

FRIDAY MARCH 15

Read the Gospel for today Matthew 5:20-26

REFLECTION:

Jesus teaches us in this Gospel passage that the commandments are not just to be taken at face value. He tells us that “to kill” is not only to not murder. Through our anger and the effects of anger – grudges, hatred, abuse – we can also break this commandment. To never kill is one thing, but this commandment is about more than murder. Christ is telling us that it’s not about the letter of the law – taking the commandment literally – but rather, it’s about the spirit of the law.

The spirit of the law goes much deeper than the letter of the law. Christ was not just telling people to obey the commandments, but to get to the heart of the law. Ultimately, Jesus is calling us to love. A heart full of anger or bound by grudges cannot also be filled with the love of Christ. We may never outwardly harm, but even to have anger, hatred, and grudges in our hearts will keep us from the righteousness necessary to enter heaven.

CHALLENGE

When something, or someone upsets you today . . . say a prayer of blessing and ask for God’s grace for the person or situation.

~ Taken from LifeTeen’s LENT COMPANION 2014