

Lenten Reflection

Wednesday of Holy Week,
March 23, 2016



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In today's readings we experience examples of fortitude and acceptance of God's will. As Jesus prepares himself to face the contempt of others and his own disciples, he takes refuge in his faith in God, his father, who is also our father.

The world shows us an array of difficult situations such as, human trafficking, refugees asking for asylum, violence and corruption at all levels, etc. It is in these circumstances in which we live our lives now. Have you ever faced a situation in which you were humiliated and shamed by other people, even your own family or friends? If so, you know how this feels. If not, get prepared to know that feeling. Then the question arises, do I have enough faith to have the courage to be exposed to the contempt of others? The answer to this question is neither a "yes" nor a "no". It simply depends upon each individual's deep relationship with God.

Since we know that this relationship is nurtured by prayer, prayer builds our confidence and consequently our faith in God is strengthened. Therefore, prayer is the most essential tool for Christians to get prepared to face situations that can put faith to the test as it was with Jesus. Therefore, having the courage to pray is the first step in developing that fortitude that will enable one to face those events. At the same time, one will be given the answer to the above question regarding faith, and it will be through one's own experience. This experience is one of humble acceptance of our smallness before the greatness of God. This humility is also the confirmation of our faith and it will give us the courage we need to imitate Jesus' example. As David Nicholas states, "God's promises are like the stars; the darker the night, the brighter they shine." It is your faith that will shine at the end.

So, how can we pray to nurture our faith? Some people pray repeating the rosary, or a set of prayers that they know by memory; others pray dancing, listening to music, singing, playing instruments, drawing, walking, hiking, camping, visiting places they like, sharing with family and friends, listening to others, etc. I believe that everything done with passion for that positive energy we call God, drives us to be and feel "GOOD." It is this feeling that cultivates in us that confidence in God that prepares us to be strong enough in those moments of humiliation and betrayal that we might have experienced or will experience in our lives.