



LENT

Palm Sunday, March 25

A meditation based on **Philippians 2:6-11** *Not...something to be grasped. (Philippians 2:6)*

Today is one of the most important days of the year. It's a day to fix our eyes on Jesus and watch him empty himself on a cross - for us and for our salvation. It's a day to honour the One whose entire life was one of giving, not grasping, one of healing and restoration, not division and rivalry. It's a day to praise Jesus for overcoming sin and death through his act of pure, sacrificial love.

By his humility and obedience, Jesus has undone Adam's prideful attempt to become God - and every attempt that all of Adam's children have made ever since. He has shown that the way to heaven is not by grasping for ourselves and striving against one another. It's not something we earn, and it's not a kingdom we conquer. No, Jesus' death on the cross proves that the way to heaven is one of receiving graciously instead of possessing selfishly.

This can sound so grandiose and heroic that we might think it's out of our reach. But nothing can be further from the truth. God sees every act of self-sacrifice, every decision to put someone else's needs ahead of ours, every decision to empty ourselves. When we give up time to help our child with yet another math problem, God, sees it. When we listen carefully to a spouse who tells us about her difficult day at work, even if ours was no better, God sees it when we put down our car window and offer some food or money to a homeless person, God sees it. He sees them all, and he rewards them.

Every single act of self-giving is a reflection of the cross. And because of that, every act of self-giving warms our Father's heart and moves him to raise us up a little bit more - just as he did for Jesus.

So fix your eyes on Jesus today, and let his self-giving love move you to be more like him.

Today's other Readings:

Mark 11:1-10

Isaiah 50: 4-7

Psalms 22:8-9, 17-20, 23-24

Mark 14:1-15:47

Let us Pray...

"Thank you, Jesus, for your cross! Lord, teach me to follow your path of love."



Family Focus in Lent

- **Light a Candle at Church:** Let your child choose a special person to light a candle for

- **Practice being present**
Families can commit to putting down their phone (or other electronic device) when someone is present with them. Even better: create phone-free zones (like the dinner table).

Holy Week: A Time Apart for Renewal

Holy Week is a time that is set apart in our Church's liturgical year for our spiritual renewal. In fact, the word holy refers to anything that is set apart for God's purposes. Holy Week is holy precisely because it is time that is set apart for us to focus on how we are spiritually renewed through the suffering, death, and Resurrection of Jesus.

The Symbols of Holy Week

The liturgies of Holy Week are filled with some of the richest and most ancient symbols of the Catholic faith.

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