

4th Sunday of Lent

As we progress through this Lenten Season, this weekend's readings and gospel remind us once again that we have a choice to make. The readings and gospel remind us we can either accept or reject the Trinity's compassionate mercy; there is no middle ground, no maybe. As we are reminded in the gospel, when we reject the Trinity's compassionate mercy, we are walking away from the light given our consciences through the Trinity's eternal, life giving truth into the darkness of sin. While accepting the Trinity's compassionate mercy means being open to the Trinity's graces, especially those given in the sacraments, to guide our thoughts, words and actions away from the darkness of sin into the light of the Trinity's eternal, life giving truth which leads to more faithfully following of Christ's example of sacrificial love through more faithfully living out the Trinity's 10 Commandments and the Church's teachings.

At those quiet moments given us before and throughout the mass, we need to pray for the Trinity's graces to strengthen the Gifts and Fruits of the Holy Spirit, and the Theological and Cardinal virtues so we can get rid of those cultural/secular influences which lead us into the darkness of sin, in order to grow in our desire and ability to be guided into the light of the Trinity's eternal, life giving truth by our more faithfully following of Christ's example of sacrificial love.

During the mass, as we come up to receive the most Holy Body and Blood of Christ, our Savior, we also need to pray for the Trinity's graces to strengthen the Gifts and Fruits of the Holy Spirit, and the Theological and Cardinal virtues so we can get rid of those cultural/secular ideas and values which lead us into the darkness of sin in order to grow in our desire and ability to more faithfully follow Christ's example of sacrificial love through our more faithfully living out the Trinity's 10 Commandments and the Church's teachings, which leads us into the light of the Trinity's eternal, life giving truth.

We need to make time at the end of each day, to examine our thoughts, words, and actions to see if we are growing in our ability to more faithfully follow Christ's example of sacrificial love, by being open to the Trinity's graces, in order to rid ourselves of those cultural/secular ideas and values, which lead us into the darkness of sin; so we can more faithfully live out the Trinity's 10 Commandments and the Church's teachings which leads us into the light of the Trinity's eternal, life giving truth.

Based on this examination, we need to ask the Trinity for the graces we require, to strengthen the Fruits and Gifts of the Holy Spirit; and to strengthen the Theological and Cardinal virtues so as to reject secular culture's ideas, and values, which lead us into the darkness of sin in order to grow in our desire and ability to more faithfully follow of Christ's example of sacrificial love, which leads us into the light of the Trinity's eternal, life giving truth.

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 to more faithfully follow of Christ's example of sacrificial love; to have our heart, mind and will desiring to more faithfully live out the Trinity's 10 Commandments and the Church's teachings which leads us into the light of the Trinity's eternal, life giving truth.

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, the Cardinal and Theological virtues; in order to more faithfully

follow Christ's example of sacrificial love so as to become more intimate, loving, adopted family members, of the Father, Son, and Holy Spirit.