

ASH WEDNESDAY



Turn Our Hearts

God of Love,
you shower us with kindness,
offer us limitless mercy,
and summon us unceasingly.
As we enter the season of Lent,
help us respond to your invitation

to turn our hearts toward you
and walk the journey ahead
in a spirit of humility and gratitude.
Grant us the grace we need to grow in love
these forty days of Lent.
Through Christ our Lord. Amen.

Wednesday, February 22, 2023

Lent: A Great Love Letter from God



Today's readings: Joel 2:12–18; Psalm 51:3–4, 5–6ab, 12–13, 14 and 17; 2 Corinthians 5:20—6:2; Matthew 6:1–6, 16–18. The season of Lent (from the Latin meaning “lengthen”) is a gift of time to focus on spiritual preparation for the celebration of Easter. The season will conclude at sundown on Holy Thursday, the beginning of the Sacred Paschal Triduum.

As daylight in the Northern Hemisphere incrementally lengthens, so does our spiritual focus. Read the season of Lent as a great love letter from God. Look for the invitations in the Scriptures to turn your heart toward God and receive the gifts of mercy and love offered. God summons us unceasingly.

The scriptural invitations move from gentle calls to fervent supplications. The opening lines from our Ash Wednesday Scriptures set the theme for the entire season: “Return to me with your whole heart” (Joel 2:12). Lent offers us proven pathways to respond to God’s invitation to love. When Lenten traditions are lived and understood, they bring us closer to God and transform our hearts along the way. Today’s Gospel shows us the humble stance to assume as we practice prayer, fasting, and almsgiving. This week, as you prepare for your journey through the next forty days, seek to live spiritual practices such as prayer, devotion, fasting, reconciliation, and generosity as gestures of adoration for our beloved.



THIS WEEK AT HOME

Monday, February 20 The Gift of Wisdom

The first reading attributes wisdom to our Lord. The Lord pours wisdom upon all his works, upon every living thing, upon his friends. What a gift for each of us! Lent invites us to a time of intentionality, a time of turning our hearts and minds toward this gift of wisdom. These days leading up to Ash Wednesday offer us the opportunity to till the soil of our hearts for the seeds of the Lord's wisdom. Make plans to participate in Ash Wednesday services this week. *Today's readings: Sirach 1:1–10; Psalm 93:1a, 1cd–2, 5; Mark 9:14–29.*

Tuesday, February 21 Trust God

The invitation in the reading from Sirach is clear: turn to God with trust. God will help each of us make straight our pathways. Filled with compassion and mercy, the Lord saves us in times of trouble and forgives us with love and mercy. Our Lenten prayer, fasting, and almsgiving help us open our hearts with trust. How will you commit to the spiritual practices of Lent? Take time today to reflect and decide. *Today's readings: Sirach 2:1–11; Psalm 37:3–4, 18–19, 27–28, 39–40; Mark 9:30–37.*

Wednesday, February 22 Ash Wednesday

The Scriptures of Ash Wednesday invite us to turn to God with humility and awareness. Only we know the personal work needed in our relationship with the Lord. Today's Lenten practices of receiving ashes, abstaining from meat, and fasting help us assume this humble stance of awareness. Make some private notes to yourself about where growth is needed and how you plan to personally embrace Lent as time for transformation. *Today's readings: Joel 2:12–18; Psalm 51:3–4, 5–6ab, 12–13, 14 and 17; 2 Corinthians 5:20–6:2; Matthew 6:1–6, 16–18.*

Thursday, February 23 Put God First

Jesus instructs, "Whoever loses his life for my sake will save it." Essentially, Jesus commands us to put God first. These early days of Lent encourage us to set our spiritual priorities for the journey ahead. The opportunity to join others in praying the Stations of the Cross is available at many parishes during Lent. Through the stations, we prayerfully remember the dramatic moments our Lord experienced in the final hours of his life. Resolve to participate in this devotion sometime in the next forty days. *Today's readings: Deuteronomy 30:15–20; Psalm 1:1–2, 3, 4 and 6; Luke 9:22–25.*

Friday, February 24 Fast Mercifully

The Church asks us to abstain from meat and to fast on the Fridays of Lent. Our Scriptures today help us understand the spiritual practice of fasting. The prophet Isaiah describes fasting as setting the oppressed free, sharing our bread with the hungry, sheltering the homeless, clothing the naked, and not turning our backs on our own. Fasting is active participation in the corporal works of mercy. How can we commit ourselves even more to caring for those in need in our community this Lent? *Today's readings: Isaiah 58:1–9a; Psalm 51:3–4, 5–6ab, 18–19; Matthew 9:14–15.*

Saturday, February 25 Keep the Sabbath Sacred

The Scriptures continue to coach us in planning our Lenten practices. Isaiah reminds us of the command to keep the Sabbath as a holy day. This is hard to do in our modern world. But Lent offers us an opportunity to renew our resolve to make Sunday a day to rest in God. Plan a special Sunday meal for each week of Lent. Set aside time for holy rest. Take a long walk, visit a neighbor, pick up some spiritual reading, or try a new craft. *Today's readings: Isaiah 58:9b–14; Psalm 86:1–2, 3–4, 5–6; Luke 5:27–32.*

