



Remember the Lord's Goodness

On this First Sunday of Lent, we receive some good advice from Moses in the reading from Deuteronomy. He tells us to remind ourselves where we came from, how our lives have changed, and the good things we have because of our friendship with God.

Moses wants his people to remember the goodness of God, thank God, and testify – give witness – to the good things God has done. So often, we miss the joy that is meant for us as God's beloved children. We end up in situations and behaviors that are inappropriate for the sons and daughters of light. We haven't intentionally turned away from God, but we have forgotten His goodness. We have allowed the Good News to slide from the front of our minds where it can shape our choices, emotions, and thoughts, to the back of our minds where it gets buried. We allow other priorities to loom in our consciousness and become distractions.

When we remember the Lord, either through our own testimony or hearing the testimony of others, the Good News is brought back to the front of our awareness, we are more able to choose the right path, live in hope, and control our thoughts and emotions.

In this season of Lent, the Gospel of Luke leads us into the desert for forty days and forty nights. Like Jesus, we confront the sources of sin and temptation. Empowered by the Holy Spirit, we are encouraged to make full use of the tools we are given for the struggle: prayer, fasting, and almsgiving. These actions help us remember the Lord and His goodness. They help us bring what is most important, our friendship with God, to the front of our minds.

This Sunday's readings remind us of one more tool at our disposal: the healing and saving power of testimony. Perhaps we might take a pen and paper and remind ourselves of where we have come from, the changes and blessings that God has worked in our lives, and the good things that we have now. Is there a biblical story or verse that illuminates or resonates with our experience of God? This Lent let's bring the remembrance of goodness to the front of our minds. Let it shape our choices, emotions, and thoughts. Once we have brought our story to mind, we can share it with husband, wife, sister, brother, friend - anyone. We will be strengthened by witnessing to the goodness of God working in our lives, and we will strengthen someone else by sharing that story.

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