

## 5<sup>th</sup> Sunday of Lent

As we progress through this Lenten Season, this weekend's readings and gospel once again call us to work on strengthening our familial bond with the Trinity through more faithfully following Christ's example of sacrificial love; which entails more fully and faithfully following of Christ's example of sacrificial loving obedience. We are reminded that for us to grow in our ability to more faithfully, more fully follow Christ's example requires us develop a deeper, more meaningful life of conversion nourished, sustained by the sacraments, especially the Eucharist and Penance. For us to die to the world, as Christ calls us to do, requires us to be open to the Trinity's graces given in the sacraments so as to strengthen the Gifts and Fruits of the Holy Spirit, strengthen the Cardinal and Theological virtues and especially strengthen, develop the virtues of Humility and Meekness, so as to root out those aspects of secular culture's relativistic and self-centered values and ideas which prevent us from more faithfully and fully following Christ's example of docility to the Father's will as expressed by the 10 Commandments and our Church's teachings.

"Meekness is the virtue that moderates anger. Anger as an emotion is neither good nor bad. However, when we let anger become a passion, and dictate our reactions, anger becomes the sin of wrath. Meekness helps us keep this anger in check, it helps us submit it to the voice of reason." (<https://tojesussincerely.com/virtue-challenge-home/meekness-virtue-challenge/>)

"Meekness is not cowardice, human respect, or timidity. It does not oppose zeal, fortitude, or any other virtue; rather, it strengthens them. True meekness is part of the virtue of temperance, and it opposes the vice of anger." (<https://www.catholicculture.org/culture/library/dictionary/index.cfm?id=34829> & <https://catholicism.org/ad-rem-no-187.html>)

"While Humility is the moral virtue ... that restrains the unruly desire for personal greatness and leads people to an orderly love of themselves based on a true appreciation of their position with respect to God and their neighbors. Religious humility recognizes one's total dependence on God; moral humility recognizes one's creaturely equality with others. Yet humility is not only opposed to pride; it is also opposed to immoderate self-abjection, which would fail to recognize God's gifts and use them according to his will." (<https://www.catholicculture.org/culture/library/dictionary/index.cfm?id=34023>)

How well do our thoughts, words and actions nurture the development of the virtues of meekness and humility? Do we examine our lives daily at the end of the day to see how well we have lived out the virtues of Humility and Meekness? Did we ask the Trinity for the graces we need to strengthen, develop these two virtues? Did we also ask the Trinity for the graces we need to strengthen the Gifts and Fruits of the Holy Spirit, and the Cardinal and Theological virtues; so as to more faithfully and fully follow Christ's example of sacrificial loving docility to the Father's will by our more faithfully living out the 10 Commandments and our Church's teachings?

We also need to make greater use of the sacrament of Confession, so as to receive the graces we require, to more faithfully and fully follow Christ's example of sacrificial loving obedience to the Father's will by our living out the 10 Commandments and our Church's teachings which requires our cultivating the Gifts and Fruits of the Holy Spirit; the Cardinal and Theological virtues; and most importantly the virtues of Humility and Meekness

During this mass, when we are given those moments of quiet, will we turn our heart, mind and will to the Trinity and ask Them for the graces we need to strengthen the Gifts and Fruits of the Holy Spirit, to strengthen the Cardinal and Theological virtues and especially to strengthen, develop the virtues of Humility and Meekness, so as to root out those aspects of secular culture's relativistic and self-centered values and ideas which prevent us from more faithfully and fully following Christ's example of docility to the Father's will by our more fully and faithfully living out the 10 Commandments and our Church's teachings.

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 strengthen the Gifts of the Holy Spirit, the Cardinal and Theological virtues and, most importantly, the virtues of Humility and Meekness; so as to more faithfully follow Christ's example of sacrificial love so we can become more intimate, loving, adopted family members, of the Father, Son, and Holy Spirit.