



Daily Reflections

March 8, 2019

Scripture

Matthew 9: 14-15

The disciples of John approached Jesus and said, "Why do we and the Pharisees fast much, but your disciples do not fast?"

Jesus answered them, "Can the wedding guests mourn as long as the bridegroom is with them?"

The days will come when the bridegroom is taken away from them, and then they will fast."

Our Scripture Reflection

The period of time that John preached was a time of repentance and preparation for the, "One to come who is greater than I." And Jesus came, which ushered in a time for celebrating the wonderful truth that, "The Kingdom of God is at hand." But as Jesus warned, the time was approaching when people would once again fast and that time is now. We fast as a sign of our desire and commitment to change what needs to be changed so that we can receive the Risen Lord when He comes.

Food for your Journey

Our culture does not know what to do with Ash Wednesday. We do a pretty good job with the feasting right before Ash Wednesday, mind you — more

and more people even outside of New Orleans celebrate Mardi Gras with beads and floats, and more and more people devour pancakes and waffles at Shrove Tuesday celebrations. Any excuse for a feast is welcome! But what to do with the depressingly titled Ash Wednesday? A few years ago I saw a restaurant sign that summed up our cultural uncertainty about this date on the Christian calendar: "Ash Wednesday Seafood Buffet: All You Can Eat!" ...

The paradox of Ash Wednesday, and of Lent, is that we take on particular disciplines — fasting, prayer, service — in order to repent and conform ourselves more closely to the life and death of Christ, all the while recognizing that Christ has already come to us before we sought him. This is the paradox of the baptized life. We have been joined to Christ once, but we spend the rest of our lives trying to live into that union.

Turning to Christ means turning also to all our neighbors who suffer. According to Isaiah, fasting and praying that brings us to act on behalf of these neighbors is the fast that is acceptable to God.

—Martha Moore-Keish

A Prayer from the Heart

Dear God, Please accept my offering of fasting, pray and works of charity as signs of my genuine and humble desire to change. May this Lenten season prove me to be worthy of being called Your son or daughter. Amen