in the face of justice and peace, for evil to have its way. In the Confiteor, the *I confess*, we ask forgiveness for the things that we have failed to do. Many stories tell us how Jesus visits us most often in the those who need our help in some way. We cannot love God and have life without loving our neighbour, nor can we truly love our neighbour unless we love God.

Lord God, we ask you to provide for those in need. Use us in any way you can to help them provide for their physical and spiritual needs, their mental health and well-being. Use us to let them know that you are always there for them and love them dearly. We ask this in Jesus' name, Amen.