

Reflection Wednesday 1st Week Lent 2024

If the Ninevites, who were non-believers, can repent in such a radical way after Jonah called on them to repent then we have no excuse not to do the same when Jesus calls us to **“Repent!”**

Zhi Gang Sha, a Tao master, says that the Ten Greatest Qualities are:

Love, Compassion, Forgiveness, Light, Humility, Harmony, Flourishing, Gratitude, Service and Enlightenment. These qualities have nothing to do with religion, culture, who we are or where we come from. They are universal qualities that are fundamental to be healthy and happy in any aspect of our life and for creating Love, Peace and Harmony on Earth. Jesus wanted us to embody these Qualities. Let us make them part of our daily lives and work on them through Lent.

Pope Francis asks us to have humbled and contrite hearts in order to repent:

“Scripture tells us that only “the prayer of the humble pierces the clouds” (Sir 35:1), because only those who are poor in spirit, and conscious of their need of salvation and forgiveness, come into the presence of God; they come before him without vaunting their merits, without pretence or presumption Because they possess nothing, they find everything, because they find the Lord.

*Brothers, sisters, let us remember God waits for us, and that he waits for us especially in the sacrament of Penance. The sacrament of Reconciliation is a festal encounter that heals the heart and leaves us with inner peace. It is not a human tribunal to be approached with dread, but a divine embrace in which to find consolation. With a repentant and trusting heart, therefore let us pray that **“God, be merciful to me, a sinner!”** And in this act of repentance and trust, let us open our hearts to the joy of an even greater gift: **the mercy of God.**”*