

Monday in 3rd Week of Lent – 9th March 2026:

As we head towards the celebration of the Paschal Mystery at Easter, we should have no doubt that God is the Lord of life and death, of health and sickness – not just of the body, but most importantly the soul. Our spiritual health depends on our ability to accept and incorporate into our lives the Word of the Lord. Our faith is an invitation to trust that the Lord has a plan for our life, and the worthy reception of the sacraments has a profound effect on the spiritual health of our souls. We do not receive them as if they were magic, the priests of the Church are not witch doctors, performing some elaborate show. Neither do not presume upon a special entitlement to God's miracles but are grateful for the favour bestowed upon us. And in understanding the mission of Christ we make ourselves available to him, and in humility, we make ourselves available to others in accepting our commission to go from here and announce the gospel, particularly in the application of the corporal and spiritual works of mercy.

Tuesday in 3rd Week of Lent – 10th March 2026:

Having experienced God's mercy multiple times in our life, it would surely be hypocritical not to show mercy to our brethren when they have wronged us and ask for our forgiveness. The phrase '*seventy times seven*' should not be taken literally as 490 times, but as '*always and every time*', seven being a perfect number in the scriptures, a sign of completeness, so when times by seventy, Jesus is saying we should always show forgiveness to those who ask for it. We are totally in debt to God for the forgiveness and mercy he has shown us. Our sins were of infinite offence to God and there was no way we could have paid off what we owed, and yet, in his mercy, God, in Christ, has paid that debt. Please Lord, may we never withhold our mercy and forgiveness for one who comes to ask and begs for our forgiveness.

Wednesday in 3rd Week of Lent – 11th March 2026:

The commandments are an expression of freedom, as they are given to the people after their liberation of slavery in Egypt. They teach the people of the special providence God has bestowed upon them; they are his chosen people, drawn into a close relationship with him. As such, they live in a way that is radically different to the nations surrounding them, many of whom do not, at this stage of history, have a defined structure of law or moral life, which sadly does not necessarily come naturally to us but is rather, revealed, taught and handed on by generation to generation.

Thursday in 3rd Week of Lent – 12th March 2026:

Throughout our life, we are offered a choice: a place in the kingdom of grace, truth and life (heaven) or a place in the kingdom of darkness (hell). At first glance, the choice is simple and straightforward and easy to make, and yet, time and again we give into the devil's empty show and allow our passions and desires to get disordered. Instead, the season of Lent is an opportunity for us to reset ourselves on Jesus Christ, the one who came *'not to be served but to serve and give his life as a ransom for many'*. For where Jesus is, there is found the Kingdom, so may we pick up our cross and follow the Lord to Calvary where we are assured of passing into the garden of the Resurrection, the image of the Kingdom to come. The grace and fruits that come from the cross are sufficiently strong enough that we may set aside darkness and move into the light.

Friday in 3rd Week of Lent – 13th March 2026:

Hosea calls people to fidelity to God, for they have struggled to remain faithful to the Lord, having blended the cultural life and religious worship of other nations into their own practices. Hosea calls them to conversion, offering a penitential liturgy, where their sins are laid bare and they are healed of their unfaithfulness and reconciled to God. The prophets speak of a golden age of love between God and His people, finally established in the New & Eternal Covenant, celebrated in the Eucharist. Our participation in the Mass enables us to show our thanksgiving to God and be nourished by Him in Word and Sacrament, fortifying us for our pilgrimage home into the Kingdom. Our focus on prayer, fasting and almsgiving, shows we are not far from the kingdom because these Lenten penances express that deep down, we love God with all our heart, soul, mind and strength; and that, we love our neighbour as ourselves.

Saturday in 3rd Week of Lent – 14th March 2026:

In the parable of the Pharisee and the Publican, Jesus teaches us that our prayer should flow from a contrite and humble heart. *'Cor contrite et humilatum, Deus, non despicias'* (God does not despise a humble and contrite heart). The Pharisee is too concerned with the externals of his worship and observance of the Lord, and in fact, is boastful about his achievements – this is not true gratitude. His pride makes him self-centred and resistant to God's grace. The Tax Collector recognises his unworthiness to be in God's presence and in his humble repentance, he has truly raised his heart to God, obtaining mercy and reconciliation with God, this time.