



*God of the Journey,
may this Lenten season
challenge us to a
change of heart:
to live gently,
to love generously,
to count blessings and
walk paths of peace
and inclusion.
Amen*

Fourth Sunday of Lent

What can you change this Lenten season?

Do you have hidden idols?

We have to empty ourselves of the many small or great idols that we have and in which we take refuge, on which we often seek to base our security. They are idols that we often keep well hidden; they can be ambition, careerism, a taste for success, placing ourselves at the centre, the tendency to dominate others ... I would like a question to resound in the heart of each one of you, and I would like you to answer it honestly: have I considered which idol lies hidden in my life that prevents me from worshipping the Lord... (Church of Mercy, 2014, 65).

We often hear it said – we are what we watch, we are what we think, we are what we pay attention to This Lent we are challenged by the words of Pope Francis to consider what we really value. What occupies our thoughts? Where do we spend our time and money? These are indicators of hidden idols. Lent is a time which calls us to ‘turn back to God with all our heart’, to focus on our call to serve others, to fight for justice, to love unconditionally.

What idols can you confront this Lenten season?