

# Lenten Reflection

Saturday, Fifth Week of Lent April 8, 2017



By Ann Walker, CDP Executive Assistant, Provincial Administration

One day, as I was walking to my car in the Kearns Spirituality Center parking lot, I saw the most beautiful rainbow. Getting closer to the car, I realized it began right at Kearns. What an appropriate image to think about as Easter nears.

In the First Reading, we learn that God will deliver us from all of our transgressions and cleanse us. It reminds me of the story of Noah's Ark. God used Noah's faithfulness and promised him a new, cleansed earth. He certainly came through on His promise, and the hope is there for us to be cleansed if we falter. Like Noah, we need to be partners with God and trust in His providence to take care of us.



In the Responsorial Psalm, we see that the Lord will guard us, as a shepherd guards his flock. Sometimes it is hard to see around the troubles that may enter into our lives. However, it seems that just when the storm clouds start to gather, a sign appears that helps us to see that we are not alone. Even if we get lost in the trappings of daily living, we must take time to sing the Lord's praises. When we gather to ask for God's help, we know that He will turn any mourning into joy.

The Verse Before The Gospel tells us to "*Cast away from you all the crimes you have committed, says the Lord, and make for yourselves a new heart and a new spirit.*" How many times have we felt burdened with something? We are to fear not, knowing that God doesn't want our hearts to be troubled. He wants us to put our faith in Him that He will breathe new life into us and give us a light heart that can soar above anything we face and give us a freedom that we never imagined.

In the Gospel, it is so refreshing to see that some people were beginning to understand just who Jesus was. Still, there were doubters. We learn that Jesus had been performing many signs, but some people were scared of those signs. What did they mean? What happens if someone finds out that we believe in the message? The prophesy that Jesus would die for the nation was hard to understand. Today, we still might have a hard time coming to realize what Jesus' signs mean for us.

How many times have we doubted ourselves or even what God has planned for us? Soon, we will see Jesus' truth... His resurrection...the light at the end of the rainbow. We will be reminded that God cleanses us and guards us. Jesus prepares a wonderful feast for us. Let His light and message lead to a renewed spiritual energy that transcends everything and leads us closer to Him.

