

March 5, 2017

GN 2:7-9; 3:1-7

ROM 5: 12-19

MT 4:1-11

Today's readings aren't exactly light. Eve eats fruit from the forbidden tree. Jesus is led into the desert and is tempted by the devil. But it's that reading in the middle, arguably the least well known of the three, that speaks to the hope of Lent. Lent is a time of fasting, a time of deeper prayer and reflection. It's uncomfortable. It's painful in its cleansing, like a retreat for our soul in a cabin with no electricity or running water. "Hope" isn't the first thing that comes to mind.

But hope is tucked into the second reading, foreshadowing how Lent ends. "Just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all," it states. This passage tells us that yes, we are sinners, but we have the hope of everlasting life because Jesus died for us. Today is the first Sunday of Lent. The road looks long and rocky from here, but we know Lent will end as it always has and always will: joy in the risen Christ.

How can you serve as a sign of hope to others this Lent?

Who can you help through their Lenten journey of prayer and fasting?

Reflection by Vanessa Negrete, social media strategist for the Diocese of Gary and parishioner at St. Mary in Griffith.