

# Lenten Reflection

Tuesday, March 15, 2016

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“I belong to what is above.

You belong to this world, but I do not belong to this world.”

They said to him, “Who are you?” Jesus said to them,

“What I told you from the beginning. I AM.” (John 8:21-30 )

The final quotation above does not end with Jesus’ words of identity, “I AM,” but it probably could. Jesus keeps telling the Pharisees, the communities he encounters, and his own disciples that he has been sent from above to bring the message of the Father to all he meets. They just don’t always get it as they are too preoccupied with the world in which they live.

The fact is so are we. The tasks of our everyday lives often occupy many of the hours in a day. We can get caught up in answering all the email messages that arrive in our inboxes, returning all the phone messages on our voicemail and answering the ding or buzz of every text message on our phones. We feel the need to respond immediately to these communications and to get our to-do lists done by the end of each day. In the midst of all of this worldly activity, perhaps we forget to focus on things like meaningful face-to-face conversations with our friends, reaching out to those in our communities who need our help, and finding quiet time with the one sent from above, I AM.

As Easter quickly approaches let us remind ourselves of the promises we made at the beginning of Lent, whatever they may be. There is still time to fill your Lent with all that I AM can give to you.