



WEEK 3: MARCH 15 – 22, 2022

day 14 – “A Man of Few Words”

READINGS:

SAMUEL 7:4 -5a, 12 – 14a, 16 | PSALM 89 | Romans 4: 13, 16-18, 22 | MT 1:16, 18 -21, 24a

REFLECTION QUOTE:

“He saw nothing, yet he believed; his faith had to pierce the virginal veil of Mary. So likewise, with you...Ask St. Joseph for his lively, constant faith. “ ~ St. Peter Julian Eymard

OVERVIEW:

Strength, courage, obedience, faithfulness, and leadership are all qualities we admire in others. Joseph, husband of Mary Our Blessed Mother, possessed all these things. Yet, he doesn't say one word in all of scripture where he is mentioned. It's not quiet nature to give all of himself for the will of God that makes us want to like him.

St. Peter Julian reminded us that while we have the luxury of knowing how the story of Christ's life and revelation play out, Joseph did not. He saw nothing yet he believed that while Jesus was still in the womb of Mary, he was obedient to be their ultimate protector and guide. His role didn't end at the birth. Later in the Gospels, Joseph's relevance is mentioned when they identify Jesus as “The Carpenter's Son.”

Joseph is highlighted in the season of Advent but can get lost in the journey of Lent. While he is not mentioned later in our Gospels, never forget the way he taught a growing Jesus how to be prayerful young man who would be strong enough to lead those who would carry on His church. Joseph didn't do it because it benefited him, he did it to glorify God.

ACTION:

Ask Joseph for his ‘lively and constant faith’ to inspire you to lead all those you love in your family.

REFERENCE:

“St. Joseph was chosen among all men to be the protector and guardian of the Virgin Mother of God; the defender and foster-father of the Infant-God, and the only co-operator upon earth, the one confidant of the secret of God in the work of the redemption of mankind.”

(St. Bernard of Clairvaux)



day 15 – “Servant Leadership”

READINGS:

JER 18:18-20 | PSALM 31 | MT 20:17- 28

REFLECTION QUOTE:

“the Son of Man did not come to be served but to serve and to give his life as a ransom for many.” (MT 20:28)

OVERVIEW:

What makes a good leader? Our entire Lenten journey has us reflecting on Jesus who led twelve men, with different professions, into ministry to carry on the same church we celebrate thousands of years later. Jesus Christ came down from Heaven as a human being to humble himself to share in our humanity. Never asking us to do anything that He wasn't willing to do for himself. That is what makes a good leader... A servant leader.

Lent is about sacrifice. A living example the ultimate servant leader gave us. When it comes to us imitating that, it would be fair to say that we need to turn our fasting to other things than just meat on Friday. We must give up, pride, ego, lordship, and the desire to be king or queen and replace them with vulnerability, compassion, teamwork and surrender to be a servant of His people. After all, those who are entrusted to our care look up to us as a living example of what we are asking from them.

ACTION:

What type of leader have you been lately? If you're on the right track, how can you help others grow in the same way? If you have lost yourself along the way, write down the changes you will make to lead like Christ.

REFERENCE:

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” (John 15: 4-5)



day 16 - "Follow the Leader"

READINGS:

JER 17:5- 10 | PSALM 1 | LK 16:19-31

REFLECTION QUOTE:

"Then I beg you, father, send him to my father's house, for I have five brothers, so that he may warn them, lest they too come to this place of torment." (LK 16:27-28)

OVERVIEW:

When we were kids we loved playing "Follow the Leader." It was so much marching or doing silly things and having others mimic our movements. Life pretty much plays out the same way whether we choose to recognize it or not.

People are following our living example of faith... people we care about and love deeply. Our goal is to get them to heaven. Which means, we have to analyze how we are living today to be the leader they need. Sometimes there is no going back, we have to make this moment count so if they follow us, we have given them the right path to glory.

