Our readings this week are a good precursor to Lent. They remind us that our God has gifted us with the 10 Commandments; commandments that frame for us how it is that we are to live in right-relationship with God. Sometimes the commandments are not given the respect they deserve. We see the limitations they place on us... “Thou shalt not...” The beginning of each commandment is a reminder that in living in accord to God’s desire for us, there are things we are to avoid.

We need to remember that God has given us free will. We can choose our actions; but our actions always have consequences; and those consequences can be good or bad. God’s great desire for us it to live in His love; making good choices that lead us to greater life with Him.

Our challenge today and leading into Lent is to choose to live the law of the Lord; to make good choices that keep us in right relationship with God. This weekend at Mass there will copies of an examination of conscience that may help you to look at the choices you make and the consequences of your actions. Let me suggest that you take a copy home and begin to use it as a review of your day.

May the God who calls us each by name, and desires nothing but the absolute best for us all be with you always!

Blessings,

Dr. Cheryl