

## 1<sup>st</sup> Sunday of Lent

As we begin the season of Lent, the readings and gospel, once again, remind us of our need to grow spiritually, by properly developing, properly forming our conscience.

The passage from Genesis reminds us, of the covenant nature, of our relationship with the Trinity; that this relationship, is a familial relationship, to which we have obligations and duties. The passage from St Peter's letter reminds us, we often fail to properly live out that relationship; while the gospel passage reminds us, to restore that relationship, we first need to show repentance and contrition for our sins. The passage from St Peter's letter also calls us, to work on a life of conversion, so that we can have "a clear conscience;" in other words, a well formed conscience, which can guide us into a more righteous relationship with the Trinity; into a more intimate relationship with the Trinity and others. Just as athletes need to continue to work on, deepening their understanding and knowledge of the sport, they participate in, so they can participate at a better, higher level of skill; we need to continue to properly form our conscience, or our conscience will become ineffective, weak, in its ability to guide us, into a more intimate relationship with the Trinity.

Just as athletes need to continue to work on, deepening their understanding and knowledge of goals, requirements, rules, and regulations of the sport they participate in; we need to deepen our knowledge and understanding, of the Ten Commandments and the Church's teachings. For us to deepen our knowledge, and understanding, of the Ten Commandments and the Church's teachings, we need to be open to the Trinity's graces given in the sacraments. We need to ask the Trinity to help us to be open to Their graces, so as to strengthen the gifts of the Holy Spirit, and strengthen the Theological and Cardinal virtues, in order to deepen our knowledge, and understanding of the Trinity's eternal life giving truth, as expressed in Ten Commandments and the Church's teaching.

We also need to examine what sources do we use, to grow in wisdom, knowledge, understanding and counsel so as to properly form our consciences. What do we nourish our intellect, our mind with in order to properly form our conscience? Do we nourish our mind, our intellect with secular culture's ideas, and values? Or do we nourish our intellect, our minds with the Ten Commandments and the teachings, the wisdom of the Church so as to properly form our conscience?

Do we turn to secular culture's false icons as role models and as sources of wisdom, knowledge, understanding, and counsel to form our consciences? Or do we turn to the Church's saints as role models and as sources of wisdom, knowledge, understanding, and counsel to properly form our consciences by? Do our lives show we model our thoughts, words and actions after secular culture's icons who champion culture's relativistic self-centered values? Or do our lives show we try to model our thoughts, words and actions after the saints; whose lives strived to be orientated towards growing in their ability to live by the Trinity's 2 commandments of love; whose lives model striving to follow Christ's example of sacrificial love, so as to become more loving, intimate adopted daughters and sons of the Father?

Right after the homily, we need to pray for the Trinity's graces to help us grow in wisdom, knowledge, understanding and counsel of the Ten Commandments and the Church's teachings so as to properly form our consciences. We also need to pray for the Trinity's graces to strengthen the Cardinal virtues, especially Prudence so as to reject secular culture's ideas, and values as championed by secular media's icons in order to have lives striving to follow Christ's example of sacrificial love, so as to become more loving, intimate adopted daughters and sons of the Father, just as the saints are.

While we are waiting to receive our Lord & Savior at communion, we should spend a moment or two, asking the Trinity for the graces we need to grow in wisdom, knowledge, understanding and counsel of the Ten Commandments and the Church's teachings in order to be able to properly form our consciences, so as to become more loving, intimate adopted daughters and sons of the Father just as the BVM is.

During the quiet meditation time which we have right after communion, we need to spend that time praising the Trinity, and, also asking the Trinity for the graces we need, to strengthen the Cardinal virtues, especially Prudence so as to reject secular culture's ideas, and values as championed by secular media's icons in order to have lives striving to follow Christ's example of sacrificial love, so as to become more loving, intimate adopted brothers and sisters of Christ, just as the saints are.

After the Mass, and during the week, we need to make time to ask the Trinity for the graces we require, to grow in wisdom, knowledge, understanding and counsel of the Ten Commandments and the Church's teachings; and to strengthen the Cardinal virtues so as to reject secular culture's ideas, and values as championed by secular media's icons in order to become more loving, intimate adopted members of the Trinity's family just as the Blessed Virgin Mary and saints are.

We also need to make use of the sacrament of Confession, so as to receive the graces we require, to further strengthen the Gifts of the Holy Spirit and the Cardinal virtues; so as to continue to develop the ability to reject those secular cultural ideas which lead us to sin, which prevents us from properly forming our conscience thereby weakening, destroying our ability love the Trinity as They love us.

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; so as to strengthen the Gifts of the Holy Spirit, and the Cardinal virtues; in order to properly form our consciences which help us to become more intimate, loving, adopted family members, of the Father, Son, and Holy Spirit, thereby allowing us to have a spiritually rewarding Lent.