ACTION:

Are you being the leader for your loved ones you want to be? Think about those closest to you and how they behave or the choices they are making. Then see what you have passed down that blesses them, and those you need to help correct not to curse them.

REFERENCE:

"Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith." (HEB 13:7)

day 17 - "Jealousy"

READINGS:

GN 37:3-4, 12- 13A, 17B- 28A | PSALM 105 | MT 21:33-43, 45-46

REFLECTION QUOTE:

"Here comes that master dreamer! Come now, let us kill him and throw him into one of the cisterns here..." (GEN 37:19-20)



OVERVIEW:

If there is one trait that can derail our progress instantly, it is jealousy; desiring and despising what others are blessed with in life.

In our readings for this day we here how hating someone else for what they have leads to murderous thoughts. As we talked about with the fifth commandment, in our lives, it might not be physical murder but our desire to destroy the reputation of a person for no reason other than personal vendetta. Jealousy makes us act in unimaginable ways toward others while robbing us of recognizing our own blessings. Celebrate you, don't destroy another. See where jealousy has gotten the best of you and how you can correct it.

ACTION:

Who have you been jealous towards? Pray on how this has affected you and even maybe what you have done to hurt another because of it. Also, pray for the Lord to protect you from those who might be jealous of your gifts.

REFERENCE:

"Envy is a capital sin. It refers to the sadness at the sight of another's goods and the immoderate desire to acquire them for oneself, even unjustly. When it wishes grave harm to a neighbor it is a mortal sin: St. Augustine saw envy as "the diabolical sin." "From envy are born hatred, detraction, calumny, joy caused by the misfortune of a neighbor, and displeasure caused by his prosperity."

(Catechism of the Catholic Church #2539)

day 18 - "Lord have Mercy"

READINGS:

MIC 7:14-15,18-20 | PSALM 103 | LK 15:1-3,11-32

REFLECTION QUOTE:

"The Lord is kind and merciful." (PSALM 103)

OVERVIEW:

If you are like me, it can be easier at times to be merciful toward others than to be merciful with myself. I am constantly beating myself up for things that I have done or mistakes I have made. In these moments, I have to offer it up in prayer and ask the Lord to share His mercy with me in a way that lets me forgive myself to move on.

No matter what we have done or where we have been, God meets us wherever we are when we return home. Just like the prodigal son, He shows mercy because of our efforts to be with Him. To that point, He



also runs to meet us half way so we continue the walk home without the fear of having to do it alone. May you take the time today to walk toward the Father no matter what so he can remind you of His love.

ACTION:

Close your eyes and meditate. Imagine yourself walking in a field with a backpack of everything that has kept you from experiencing God's love. Set down the bag, picture your image of God in front of you and simply hug Him allowing that embrace to fill you with every ounce of reassurance you need.

REFERENCE:

"The movement of return to God, called conversion and repentance, entails sorrow for and abhorrence of sins committed, and the firm purpose of sinning no more in the future. Conversion touches the past and the future and is nourished by hope in God's mercy.

(Catechism of the Catholic Church #1490)

day 19 – "Moving Forward" (third sunday of lent)

READINGS:

EX 3:1-8A, 13-15 | PSALM 103 | 1COR. 10:1-6, 10- 12 | LK 13:1-9

REFLECTION QUOTE:

Therefore, whoever thinks he is standing secure should take care not to fall." (1Cor 10:12)

OVERVIEW:

To cut "right to the chase," we are moving forward in faith, or we are going backwards; there is no standing still. If we get caught in a comfort zone we begin to make it about us because it's "nice" and it feels good to relax. However, it's when our guard is down that the evil one looks to infiltrate our thoughts to slowly pull us back in to things that lead us away from God or make us idle so we forget to include God in our daily thoughts.

Each day we must look to advance our knowledge, our relationship, and love of our faith. Not because we want to be the next theologian, but because our heart desires to keep moving forward in developing a deeper relationship with the one who created us. Be strong and challenge yourself.

