

### 3rd Sunday of Lent (Year C)

#### Main Points:

- Lent is a season of renewal, where we turn from sin and deepen our relationship with God.
- At every Mass, we are given the opportunity to **repent, pray, fast, and give alms**, which are key Lenten practices.
- The **Penitential Rite** at the beginning of Mass calls us to acknowledge our sins and repent.
- The **prayers at Mass** invite us to bring our petitions to God, deepening our life of prayer.
- The **Eucharistic fast** before receiving Holy Communion reminds us of the discipline of fasting.
- The **offertory** is a chance to give alms, offering financial support and spiritual sacrifices to God.
- These practices are not just for Lent but for our entire Christian life, forming us into disciples of Christ.

#### Scripture References (NRSVCE):

- **Matthew 6:1-6, 16-18** – Jesus teaches on prayer, fasting, and almsgiving.
- **Luke 13:3** – “Unless you repent, you will all perish as they did.”
- **1 Thessalonians 5:16-18** – “Rejoice always, pray without ceasing, give thanks in all circumstances.”
- **Sirach 17:22-23** – “One’s almsgiving is like a signet ring with the Lord.”

#### Catechism References (CCC):

- **CCC 1431** – “Interior repentance is a radical reorientation of our whole life, a return, a conversion to God with all our heart.”
- **CCC 2043** – “The faithful are obliged to participate in the Eucharist on days of obligation and to prepare for it by the reception of the sacrament of reconciliation.”
- **CCC 1387** – “To prepare for worthy reception of this sacrament, the faithful should observe the fast required in their Church.”
- **CCC 2447** – “Almsgiving is a witness to fraternal charity and a work of justice pleasing to God.”

#### Practical Applications:

- **Be more intentional at Mass** – Engage in the prayers, reflect on your sins during the Penitential Rite, and make an offering of your struggles and good works during the offertory.
- **Examine your conscience daily** – Use the PALEGAS method (Pride, Avarice, Lust, Envy, Gluttony, Anger, Sloth) to recognize areas for repentance.
- **Practice fasting** – Observe the Eucharistic fast before receiving Communion and consider other small sacrifices as acts of devotion.
- **Give generously** – Whether financially, through service, or in offering prayers for others, practice generosity as an act of love.

#### Reflection Questions:

1. Do I take time at Mass to truly repent and prepare my heart for God’s grace?
2. How can I deepen my prayer life during Lent and beyond?
3. What sacrifices can I offer to the Lord to help me grow spiritually?
4. Am I giving to those in need as an act of love for God and neighbor?
5. How can I carry the lessons of Lent into my daily life even after the season ends?

#### Rhyme Summary

At Mass we pray, we fast, we give,  
We turn from sin, and in Christ we live.  
With open hearts, we seek His face,  
Receiving mercy, love, and grace.  
We bring our gifts, both great and small,  
For Christ has given us His all.  
Through Lent we walk, our hearts made new.  
Through prayer and love, our faith will stay true.

## **Reasons to come to Mass each weekend**

**Hebrews 10:24-25** - "And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching."

**Exodus 20:8** - "Remember the sabbath day, and keep it holy."

**Luke 22:19** - "Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.'"

**Acts 2:42** - "They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers."

**John 6:53-54** - "So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day.'"

**Psalms 122:1** - "I was glad when they said to me, 'Let us go to the house of the Lord!'"

**Matthew 18:20** - "For where two or three are gathered in my name, I am there among them."

**Colossians 3:16** - "Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God."

## **Additional resources to learn more about God and the Catholic faith**

- Check out the resource list available on [www.frmerkley.com](http://www.frmerkley.com)
- Catholic Answers: <https://www.catholic.com/>
- Word on Fire: <https://www.wordonfire.org/>
- Formed: <https://formed.org/>
- The Coming Home Network: <https://chnetwork.org/>
- Catholic Exchange: <https://catholicexchange.com/>
- Dynamic Catholic: <https://dynamiccatholic.com/>
- The Augustine Institute: <https://augustineinstitute.org/>
- Ascension Press: <https://ascensionpress.com/>
- EWTN: <https://www.ewtn.com/>
- The Catholic Company: <https://www.catholiccompany.com/>
- Busted Halo: <https://bustedhalo.com/>
- CatholicCulture.org: <https://www.catholicculture.org/>
- The Thomistic Institute: <https://thomisticinstitute.org/>
- Ignatius Press: <https://www.ignatius.com/>
- Catholic Education Resource Center (CERC): <https://www.catholiceducation.org/>