

Lenten Reflection

Friday, March 4, 2016

By Sister Karina Conrad, CDP



*Receive God's grace,
Receive God's mercy,
Receive God's love,
Because you have loved much.*

(Mantra written by Rebekah Hill, coordinator of music and liturgy at La Roche College and at Providence Heights)

This is the mantra that is sung during Lent at La Roche College. This mantra invites us to receive the abundance of God's grace, mercy, and love, and our call to give this abundance to others.

Receive God's grace

When have you experienced God's grace in your life?

When have you thanked God for these graces?

Christian writer Max Lucado in his book *Grace Happens Here*, states:

"When grace happens, generosity happens. Unsquashable, eye-popping big heartedness happens. Receiving grace today? Liberality is in the forecast for tomorrow. When you meet a bountiful person, you are standing where grace is happening."

God's grace is bountiful. Be open to receive God's graces daily, through people and events in your life.

Receive God's mercy

Mercy in today's society is rare. At times it is difficult to forgive others when we have been hurt. There is a longing to hear "I'm sorry" from the people who have hurt us and sometimes it never happens. When it does happen, mercy becomes real. God's mercy comes from God's goodness. We, too, can be this good.

God's mercy toward us is tender. Be open to receive God's mercy by being tender to those who have hurt you.

Receive God's love

"I really only love God as much as I love the person I love the least" – Dorothy Day

God's love is unconditional. Receive God's love to embrace others without judging, accusing, criticizing, and labeling. Be open to receive the love others offer you.

Because you have loved much

As it says in the Gospel today "love your neighbor as yourself."

Loving ourselves and others without limits is a risk we face. There is no love without risk.

Do we dare to risk loving others unconditionally?

Through Christ, God gave us an example of love and for many we are the only Christ they will know.