



LENT

Sunday, March 4



Family Focus in Lent

- **Observe Fridays as a meat free fast day**
 - **Jellybean Prayer**
[click here for instructions](#)

Lenten Practices for Daily Life:

Reconciliation is what God does. We prepare for it by opening ourselves up, by reflecting on the areas of darkness in our lives into which God so deeply desires to shine a light. It might begin with a simple question: Where might God be offering me forgiveness and healing?

If my answer is, "I don't know," then I have some reflecting to do. I can examine my life-what I have done and what I have failed to do-and see what graces are offered me there.

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A meditation based on Exodus 20:1-17

...brought you out of...that place of slavery

Despite the fact that slavery continues to exist, it should be obvious that no one has the right to own another person. This was the reason, after all, for the Israelites' exodus from Egypt: God rescued them from slavery. What is not so obvious, however, is the way we can fall into a kind of slavery to sin. It's a slavery that happens whenever we are trapped in sinful habits that we cannot get out of.

The good news is that just as he rescued the Israelites from physical slavery, God wants to rescue us from spiritual slavery.

The idea of being someone's slave is naturally abhorrent to us. No one wants to be owned by someone else. This is the same attitude that we should have when it comes to slavery to sin as well. No one wants to be under its power. No one wants to feel powerless in some area of their lives. As St. Paul has said, we were created to be free, and Jesus came for just this purpose: to "set us free" (Galatians 5:1).

So do you want to experience freedom from a sinful habit that has some control over your life? If so, here are two suggestions.

First, confess your sins each day in prayer. Tell Jesus how hard it is to overcome this sin. Believe in the promise of Scripture: "If we acknowledge our sins," God will "cleanse us from every wrongdoing" (1John 1:9).

Second, pray for the strength to resist. Trust that God sees your efforts and blesses them with his own power to help us say no when temptation rises up within us.

We may never stop sinning. But the process of sanctification, which comes as we pray, confess our sins, and seek God's strength, can help reduce our sins. It makes sin lose its power over us and makes us stronger in our efforts to resist.

Today's other Readings:

Psalm 19:8-11

1 Corinthians 1:22-25

John 2:13-25

Let us Pray...

"Lord, I don't want to be a slave. Help me to be free."