

Reflection Friday of 1st Week of Lent 2025

As we continue our Lenten journey, Jesus challenges us to look beyond surface-level righteousness by examining both our hearts and our actions. He teaches us that anger can be as serious as murder in God's eyes. Whenever we hold on to resentment, we not only hurt ourselves spiritually but we also damage our relationships with others.

True righteousness comes not from being perfect in following the rules, but by seeking reconciliation and by making peace. Jesus then asks us to go further and heal our broken relationships before bringing our offerings to God. Our relationship with God is intrinsically connected to our relationship with others. We cannot claim to love God while harbouring hatred toward any of our neighbours.

In his wisdom, Jesus urges us to "*settle matters quickly*," because unresolved conflicts force us into a prison that shackles both our spirit and our action for good.

The good news for us is that Jesus does not just set high standards but he also empowers us to meet them. Through the grace of God, we can experience an inner transformation that will help us move beyond anger and help us embrace the healing effects of forgiveness and reconciliation.