

# Conversion of Heart

Lenten Reflections on Mercy and Forgiveness

Week 2

**READINGS:** *Genesis 15: 5–12, 17–18; Philippians 3:17—4:1; Luke 9:28b–36*

“While he was praying his face changed in appearance and his clothing became dazzling white” (Lk 9:29).



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## Transfigure toward mercy by accepting it

In this week's reading, three of the apostles experience something they do not quite understand. As Jesus was transfigured before them with Moses and Elijah at his side, Peter thought it right to build tents for each, to contain this moment that he knew to be good.

But the voice of God interrupted him and said, “This is my chosen Son; listen to him” (Lk 9:35). It turned out that Peter's plans weren't God's plans at all.

All of sudden, it was over. Jesus was found alone, and the light that emitted from him was dimmed. The disciples, especially Peter, were left with more questions than answers. They “fell silent and

did not at that time tell anyone what they had seen” (v. 36).

We oftentimes don't understand God's mercy in our lives. We are limited in our understanding, and our perception of our motives and those of others can only go so far. We try to live lives of peace and order, but sometimes our own plans don't work out and we end up hurting others.

As Catholics, our job isn't to understand God's mercy; it is to accept it. When we do this well, we come to a deeper understanding of how God works in our lives. It is only through this acceptance that we can truly see as God sees,

which enables us to do as God does by offering that same mercy to those who are most in need of it, none needier than ourselves.

### For Reflection

- › Is God's will for your life clear to you right now?
- › Have you seen God work through the unplanned events in your life?
- › Do you find it easy to accept God's mercy?

“How happy I am to see myself imperfect and be in need of God’s mercy.”

~ ST. THÉRÈSE OF THE CHILD JESUS



## Faith Lesson

### Attach yourself to GOD

Detachment has always been a means by which people have come closer to God. We witness Jesus’ constant detachment from worldly things every time he climbs a mountain to pray, preaches about the Kingdom, or heals the poor and outcast. He is the model par excellence of detachment.

When it comes to accepting God’s gift of mercy, our first step is to imitate the saints who followed Christ’s call to detachment. The first reaction of every holy man or woman after they accept this reward reacts the same way — with a sense of unworthiness that is followed by acts of fasting to make up for the sins they committed. In other words, we

disassociate ourselves with our former life and detach from our old ways. We are then a “new creation” (2 Cor 5:17) and thus better equipped to complete our God-given mission.

What do you need to detach from so as to *attach* yourself to God more intimately?

#### Fasting TIPS

Consider making a fast from technology this week. Apart from abstaining from meat on Friday, try going off social media, streaming videos, or other forms of digital entertainment. If you really want to go all out, try fasting from all screens and take that time to pray and reflect.



## Prayer

Lord, I am not worthy to be called your servant, but, nevertheless, I am. Allow me to accept your mercy with humility and purity of heart so that I may teach others to do the same. Strengthen me in my weakness and allow me to overcome my imperfections so that I might better imitate your Son to whom I am forever in debt.



## Saint

### Become an instrument of peace

Francis of Assisi was a man lost in the darkness of sin. He was selfish and determined to gain honor as a soldier and popularity as a frequent partygoer. It wasn’t long before he hit rock bottom as a constant consumer of worldly pleasures. He realized his life was not well-lived, and God told him in a dream to return from war and convert his life. He spent several months attempting to live a good, holy life, oftentimes spending nights in a nearby cave where he would weep for his sins.

It wasn’t until he became completely detached from worldly desires that he found true peace and a reason for being: serving the poor. After years of service and founding many like-minded communities, he would become one of the greatest saints the Church has ever known.

As you continue your Lenten journey, take a page from St. Francis’s book and accept the mercy from God that will transform you into something greater than your own desires. God is the potter, and we are the clay. May he make of you a beautiful instrument of his peace.