

Sunday, Mar 22, 2026

A rock of faith

Of the two sisters of Bethany, Mary is usually considered the “spiritual” one, and Martha is relegated to the category of “hostess with the mostest.” But after the death of their brother Lazarus, it is Martha who shows her spiritual mettle in her encounter with Jesus on the road. She gives her profession of faith with as much insight and certainty as does Peter when he was once asked by Jesus, “Who do you say that I am?” Peter’s response earns him the role of first leader of the church. Martha’s faith ensures that Lazarus is returned to her family and demonstrates that she, too, is a “rock.”

FIFTH SUNDAY OF LENT

Ezekiel 37:12-14; Romans 8:8-11; John 11:1-45 (34). *“Yes, Lord. I have come to believe that you are the Christ, the Son of God.”*

Monday, Mar 23, 2026

Withhold your judgment

If you read the scripture for today, you’ll find two long and dramatic stories about the dangers of judging others. You’ll see the hazards of denying your conscience, bearing false witness, and having the attitudes of judgmentalism and self-righteousness. Believing in Jesus, on the other hand, and following him, leads to humility, honesty, integrity, and compassion. The next time you’re about to judge someone—talk down a friend, coworker, or member of your family, or get mad at someone in a service job—step back and offer your resentment up to God. “Do not judge, and you will not be judged,” Jesus says in Luke 6:37. “Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.”

LENTE WEEKDAY

Daniel 13:1-9, 15-17, 19-30, 33-62; John 8:1-11 (251). *“Let the one among you who is without sin be the first to throw a stone at her.”*

Tuesday, Mar 24, 2026

The sender in the sent

At the end of every Mass, we hear some version of the words, “Go in peace to love and serve the Lord.” This moment is not the end, it’s the beginning. We celebrate the Eucharist so that we might become for others what Jesus was for us—sustenance and life poured out for the good of all we meet. When we go forth “in his name,” we carry Jesus with us in a very real way, to our families, workplaces, and neighbors, and to strangers alike. Next time as Mass comes to a close, listen to those words commissioning you to bear Christ to the world. Take them to heart.

LENTE WEEKDAY

Numbers 21:4-9; John 8:21-30 (252). *“The one who sent me is with me.”*

Wednesday, Mar 25, 2026

Play the favorite

It’s not easy for us to explain why we hold certain people in special esteem above others. We have our favorites, and we don’t usually analyze it much beyond that. But if we did, we would probably find that we enjoy the person’s company because what they do pleases us. For these same reasons Mary found favor with God. She chose ways that were God’s ways. “Mary’s greatness,” says Pope Benedict XVI, “consists in the fact that she wants to magnify God, not herself.” She is the “mirror of all holiness.”

Follow Mary’s example and strive to be a shining example of God’s love.

SOLEMNITY OF THE ANNUNCIATION OF THE LORD

Isaiah 7:10-14; 8:10; Hebrews 10:4-10; Luke 1:26-38 (545).

“The angel said to her, ‘Do not be afraid, Mary, for you have found favor with God.’”

Thursday, Mar 26, 2026

Naming rights

As Christians we often take on new names at Baptism, Confirmation, Holy Orders, and marriage to mark entrance into a new phase of our faith life and discipleship. When God entered into a covenant with Abram and his descendants, Abram got a new name—Abraham—that signified the renewed relationship between God and God’s people. Simon became the Peter as Jesus called him to be his rock. Each Lent as we review and renew our relationship with God, perhaps we should consider giving our faith life a new name. What will yours be?

LENTE WEEKDAY

Genesis 17:3-9; John 8:51-59 (254). *“No longer shall you be called Abram; your name shall be Abraham, for I am making you the father of a host of nations.”*

Friday, Mar 27, 2026

Prayer stations

Today is the last Friday before Holy Week and the last one before Good Friday. As the day of the week on which Jesus died, Fridays have had a special place in Christian tradition. There was a time when Catholics abstained from meat on every Friday, not only those in Lent, as a reminder of Christ’s sacrifice. Another traditional Catholic practice associated with Friday is the Stations of the Cross. Every church has the series of 10 shrines devoted to the Stations. Going from one to another as you pray retraces Jesus’ footsteps to the place of his Crucifixion and offers a kind of pilgrimage in the same sacred space where we celebrate the Eucharist. From life to death to new and transformed life: This is the mystery we enter into at this time of year—and all year round. Pray the Stations today.

LENTE WEEKDAY; DAY OF ABSTINENCE

Jeremiah 20:10-13; John 10:31-42 (255). *“The LORD is with me, like a mighty champion: my persecutors will stumble, they will not triumph.”*

Saturday, Mar 28, 2026

Renew, repent, repeat

Being human, it is likely we would sin every day. That is why we are encouraged, particularly during Lent, to renew ourselves daily. “This is what we do with houses, says Saint John Chrysostom, “we keep constantly repairing them as they wear old. You should do the same thing to yourself. Have you sinned today? Do not despair, do not despond, but renew your soul by repentance, and tears, and Confession, and by doing good things.” And the great doctor of the church adds, “Never cease doing this.”

LENTE WEEKDAY

Ezekiel 37:21-28; John 11:45-56 (256). *“Make for yourselves a new heart and a new spirit.”*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



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