



# LENT

Sunday, March 18



## Family Focus in Lent

- **Read the Story of the Last Supper:** Either read it straight from Scripture or find a kid's version. Either way, prepare a nice meal for dinner, and read and discuss the story while you eat.
- **Visit a Cemetery:** Find a family member in a cemetery and explain how Jesus died so this person could go to heaven.

### Lenten Practices for Daily Life:

#### **Fast from spreading gossip about others.**

We are often tempted by our own righteousness to want to say hurtful things about others to make us feel better about ourselves. Gossip dehumanizes people and renders us more likely to treat others without respect. When you feel the desire to speak negatively about others, pray instead for those you may have hurt with gossip. Pray for a more generous heart.

### A meditation based on Psalm 51:3-4, 12-15

*Create a clean heart in me, O God. (Psalm Response)*

Today's Responsorial Psalm portrays King David's response to God after he had committed adultery and ordered Bathsheba's husband to be killed in battle. David was known as a man after God's own heart, but this story looks more like something you would see in a soap opera than what you would see in a man of God.

What's worse, David couldn't even see that he had done anything wrong - that is, until God sent Nathan the prophet to open his eyes. That's where today's psalm comes in. So what can we learn as we pray this psalm along with David? First, often we cannot see our own sins, both our small sins and our big sins. Lust, selfishness, pride, self-righteousness, anger - any of these can blind us, just as they blinded David. *Thank you, Lord, for sending people to me who can help me to grow in holiness.*

Second; God always pursues us, both when we are close to him and when we are separated from him. He always pricks our minds. He always sends angels and other people to help us. He does what he can, by any means, to help us confess our sins and draw closer to him. *Lord, help me to be more sensitive to your touch each day.*

Third, God's mercy is unfathomable. Even David's acts of adultery and murder didn't keep God from pursuing him and fulfilling his plan for the king. The moment we repent, God's love and mercy will well up in our hearts, just as it did for David. *Thank you, Lord, for your faithfulness.*

Finally, look at the last two lines of this psalm. David is promising that if God forgives him, he will do his best to lead other people to him. A desire to serve and care for other people is the natural response to God's mercy. *Lord, use me for your purposes.*

### Today's other Readings:

Jeremiah 31:31-34  
 Hebrews 5:7-9  
 John 12:20-33

*Let us Pray...*

*"O, God, have mercy on me. Create a clean heart in me. Fill me with your Holy Spirit, and I will share my faith with everyone around me."*