

ST. RITA OF CASCIA HIGH SCHOOL

LENTEN REFLECTIONS



FRIDAY, MARCH 14, 2014

Gospel

Matthew 5: 20-26

Reflection By

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Lent is a time when we intentionally focus on our every day habits and assess how we handle even the smallest and seemingly unimportant decisions. We should be examining our every day actions and evaluating whether these actions are bringing us closer to God or shutting God out of our lives. How we respond to God in each and every moment is of critical importance, even in the boring parts of daily life which often seem unimportant to us. We are called to fast from bad habits in order to replace them with good habits. These good habits, in turn, allow us to more fully live in God's love and grace. By letting our bad habits die, we create room for God to enter our lives. Today's first reading encourages us to live virtuous lives focusing on our patterns of behavior, while also recognizing that God's forgiveness is close at hand. This lent, let us continue to focus on the small things in daily life to determine what changes we need to make to our behavior patterns in order to allow God to work in us and through us more fully.

Reflect on the following quote:

"Watch your thoughts, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character. Watch your character, it becomes your legacy."

Lenten Prayer

Breathe in me, O Holy Spirit, that my thoughts may all be holy.

Act in me, O Holy Spirit, that my work, too, may be holy.

Draw my heart, O Holy Spirit, that I may love only what is holy.

Strengthen me, O Holy Spirit, that I may defend all that is holy.

Guard me, O Holy Spirit, that I myself may always be holy.

--St. Augustine

ST. RITA LENT 2014 ~ ONE MIND, ONE HEART