

# Lenten Reflection

Thursday, Fifth Week of Lent April 6, 2017



By Ann Walker, CDP Executive Assistant, Provincial Administration

Dictionary.com tells us that a covenant is “an agreement, usually formal, between two or more persons to do or not do something specified.” Their Ecclesiastical definition is “a solemn agreement between the members of a church to act together in harmony with the precepts of the gospel.” Yet another definition is “an incidental clause in such an agreement.” How many times have we signed on the dotted line? We have many opportunities in our lifetime to make promises, whether formal or informal. However, our promises are nothing compared to the promises that God makes to us.

In the First Reading, we see that God promised Abraham that he would become the father of a host of nations. Part of that promise required Abraham and his descendants to keep God’s covenant throughout the ages. It can be hard to keep promises. “I promise to get that report done for you today.” “I promise to be on time.” “I promise to not be so irritated when driving to work.” God knows that we have many responsibilities, and He takes great care to help us through our daily struggles and to follow through with what we say we are going to do. Sometimes we need the strength to know our limits and the confidence to say, “No” if we know we won’t have time to get something done. Jesus fulfilled His promise to die for us and save us. When we follow God’s plan for us, we can follow through with our responsibilities and do so with boundless inspiration and energy.

In the Responsorial Psalm, we see that the Lord remembers his covenant forever. He wants us to come to Him for strength when we are weary. It can be so frustrating trying to remember all of the things we need to remember. We write items down so we don’t forget anything, but God doesn’t need a list. He just knows what we need, and He never forgets us. How wonderful it is that His spirit moves through us and helps us do whatever is necessary. If things don’t get done right away, we know that God will provide for another way to resolve the situation.

The Verse Before The Gospel tells us “If today you hear His voice, harden not your hearts.” Sometimes, we need a quiet space to listen to His voice. What is He trying to tell us? During Lent, we may offer up something to God in order to prepare our hearts for all that God has to offer us. Let us take some quiet time to reflect on what God is whispering to us. Let us listen to His words of authority.

In the Gospel, we hear Jesus telling us, “Amen, amen, I say to you, whoever keeps my word will never see death.” If Jesus can keep that promise to us, how can we not try our best to keep our promises to Him: to live a life that reflects His beauty? People didn’t always like to hear what Jesus had to say. They even went to pick up stones to throw at Him. We can be the ones to put down those stones and arm ourselves with the promises of Jesus. We can glorify Him by doing our best to follow through with our promises and know that He will help us no matter what may come our way.

