

3rd Sunday of Lent

As we progress through this Lenten Season, the readings and gospel call us to reflect on what is our attitude towards our spiritual life, in terms of our worship of the Trinity. We are asked whether our attitude towards our worship of the Trinity mirrors the enthusiasm that Christ shows in the gospel in regards to the temple which was the spiritual center of the Jewish religious life, the center of their worship of God. Christ shows zeal, towards restoring the temple to its proper function of worship, which was to give sacrifice and praise to God, by removing all that corrupts, degrades their proper worshiping of God. We are asked to reflect on what attitude do our thoughts, words, and deeds show in regards to our participating in the Mass, the Church's worship of the Trinity. Do we have an attitude which is marked by zeal or indifference? Before we answer that question, we need to reflect on how do we prepare ourselves to participate in the mass. We need to reflect on what ideas, values, and activities crowd into our heart, mind, and will so that we have a marketplace of irrelevant items in us, which corrupt our offering of ourselves, in union with Christ's sacrifice of Himself in the mass.

Do we make an effort to get to mass early so we have the time to properly dispose our heart, mind and will to be united with Christ's sacrificial self offering, to be united with His Passion, Death and Resurrection in the Mass? If we don't get to mass early so we can properly dispose our heart, mind and will to allow ourselves to be united with Christ's sacrificial self offering, why is that? What do we value more than giving the Trinity the thanks for Their gratuitous gift; for the gift of our redemption; Their gift of eternal life with Them; Their ultimate gift of sacrificial love?

If we do get to mass early, do we spend that time prayerfully, asking the Trinity for the help we need to quiet the extraneous thoughts and emotions, which draw our attention away from the purpose of the Mass; which is to properly dispose our heart, mind and will, so we can offer ourselves up with Christ's sacrificial self offering, so as to give the Trinity the thanks, praise, and adoration due to Them as our Creator, Redeemer and Sanctifier?

If we don't make an effort to properly dispose our heart, mind, and will, to be united with Christ's sacrificial self offering, which is ultimate act of thanksgiving, praise and adoration due the Trinity as our Creator, Redeemer and Sanctifier, we need ask for the graces to strengthen the Gifts of the Holy Spirit and the Cardinal virtues so as to be able identify those secular/cultural values, and ideas which prevent us from properly disposing our heart, mind, and will, in order to offer ourselves up in union with Christ's sacrificial self offering, so as to give the Trinity the thanks, praise, and adoration due to Them as our Creator, Redeemer and Sanctifier.

At those quiet moments given us before and throughout the mass, we need to pray for the Trinity's graces to help us strengthen the Gifts and Fruits of the Holy Spirit so we can get rid of those cultural/secular ideas and values which prevent us from properly disposing our heart, mind and will so we can more fully offer up ourselves in union with Christ's sacrificial self offering, so as to give the Trinity the thanks, praise, and adoration due to Them.

During those quiet moments given us before and throughout the mass, we also need to pray for the Trinity's graces to strengthen the Cardinal virtues, so as to reject secular culture's ideas, and values so we can get rid of those cultural/secular ideas and values which prevent us from properly disposing our heart, mind, and will, in order to offer ourselves up in union with Christ's sacrificial self offering, so as to give the Trinity the thanks, praise, and adoration due to Them as our Creator, Redeemer and Sanctifier.

After the Mass, and during the week, we need to make time to ask the Trinity for the graces we require, to strengthen the fruits and gifts of the Holy Spirit, especially wisdom, knowledge, understanding and counsel; and to strengthen the Cardinal virtues, so we can get rid of those cultural/secular ideas and values, which prevent us from properly disposing our heart, mind, and will, in order to more fully offer ourselves up in union with Christ's sacrificial self offering, so as to give the Trinity the thanks, praise, and adoration due to Them.

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 Cardinal virtues; so as to continue to develop the ability to reject those secular cultural ideas and values which prevent us from properly disposing our heart, mind and will in order to be more fully unite ourselves with Christ's sacrificial self offering, as our gift of thanksgiving, praise and adoration to the Trinity who are deserving that praise, thanksgiving, and adoration as our Creator, Redeemer and Sanctifier.

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 dispose our heart, mind and will to more fully offer ourselves up in union with Christ's sacrificial self offering as intimate, loving, adopted family members, of the Father, Son, and Holy Spirit.