

## Pre Mass Catechesis

Lent 1

Feb 29/Mar 1

Each week of Lent, in place of the prelude, we are going to offer some catechesis on the Eucharist in preparation for our Parish Mission.

God provides us with sustenance for our physical and psychological well-being. But God also provides for our spiritual growth and development through Word and Sacrament. The Word of God gives us thoughts and ideas to ponder and the Sacrament of the Eucharist reminds us that we are part of the Body of Christ. We are connected to one another and to God.

Today's readings remind us that although we sin, God so loves us that he gave us Jesus to be our savior. Jesus raises us up and allows us to have access to eternal life if we so choose. We are tempted to go against God, yet God keeps on calling us back to our original blessing.

When we are tempted to focus on our material needs, God invites us to reflect on his word. When we are tempted to focus on having power and fame, God challenges us to be mindful of those less fortunate. When we are tempted to worship someone or something that is not God Himself, the Eucharist focuses our attention on worshipping God in order that we might be charitable to others.

As we celebrate the liturgy this day, what is God asking me to focus on? Is it to be more attentive to God's Word? Is it to be mindful of the poor and marginalized? Do I need to learn to put God first in my life? Through our worship this day, may God become a priority in our lives so that we may lead others closer to Christ.