

Sunday, March 14, 2021

4th Sunday of Lent

Lose the weight of sin

“For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.” – John 3:16

When you ask someone what their favorite bible verse is, many will go straight to John 3:16—“For God so loved the world that he gave his only begotten Son, so that everyone who believes in him might not perish but might have eternal life.” But in the reading from John’s Gospel this weekend, we also must examine the surrounding scriptures, which might not be as pleasant and hopeful.

I’m confident that everyone desires a good life and to go to heaven when our life is over. However, a reality of our human nature is sin. While we desire strive to live a good life, we are often pulled into the darkness of this world—a darkness that on the surface seems to satisfy some need that we have. However, it is short lived and we soon find out that sin fails to satisfy.

Why do we hide things from others? It’s likely because we know that whatever we did is not good for us, and we would be embarrassed if it became known. Adam and Eve hid in the garden from God, for they wanted to keep their secret and disobedience from God. But we know that God sees and knows everything. We can’t hide from Him.

Sometimes we do things that we know are wrong in secrecy—lust, adultery, stealing and false witness. When those secrets grow larger, they can become an anchor for our soul and can lead us deeper into the abyss of despair. Unfortunately, many may remain in that darkness and do not even know it. We

need to free ourselves from the weight of sin, and get out of those shadows, so that we can live in the light.

We are called to live in the light of Christ and called to be light for others. Take some time this Lent to see where you are in your life and in your relationship with God. If you have sins that are weighing you down, free yourself from them by going to the Sacrament of Reconciliation “so that you might not perish, but might have eternal life.”

- Bishop Gregory Parkes