

Lenten Stillness

An Invitation to be God's light in the world.

But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God (John 3:19-21).

Fourth Sunday of Lent

The real love of two, if we hold it in healthy hands, makes us fearless, makes us even more loving, expands our hearts rather than contracts them and so enables us to take in the entire universe. Love is all we know of God. It is all the proof we need of God. It is the sight of God in our own lives. Love something then; love anything and everything in order to release the best of yourself. No doubt about it: It is love that makes us human.

Chittister, J. (2012, p. 63). *Aspects of the Heart*. Garratt Publishing: Mulgrave, Victoria

May your
deeds be an
outpouring of
God's love

The seemingly insignificant aspects of our honourable actions are a reflection of the way God created us. As we listen to the hurt of another, overlook the impatience or irritability of a colleague, forgive a friend who disappointed us, take time to do a good deed, or refuse to add to gossip, we are expressing the truth of being God's handiwork..

Rupp, J. (2008). *God's Enduring Presence*. Mulgrave, Victoria: John Garrett Publishing.

You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them

- St Therese of Lisieux