



Return To Me With Your Whole Heart

Wednesday, February 22
Ash Wednesday

A clean heart create for me, O God, and a steadfast spirit renew within me. Psalm 51: 10

IN THE GOSPEL TODAY, Jesus urges us to enter into the three traditional Lenten practices. “Give alms, pray, and fast,” he says, and do these things for the right reasons! This is the day we take up our spiritual brooms and begin a serious spring cleaning. Old, destructive habits, selfish attitudes, outright sins—out to the ash heap! Dust cloth of God’s grace—polish the interior castle! Now is a very acceptable time to open ourselves anew to the clean heart and steadfast spirit that God offers. The very ashes on our foreheads remind us that we don’t dare put this off. *Now* is the day of salvation.

Give some serious thought to your “Lent resolutions” this year; choose those which will truly help you grow closer to God. You may have to give up more than candy! How will you more generously give alms, more fervently pray? What will you fast from? Confidently ask God’s help in choosing and keeping these resolutions; God wants you to have that clean heart.

Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen. [Collect of the Mass.]

Paula Gero, C.P.P.S.
Sisters of the Precious Blood



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

