

3rd Sunday of Ordinary Time

The readings and gospel call us to reflect on the Trinity's compassionate mercy and loving forgiveness which They desire to experience in our lives. The passages from the gospel and the Book of the Prophet Jonah ask us to reflect on what attitude do we have in regards to Their compassionate mercy and loving forgiveness. The passage from the book of the Prophet Jonah reminds us of the Trinity desire for us, to experience Their compassionate mercy and forgiveness. While the gospel passage reminds us in order to experience Their compassion, mercy, and forgiveness, we need to respond to Christ's call to repentance; to show contrition, sorrow, and to have a desire grow out of our sins; a desire to change from a self-centered existence into a more Trinity, other centered existence. Our repentance leads us to respond to Christ's call to follow Him, by growing in our ability to follow His example of sacrificial love; to grow in our ability to follow His example of total loving obedience to the Father; to grow in our ability to more faithfully live out the Trinity's 2 Commandments of Love.

For us today, do our actions, thoughts and words show we follow Christ's example of sacrificial life giving forgiveness or secular society culture of death's approach of hate, of "I hate that person?" Do we follow secular society's lead and say "I hate that person" when we hear something we don't agree with? Or do we follow our Lord & Savior example and condemn the words or actions of the person, but work on loving those who speak those words or acts?

When we pray the Lord's prayer, do we truly mean "forgive us our trespasses as we forgive those who trespass against us?" Or are we just saying them out rote memory? In this evening's/today's mass, will we now prepare ourselves to truly mean "forgive us our trespasses as we forgive those who trespass against us?" Will we also ask the Trinity for the graces we need, so as to strengthen the gifts and fruits of the Holy Spirit, and the Theological and Cardinal virtues, in order to begin to weed out those secular, cultural values, which prevent us from growing in our ability, to follow Christ's example of forgiveness to all, as He was dying on the cross?

While we are waiting to receive our Lord & Savior at communion, will we spend a moment or two, asking the Trinity for the graces we need, so as to strengthen the gifts of the Holy Spirit, and the Theological and Cardinal virtues, in order to weed out those secular, cultural influences, which prevent us from growing in our ability to more fully live out the Trinity's 2 Commandments of Love, as expressed in the 10 Commandments and the Church's teachings; so as to grow in our ability, to be loving forgiving Catholics.

During the quiet meditation time given us right after communion, we need to spend that time praising the Trinity, and, also asking the Trinity for the graces we need, so as to strengthen the fruits and gifts of the Holy Spirit, and the Theological and Cardinal virtues, in order to weed out those secular, cultural influences, which prevent us from growing in our ability, to more fully live out the Trinity's 2 Commandments of Love, as expressed in the 10 Commandments and the Church's teachings; so as to be more forgiving disciples.

After the Mass, and during the week, we need to make time to ask the Trinity for the graces we require, so as to strengthen the gifts of the Holy Spirit, and the Theological and Cardinal virtues, in order to weed out those secular, cultural ideas, which prevent us from growing in our ability, to more fully live out the Trinity's 2 Commandments of Love, as expressed in the 10 Commandments and the Church's teachings; so as to become more loving adopted daughters and sons of the Father.

We also need to make use of the sacrament of Confession, so as to receive the graces we require, to further strengthen the fruits and gifts of the Holy Spirit, and the Theological and Cardinal virtues, in order to grow in our ability, to weed out those secular, cultural values and influences, which prevent us from growing in our ability, to more fully live out the Trinity's 2 Commandments of Love, in order to become more loving adopted brothers and sisters of Christ.

Before we continue on with the Mass, let us ask the Father to send the Holy Spirit now, and especially when we consume our Lord in the Eucharist; so we can be open to the Trinity's graces; in order to reject secular culture's values, ideas, and approach to life; so as to become more intimate, loving, adopted family members, of the Father, Son, and Holy Spirit.