

# Spiritual Reflections for the month of March 2025

Please choose a reflection and mediation

## Lenten Reflection from 1<sup>st</sup> Sunday Lent, March 9<sup>th</sup>, 2025

*Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness where for forty days he was tempted by the devil. Luke 4:1-13*

[from Catholic News Agency, Katie Yoder: Mar 6, 2022]

“Jesus too was tempted by the devil, and he accompanies us, every one of us, in our temptations,” Pope Francis said during his Angelus address “Twice the devil addresses him, saying: ‘If you are the Son of God...,’ he began. “He is thus proposing to him to exploit his position: first to satisfy the material needs he feels, hunger, then to increase his power; and, finally, to have a prodigious sign from God.” “It is as if he were saying, ‘If you are Son of God, take advantage of it!’” Pope Francis added.

The devil, he said, uses similar tactics with human beings. “How often this happens to us: ‘But if you are in that position, take advantage of it! Don’t lose the opportunity, the chance,’ that is, ‘think of your benefit,’” he said of the devil’s deception. Even with Jesus, he said, the devil wanted him “to believe that his proposals were useful to prove that he was really the Son of God.”

At the same time, Pope Francis reminded listeners, “do not be afraid,” and proposed, “may this time of Lent also be a *time of the desert* for us.” “Let us take time for silence and prayer — just a little, it will do us good — in these spaces let us stop and look at what is stirring in our hearts, our inner truth, that which we know cannot be justified,” he explained. “Let us find inner clarity, placing ourselves before the Word of God in prayer, so that a positive fight against the evil that enslaves us, a fight for freedom, may take place within us.”

### Reflection Questions

1. St. Vincent de Paul is quoted as saying: ‘when a matter has been decided in the presence of God after many prayers and the seeking of advice, we must reject and consider as a temptation whatever is suggested to the contrary’. It is the way of the Society to discuss and decide on issues together as Conferences.  
Consider what difficulties or temptations this system can cause for individual members?
2. Can you share ways you have found helpful in taking ‘time for silence and prayer’ during Lent”?

Pope Francis encourages the faithful to ask the Blessed Virgin Mary “to accompany us in the Lenten desert and to help us on our way of conversion.”— Let us finish this time of reflection with the Hail Mary ....

*Sr. Yvonne Gray, Chair Spirituality Committee GTCC & St. Anselm’s Conference*

## **Reflection arising from GTCC Spirituality Sessions 2024**

During our Winter 2024 Spirituality Sessions, the question was asked: should we pray with our Neighbours in Need during home visits?

### **Reflection**

With regard to praying with our Neighbours in Need, we often think "What should I say?" but perhaps it's better to ask, "How will what I say be received?" In other words, we need an attentive ear for what Neighbours in Need first indicate when they meet us, to help us decide what to do.

For instance, if an Neighbour in Need volunteers that (s)he's Christian and/or that (s)he prays, then prayer seems like a fitting option. But if the Neighbour in Need is not Christian or seems uncomfortable with the prospect of prayer—one can pretty quickly discern this from observation—then we don't go there.

Our spirituality is one of presence, listening, and counsel--and sometimes prayer, but prayer is not a necessity depending on the situation.

### **Questions**

1. In your experience, how has your practice or understanding of prayer been shaped by home visits?
2. Vincentians know that we do not have to worry about bringing God to those in need, He is already there. Sometimes, however, we can affirm and strengthen our mutual faith in God's goodness during a home visit.

Can you describe a time when you emerged from a home visit with stronger faith?

*Bro. Alex Damm, St Jerome's Conference & GTCC Spirituality Committee*