

“Listen to Him”

Lenten Journey



First Sunday of Lent

Matthew 4:1-11

“Temptation in the Desert”

“At that time Jesus was led by the Spirit into the desert to be tempted by the devil.” Matthew 4:1

Today we hear of the devil trying to derail Jesus from his mission. He tempts Jesus with earthly comforts, self-centeredness, and worldly power. In each case, Jesus turns to Sacred Scripture and his reliance upon God alone to reject the devil.

Reflection: What temptations are getting in your way and blocking you from really living out your baptismal mission: to bring the love of God to others and encourage them to do the same? How can you face and reject these temptations more boldly this Lent?



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Second Sunday of Lent

Matthew 17:1-9 “The Transfiguration”

“This is my beloved Son, with whom I am well pleased; listen to him.” Matthew 17:5

In today’s Gospel, God reveals the divine identity of Jesus to Peter, James, and John, consequently showing them who they really are and where their life’s mission lies. Likewise, the Season of Lent reminds us of our true identity and offers the opportunity for us, also, to be transfigured and transformed into the people God has made us to be.

Reflection: What are some Lenten devotions, practices, and service opportunities that you can commit to during the remaining weeks of Lent that will allow God to transform you, so that this Easter Season will find you living as your truest self?



Third Sunday of Lent

John 4:5-42

“The Woman at the Well”

“We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world.” John 4:42

St. John shows us in this Gospel the wonder of making a disciple. The Samaritan woman first comes to faith by her encounter with Jesus. Then she witnesses to her friends and neighbors the Good News that has changed her life. They initially respond with curiosity, but that curiosity turns into faith when they experience the truth of her testimony through their own encounter with Jesus and his teaching.

Reflection: Through the living witness of others, we have heard of Jesus’ words and learned of his loving actions. These witnesses can be powerful. What, though, can I do this Lent to seek Jesus myself, so that I might meet him personally and quietly hear him speak to me?

Fourth Sunday of Lent

John 9:1-41

“The Man Born Blind”

“The man called Jesus made clay and anointed my eyes and told me, ‘Go to Siloam and wash.’ So I went there and washed and was able to see.” John 9:11

In today’s Gospel, Jesus heals a man who had been blind from birth. The religious leaders are upset because they believe Jesus has violated the Sabbath law. They conclude, therefore, that Jesus cannot be from God. They treat the man healed of blindness poorly and reject him, but Jesus seeks him out. In response to Jesus’ actions in his life, the man gradually comes to faith. He professes his belief in Jesus and worships him.

Reflection: The religious leaders allowed their jealousy and self-righteousness to blind them from seeing who Jesus is and the good work he is doing. In what ways are you blind to the presence of God in someone that you struggle to get along with? Pray daily this week for the grace to see that person as God sees them.

Fifth Sunday of Lent

John 11:1-45 "Raising of Lazarus"

"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die." John 11: 25-26

In today's Gospel, we hear of the death of Jesus' friend, Lazarus, and we see how deeply this pained not only the man's family but Jesus as well. In the midst of this heartbreaking scene, Lazarus' sisters, Martha and Mary, both express great faith in Jesus, with Martha even expressing her belief that Jesus still can do something. In response to their amazing faith and in order that the glory of God might be shown, Jesus raises Lazarus from the dead.

Reflection: Do you place limits on what Jesus can or will do for you? In this Gospel, we see that Jesus has power over both physical death and sin. What tomb is Jesus calling you out of this Lent to restore your spiritual life through the Sacrament of Reconciliation?



Palm Sunday of the Passion of the Lord

Matthew 26:14 - 27:66
“The Passion”

“Jesus cried out again in a loud voice, and gave up his spirit. And behold, the veil of the sanctuary was torn in two from top to bottom. The earth quaked, rocks were split, tombs were opened...” Matthew 27:50-52

Today, St. Matthew leads us into the passion and death of Jesus. We hear of Jesus’ great promise to his apostles and to us at the Last Supper, and we witness his betrayal, rejection, murder, and burial in the tomb. Even in these final hours, Jesus continues to proclaim and embody the kingdom of heaven, freely accepting death, and placing himself completely in the hands of his Father, giving his life out of love for the whole world.

Reflection: What do you live for? What occupies your attention? During this Holy Week, spend time in prayer as you approach Easter, contemplating the passion of Jesus. How is God calling you to proclaim his kingdom and to place your life in his hands?