# LIVING GODS NORD



# February 26

ASH WEDNESDAY

Even now, says the LORD, return to me with your whole heart, with fasting, and weeping, and mourning; Rend your hearts, not your garments, and return to the LORD, your God. For gracious and merciful is he, slow to anger, rich in kindness, and relenting in punishment.

Joel 2:12-13

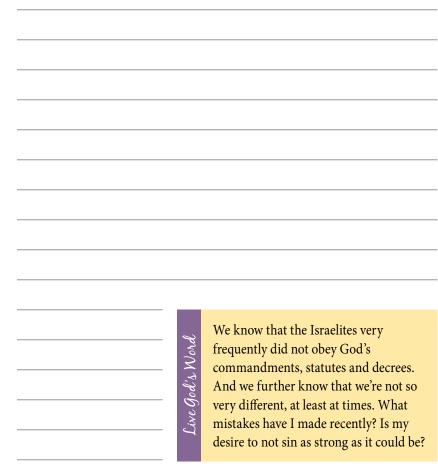
Every year, with ashes on our forehead, we begin Lent with the assurance that God is gracious and merciful. Yes, there still may be weeping and mourning, but that is largely a byproduct of our own sorrow as we better understand how far we've strayed from our loving God. How can I return to God with my "whole heart" this Lent?

> Joel 2:12-18 • Psalm 51:3-6, 12-14, 17 2 Corinthians 5:20–6:2 • Matthew 6:1-6, 16-18

# THURSDAY AFTER ASH WEDNESDAY

If you obey the commandments of the LORD, your God, which I enjoin on you today, loving him, and walking in his ways, and keeping his commandments, statutes and decrees, you will live and grow numerous, and the LORD, your God, will bless you in the land you are entering to occupy.

Deuteronomy 30:16



Deuteronomy 30:15-20 • Psalm 1:1-4, 6 • Luke 9:22-25

### February 28

# FRIDAY AFTER ASH WEDNESDAY

Have mercy on me, O God, in your goodness; in the greatness of your compassion wipe out my offense.
Thoroughly wash me from my guilt and of my sin cleanse me.
For I acknowledge my offense, and my sin is before me always.

Psalm 51:3-5

### Live God's Word

Here, the psalmist is admitting, in no uncertain terms, that he is guilty. That's not an easy admission. We often resist getting to that point ourselves. We have a special season— Lent—designed to help us unburden ourselves, opening us to receiving God's goodness. What sins have I buried long ago, refusing to acknowledge?

# SATURDAY AFTER ASH WEDNESDAY

The Pharisees and their scribes complained to his disciples, saying, "Why do you eat and drink with tax collectors and sinners?" Jesus said to them in reply, "Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance but sinners."

Luke 5:30-32

# Live God's. Word

One of the hardest things about being a sinner is admitting it. Yet, it's harder still to live without owning up to our sins. The Church is calling us sinners to encounter Jesus, our "physician." The sacraments are our medicine. When have I felt that I shouldn't go to church because I was not worthy?

Isaiah 58:9-14 • Psalm 86:1-6 • Luke 5:27-32

# March 1

#### FIRST SUNDAY OF LENT

At this, Jesus said to him, "Get away, Satan! It is written:

"The Lord, your God, shall you worship and him alone shall you serve.""

Then the devil left him and, behold, angels came and ministered to him.

Matthew 4:10-11

# Live God's Word

What does it mean to me that Jesus, in each case as he was tempted by the devil, used Scripture to rebuke the devil? Do I know God's word as well as I'd like to? Am I well equipped to defend myself in a similar manner? He will answer them, "Amen, I say to you, what you did not do for one of these least ones, you did not do for me." And these will go off to eternal punishment, but the righteous to eternal life.

Matthew 25:45-46

Live God's Word

Lent is a reminder, a time to allow ourselves to be alerted to what we have overlooked. How often do I think of what I have failed to do? How often have I turned away from someone in need?

Leviticus 19:1-2, 11-18 • Psalm 19:8-10, 15 • Matthew 25:31-46

# TUESDAY, FIRST WEEK OF LENT

The Lord is close to the brokenhearted; and those who are crushed in spirit he saves.

Psalm 34:19

### Live God's Word

I may not want to admit it, but I am brokenhearted. I am unkind to myself, largely because I do not follow the teachings of the Lord as closely as I'm capable of doing. Have I broken my own heart? Have I caused someone else to be brokenhearted? I cannot forgive as readily, as wholeheartedly, as God. But does that mean that I shouldn't try? When God saw by their actions how they turned from their evil way, he repented of the evil that he had threatened to do to them; he did not carry it out.

Jonah 3:10



Jonah was actually unhappy that the Ninevites listened to him! He considered them his enemies and longed for God to bestow what he felt was a just punishment upon them. Have I ever wished to see the day when someone would "get theirs"? How have I recently behaved poorly? What actions will I take this Lent to show God that I have turned from my "evil ways"?

Jonah 3:1-10 • Psalm 51:3-4, 12-13, 18-19 • Luke 11:29-32

Keep this powerful, intimate resource handy this Lent, along with a pen or pencil, as you read and write about the timeless truths of the Bible. God's word will come to life for you more fully while you journal about your own feelings.

Based on the Church's Mass readings, Living God's Word will help you to experience more prayerful, spiritually enriching moments every day of Lent. Welcome Jesus into your heart each day, reflecting on his sacrifice, passion and death as you prepare for the great joy of his resurrection at Easter.





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