

Tuesday Reflection Week 2 of Lent 2025

Lent invites us to engage in a deep self-examination and to reflect on the ways our lives do not align with the faith we profess. Jesus makes a serious critique of the scribes and Pharisees condemning their hypocrisy: *"They preach but do not practise."* He highlights how they perform religious duties to gain approval and status rather than out of genuine devotion. This warning is not just directed at religious leaders of his time but serves as a timeless call for all believers to examine whether they also focus more on appearances rather than on cultivating a deeper and more personal relationship with God.

Lent offers us with the opportunity to strip away our pretences and ask ourselves challenging questions: Do we say the right things but fail to live them out? Are our acts of charity, fasting, and prayer motivated by love for God and neighbour, or by a desire for recognition? Jesus urges his followers to embrace humility. True discipleship involves living our faith authentically, ensuring that our words and actions are consistent. With its emphasis on repentance, prayer, and almsgiving, Lent invites us to turn away from hypocrisy, to approach God with honest hearts, and to seek his grace to live more faithfully, not for human praise but for God's glory.