



DAY 1

Ash Wednesday

A PROMISE FOR LENT

I have slowly become aware of what my Lenten practice might be. It might be the development of some type of “holy indifference” toward the many small rejections I am subject to, and a growing attachment to the Lord and his passion.

I am constantly surprised at how hard it is for me to deal with the little rejections people inflict on each other day by day.... This atmosphere often leaves me with a feeling of being rejected and left alone. When I swallow these rejections, I get quickly depressed and lonely; then I am in danger of becoming resentful....

But maybe all of this is the other side of a deep mystery, the mystery that we have no lasting dwelling place on this earth and that only God loves us the way we desire to be loved. Maybe all these small rejections are reminders that I am a traveler on the way to a sacred place where God holds me in the palm of his hand.

HENRI J. M. NOUWEN, ;*GRACIAS! A LATIN AMERICAN JOURNAL*

A PLAN FOR LIFE

“Revere the Lord all your days...and refuse to sin or to transgress his commandments. Live uprightly all the days of your life, and do not walk in the ways of wrongdoing; for those who act in accordance with truth will prosper in all their activities. To all those who practice righteousness give alms from your possessions, and do not let your eye begrudge the gift when you make it. Do not turn your face away from anyone who is poor, and the face of God will not be turned away from you. If you have many possessions, make your gift from them in proportion; if few, do not be afraid to give according to the little you have. So you will be laying up a good treasure for yourself against the day of necessity. For almsgiving delivers from death and keeps you from going into the Darkness.”

TOBIT 4:5–11

PRAYER

Lord, our Savior, let me heed the example of total giving that you demonstrated when you died on the cross for my sins. I pray that my pale imitation of your sacrifice during this Lent may be counted on my behalf “against the day of necessity.”

LENTEN ACTION

Just for today, lay up a “good treasure” for yourself by ignoring your selfish wants and needs and choosing instead to seek and do our Lord’s will, both at home and at work. Let your rule of thumb be placing the good of others above your own.

