

Lenten Reflection

Saturday, February 13, 2016



By Associate Nancy Diak

Blessings, everyone! I hope all may find great blessings this Lent. I love doing these reflections every year, but I must admit this reading was difficult for me.

From Isaiah 58 9-10,

"If you remove from your midst oppression, false accusation and malicious speech, If you bestow your bread on the hungry and satisfy the afflicted, then light shall rise for you in darkness and the gloom shall become like midday."

Is this a way the Lord is saying to all how sin can affect our soul? When we go about our daily lives, how well do we listen to these words? Do we sin every time we speak or think? Perhaps we don't realize the impact our sins have on us or others. This reminds me of the Spiritual and Corporal Works of Mercy...

Feed the hungry; (Do not mock them.)

Give drink to the thirsty;

Clothe the naked;

Shelter the homeless;

Visit the sick; (Send cards/flowers, fix them meals, spend time with the elderly in nursing homes or homebound.)

Visit the imprisoned;

Bury the dead. (Pray for their souls.)

Admonish the sinner;

Instruct the ignorant;

Counsel the doubtful;

Comfort the sorrowful;

Bear wrongs patiently; (Oh, this hard is it not?)

Forgive offenses willingly;

Pray for living and the dead.

The law of the Lord refreshes the soul, liberating us to be builders, not destroyers. The Lord's way is of freedom and when we walk in it we renew and restore our minds and our souls.

During this Lent, I challenge each and every one of you to please Walk the Walk and NOT just Talk the Talk. Reject our sinful ways by obeying the Works of Mercy and let the Lord's light shine on you!

References to United States Conference of Catholic Bishops website's 2016 daily readings and spiritual author, Jessica Griffith.

