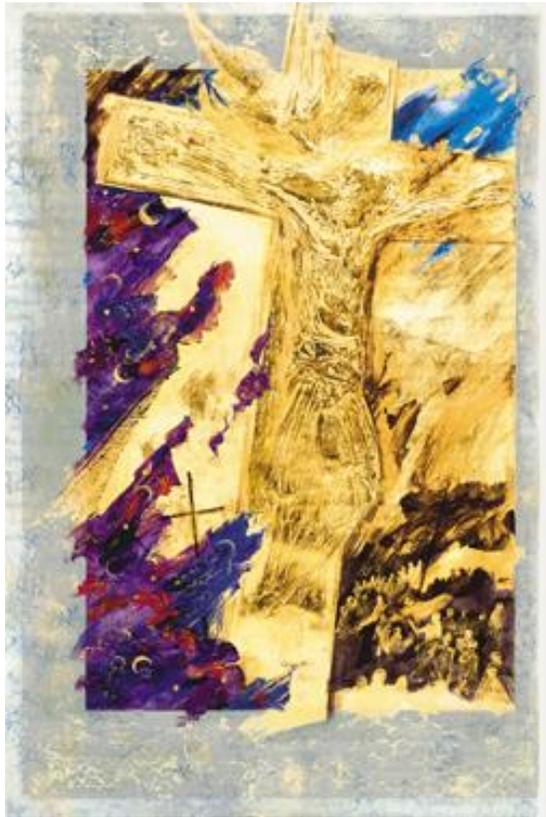


# *Lenten Reflections*

*March 12, 2019*



Today's scripture readings are filled with so many wonderful messages and there is so much to take away from it. The Gospel tells of Jesus giving us the Lord's prayer, the Our Father. Such a reassuring concept to think that we need not spend time selecting exact words when we pray, because God knows what we need before we even ask. This is an awareness of complete trust and faith in God and His plan for us. God knows what we need more than we ourselves know. There is an answer for our prayers before we even speak them. The Responsorial Psalm echoes this same message that God is conscious of our hardships and suffering, and that he is there to help us. Our words, and sufferings do not go unnoticed, we simply need to seek out God's help.

As powerful and meaningful as the Gospel and Responsorial Psalms were it was in the First Reading that I felt the most powerful message of all. We all have a purpose on this earth, "Just as from the heavens, the rain and snow come down, And do not return there, till they have watered the earth, making it fertile and fruitful". God has a plan for us and a purpose for every action in our lives. For many Lent can be a time of inner struggle as individuals often take a step back, reflect, and look for ways to improve themselves. I feel that instead of looking to change ourselves, we should rather search within for our meaning here on earth. God sent each of us here and it is our job to fulfill and complete our mission in our lifetime. This Lenten time can be the opportunity to seek out and fulfill our purpose, not just for ourselves, but also for the betterment of all by listening and following God's plan for us.

*Marian Peters, Early Childhood  
Education, Class of 2019*

**Tuesday of the First Week of Lent**  
**Lectionary: 225**

**Reading 1** [Is 55:10-11](#)

Thus says the LORD:  
Just as from the heavens  
the rain and snow come down  
And do not return there  
till they have watered the earth,  
making it fertile and fruitful,  
Giving seed to the one who sows  
and bread to the one who eats,  
So shall my word be  
that goes forth from my mouth;  
It shall not return to me void,  
but shall do my will,  
achieving the end for which I sent it.

**Responsorial Psalm** [PS 34:4-5, 6-7, 16-17, 18-19](#)

R. (18b) **From all their distress God rescues the just.**

Glorify the LORD with me,  
let us together extol his name.  
I sought the LORD, and he answered me  
and delivered me from all my fears.

R. **From all their distress God rescues the just.**

Look to him that you may be radiant with joy,  
and your faces may not blush with shame.  
When the poor one called out, the LORD heard,  
and from all his distress he saved him.

R. **From all their distress God rescues the just.**

The LORD has eyes for the just,  
and ears for their cry.  
The LORD confronts the evildoers,  
to destroy remembrance of them from the earth.

R. **From all their distress God rescues the just.**

When the just cry out, the LORD hears them,  
and from all their distress he rescues them.  
The LORD is close to the brokenhearted;  
and those who are crushed in spirit he saves.

R. **From all their distress God rescues the just.**

**Verse Before the Gospel** [Mt 4:4b](#)

One does not live on bread alone,  
but on every word that comes forth from the mouth of God.

**Gospel [Mt 6:7-15](#)**

Jesus said to his disciples:

"In praying, do not babble like the pagans,  
who think that they will be heard because of their many words.  
Do not be like them.  
Your Father knows what you need before you ask him.

"This is how you are to pray:

Our Father who art in heaven,  
hallowed be thy name,  
thy Kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

"If you forgive men their transgressions,  
your heavenly Father will forgive you.  
But if you do not forgive men,  
neither will your Father forgive your transgressions."