Lent

"He fasted for forty days and forty nights..."

Sunday, 29th March 2020

A Meditation based on John 11:1-45

Lazarus, come out! (John 11:43)

From a homily by Pope Francis:

"We all have within us some areas, some parts of our heart that are not alive, that are a little dead ....But if we become very attached to these tombs and guard them within us and do not will that our whole heart rise again to life, we become corrupted and our soul begins to give off, as Martha says, an "odour" (see John 11:39), the stench of a person who is attached to sin. And Lent has something to do with this. Because all of us ... can hear what Jesus said to Lazarus: 'He cried out in a loud voice, "Lazarus, come out!"' (11:43).

"Today I invite you to think for a moment: Where is the dead part of my soul? where is my tomb?... Let us think: what part of the heart can be corrupted because of my attachment to sin, one sin or another? And to remove the stone, to take away the stone of shame and allow the Lord to say to us, as he said to Lazarus, 'Come out!' That all our soul might be healed, might be raised by the love of Jesus, by the power of Jesus. He is capable of forgiving us. We all need it! All of us. We are all sinners, but we must be careful not to become corrupt! Sinners we may be, but he forgives us. Let us hear that voice of Jesus who, by the power of God, says to us, 'Come out! Leave that tomb you have within you. Come out. I give you life, I give you happiness, I bless you, I want you for myself.'

"May the Lord today, on this Sunday, which speaks so much about the resurrection, give us all the grace to rise from our sins, to come out of our tombs; with the voice of Jesus, calling us to go out, to go to him." (April 6, 2014)

Today's other Readings:
Ezekiel 37:12-14
Psalm 130:1-8
Romans 8:8-11

Let us Pray...

"Jesus, I hear you calling. Help me to rise from my sins."

Family Focus in Lent

- **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).

Lenten Practices for Daily Life:

Almsgiving

We can become more like Jesus during Lent by being generous. Not only with your money, but your time and talents. Perhaps give up money spent on a takeway or another usual treat. Check up on any elderly neighbours or parishioners to see if they need groceries or something from the chemist. Give a word of encouragement to the doubting or thanks to those who serve behind the scenes tirelessly.

If you would like to stop receiving these emails, know of someone who may like to receive them or have any questions/comments please send an email to chancery@armidale.catholic.org.au

©2020 The Word Among Us