

## Lenten Reflection from Most Rev. Shelton Fabre



We have entered again into the 40 days of the holy season of Lent, a time of grace when we focus on deepening our relationship with the Lord by engaging in heightened efforts to root sin out of our lives. The call of the season of Lent speaks deeply to the heart of each and every member of the faithful because we all desire a stronger relationship with the Lord. We all desire to become what God has created us to be. However, Lent dares to ask us the question: “Are we willing to undertake the ongoing conversion in our lives that is required to constantly be growing in our relationship with the Lord?” While in a heightened manner during its duration the season of Lent places before us the call to engage in *prayer*, *fasting* and *assisting the needy (alms-giving)*, Lent really desires to engender within us these practices throughout the rest of our year, and really throughout the rest of our lives. Also central to the season of Lent is engaging in the Sacrament of Reconciliation, a Sacrament that showers us with God’s mercy and forgiveness. The focus of Lent is not only the 40 days of its duration, but in a greater way each and every day of the rest of our lives. Lent reminds us that we must always be seeking to grow in our relationship with Jesus Christ, who suffered, died and rose again to set us free from the power of sin and death. Faithfully keeping the season of Lent will assist us in overcoming any tendencies in our lives toward pride, greed, lust, anger, gluttony, envy and sloth, as well as many other sinful practices, such as racism, acts of violence and unbridled individualism. Therefore, it is my sincere hope that we will not simply endure these days of the season of Lent, but that we will truly be transformed by our prayer and penitential practices during these days of Lent. May you know God’s blessings in these holy days of Lent.