ACTION:

Change up your Lenten routines and commit to learning something new, praying in a different way, and seeing God in places you haven't looked in a while.



REFERENCE:

"Faith seeks understanding": it is intrinsic to faith that a believer desires to know better the One in whom he has put his faith, and to understand better what He has revealed; a more penetrating knowledge will in turn call forth a greater faith, increasingly set afire by love. The grace of faith opens "the eyes of your hearts" to a lively understanding of the contents of Revelation: that is, of the totality of God's plan and the mysteries of faith, of their connection with each other and with Christ, the center of the revealed mystery. "The same Holy Spirit constantly perfects faith by his gifts, so that Revelation may be more and more profoundly understood." In the words of St. Augustine, "I believe, in order to understand; and I understand, the better to believe."

(Catechism of the Catholic Church #158)

day 20 - "Blessed Mother"- Annunciation of the Lord

READINGS:

IS 7:10-14,8:10 | PSALM 40 | HEB 10:4 - 10 | LK 1:26 – 38

REFLECTION QUOTE:

"Here I am Lord, I come to do your will." (PSALM 40)

OVERVIEW:

Some denominations of Christianity hold a very negative view of the Catholic recognition of Mary as the mother of God (Christ in His humanness). I don't understand that. Mary was the first disciple, the first one to answer the call to follow Christ by her "Yes" to bring Him into the world.

She was also the ultimate mother. Doesn't every parent desire the ability to live a life like Mary. When we are struggling with offering own "Yes" or living our vocation, we should be comfortable and strong to pray for Mary's intercession to share some of her human qualities with us, trusting she will also take our needs to her son as only a mother can. Her obedience should be the living example we all need to bring Christ into the world in every way the Father asks us to.

ACTION:

Pray the Rosary today. No excuses. Make the time. If you don't know how, find social media link that you can listen to and pray along

REFERENCE:

"Mary's function as mother of men in no way obscures or diminishes this unique mediation of Christ, but rather shows its power. But the Blessed Virgin's salutary influence on men . . . flows forth from the superabundance of the merits of Christ, rests on his mediation, depends entirely on it, and draws all its



power from it."513 "No creature could ever be counted along with the Incarnate Word and Redeemer; but just as the priesthood of Christ is shared in various ways both by his ministers and the faithful, and as the one goodness of God is radiated in different ways among his creatures, so also the unique mediation of the Redeemer does not exclude but rather gives rise to a manifold cooperation which is but a sharing in this one source."

(Catechism of the Catholic Church #970)

day 21 - "Scripture"

READINGS:

DN 3:25,34-43:10 | PSALM 25 | MT 18:21 – 35

REFLECTION QUOTE:

"Put your nose into the Bible every day. It is your spiritual food. And then share it. Make a vow not to be a lukewarm Christian." (Kirk Cameron)

OVERVIEW:

I spent a lot of my early years being told what I should believe. I have to say, it wasn't fair that people allowed me to think that is how a relationship with our Lord plays out. You must make an effort in your day to live in His word. It fills you in ways with grace that you cannot even imagine.

While some of the stories you read or the encounters that play out are hard to understand, the simple fact that you are taking time allows God to fill you in unseen ways. Your mind will connect the dots when the time is right. It helps bring clarity to the way you worship and as Catholic Christians, why we share in the sacramental living we are blessed to focus on. Everything we do and believe is related to scripture. Don't take my word, take His.

ACTION:

Play some "Bible Bingo." Randomly flip through your bible with your eyes closed and point to a place on the page. Read the WHOLE passage and ask God what it might be saying to you. Do these FIVE times today.

REFERENCE:

"In Sacred Scripture, the Church constantly finds her nourishment and her strength, for she welcomes it not as a human word, "but as what it really is, the word of God". "In the sacred books, the Father who is in heaven comes lovingly to meet his children and talks with them."

(Catechism of the Catholic Church #104)