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# 2022 LENTEN MEDITATIONS



BY FR. JOSEPH MARY WOLFE, MFVA  
*EWTN CHAPLAIN*

# 2022 Lenten Meditations



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## 2022 Lenten Meditations

*Dear Family,*

The Church gives us the liturgical year – complete with memorials, feasts, solemnities, and special seasons – to help us to grow spiritually and to live our Christian lives more fully.

This is especially true during Lent.

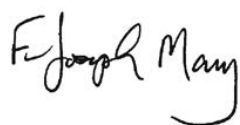
In this season, we willingly join Jesus in His sacrifice. He has given us the dignity to be able to share in His work of redemption, a redemption accomplished through sacrifice and love. That's what gives meaning to our Lenten observances, penances, and sacrifices.

We can choose, even in the difficulties and heartaches of our lives, to trust, to believe, to see the truth that our sharing in Christ's sufferings has value, meaning, and purpose.

Our Christian life is not just following the Bridegroom and enjoying the Wedding celebration. It's also joining Him in the Cross with the sacrifices that we make during the season of Lent. When we make this journey – a journey of love – we can grow in a life of union with the Beloved of our souls, Jesus.

I pray that these Lenten reflections will help us all to grow in love and understanding of the Suffering Servant, Jesus Christ.

In Christ,



Fr. Joseph Mary Wolfe, MFVA



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# 2022 Lenten Meditations

WEDNESDAY, MARCH 2, 2022

ASH WEDNESDAY

<b>First reading</b> .....	<b>Joel 2:12-18</b>
<b>Psalm</b> .....	<b>Psalm 51:3-6, 12-14, 17</b>
<b>Second reading</b> .....	<b>2 Corinthians 5:20--6:2</b>
<b>Gospel</b> .....	<b>St. Matthew 6:1-6, 16-18</b>

Today, as we start the season of Lent, we can choose to change the course of our lives.

The Church knows that we tend to get lazy and lukewarm, and we become attached to the world. Thankfully, every year we have a reminder to seek God instead. As Christians, we know that there are only two paths in this life: one leading to destruction and one leading to life. No matter what we have done in the past, today we can choose the way that leads to life.

Are we seeking things that are fleeting, passing? Now is the time to refocus our vision and make the decision that God is going to be our central focus, seeking Him, listening to Him, and meditating on His Word.

Today, with the words "Remember you are dust, and to dust you shall return," we are reminded of our own mortality. However, "love is stronger than death" and our love of God and neighbor will be the one thing we take with us to eternity.

May we all have a blessed Ash Wednesday, and may this Lenten journey bring us closer to the One who loves us beyond measure.



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# 2022 Lenten Meditations

SUNDAY, MARCH 6, 2022

FIRST SUNDAY OF LENT

<b>First reading</b> .....	<b>Deuteronomy 26:4-10</b>
<b>Psalm</b> .....	<b>Psalm 91:1-2, 10-15</b>
<b>Second reading</b> .....	<b>Romans 10:8-13</b>
<b>Gospel</b> .....	<b>St. Luke 4:1-13</b>

On this first Sunday of Lent, we hear of the temptation of Jesus in the desert.

With this account, we see that Jesus began His public ministry with both prayer and fasting. This is a good formula for us in our lives.

With every action that we make, we should start with prayer, asking for God's guidance and Will in our lives. As St. Frances Xavier Cabrini said, "We must pray without tiring, for the salvation of mankind does not depend upon material success ... but on Jesus alone."

Fasting, as well, is beneficial for each one of us. When unchecked, our passions begin to rule us. However, by fasting and self-denial, we are telling them who is the boss. We, then, become freer to direct our lives toward what is truly good, free to follow the good Lord more closely.

Without Jesus, our Lenten sacrifices would have no value. However, they have incredible value when we unite them with Christ. As we look to His ultimate sacrifice of love on the Cross, we can respond to His love with our love.

May our Lenten sacrifices bring us ever closer to Our Lord Jesus Christ.



# 2022 Lenten Meditations

SUNDAY, MARCH 13, 2022

SECOND SUNDAY OF LENT

<b>First reading</b> .....	<b>Genesis 15:5-12, 17-18</b>
<b>Psalm</b> .....	<b>Psalm 27:1, 7-9, 13-14</b>
<b>Second reading</b> .....	<b>Philippians 3:17-4:1 or 3:20-4:1</b>
<b>Gospel</b> .....	<b>St. Luke 9:28-36</b>

In today's Gospel reading, we hear about the Transfiguration of the Lord. On Mount Tabor, Jesus revealed His glory to Peter, James, and John. The great figures from the Old Testament, Moses and Elijah, also appeared at the Transfiguration, with Moses representing the Law and Elijah representing the Prophets.

In the Old Testament, we see that both Moses and Elijah wanted to see God's face but could not (Exodus 33:18-23 and 1 Kings 19:13). At the Transfiguration, they were both able to finally behold the unveiled face of God. What they had longed for, they could at last see because God Himself had become incarnate in Jesus Christ.

The Transfiguration reminds us to seek the face of the Lord. He continues to reveal Himself to us through Scripture and Tradition, and every time we attend Holy Mass or Adoration, He is there, present with us, waiting and longing for us to be with Him in our minds and in our hearts.

Also, with the Transfiguration, Divine power has entered human history. There is now a power at work in the world that is able to sanctify and transfigure us.

Today, will I allow the Lord to make me more like Himself by lifting up my mind and heart to Him in prayer, love, and trust?



# 2022 Lenten Meditations

SUNDAY, MARCH 20, 2022

THIRD SUNDAY OF LENT

<b>First reading</b> .....	<b>Exodus 3:1-8, 13-15</b>
<b>Psalm</b> .....	<b>Psalm 103:1-4, 6-8, 11</b>
<b>Second reading</b> .....	<b>1 Corinthians 10:1-6, 10-12</b>
<b>Gospel</b> .....	<b>St. Luke 13:1-9</b>

On this third Sunday of Lent, the Gospel reading reminds us about the importance of repentance.

When we commit sin, there is a sadness inside, a genuine remorse. This is a gift from God inviting us to live differently, better, freer, and happier.

The Greek word “metanoia,” meaning “change of heart,” is found 58 times in the New Testament. To truly have a change of heart, it needs to be two-fold: turning away from sin; and turning with ever greater love toward the Lord.

During Lent, we are particularly called to this change of heart and are given gifts of His grace, which bring about renewal, impart new life, open the door to the gifts of the Holy Spirit, and make us ready for the life of Heaven.

May the Lord help us to grow in this conversion of heart throughout the remainder of Lent and throughout our lives.



# 2022 | Lenten Meditations

SUNDAY, MARCH 27, 2022  
FOURTH SUNDAY OF LENT

<b>First reading</b> .....	<b>Joshua 5:9, 10-12</b>
<b>Psalm</b> .....	<b>Psalm 34:2-7</b>
<b>Second reading</b> .....	<b>2 Corinthians 5:17-21</b>
<b>Gospel</b> .....	<b>St. Luke 15:1-3, 11-32</b>

On this Laetare Sunday, the Gospel reading tells the Parable of the Prodigal Son. Alternately, it could well be called the Parable of the Merciful Father.

In this parable, when the wayward son returned home, his loving father ran to him, embracing and kissing him, asking for a ring to be placed on his hand. The son had done nothing to deserve this treatment, yet the father gave him everything.

In this parable, Jesus has revealed to us who God the Father really is. He teaches us that the Father is not looking to condemn and to find fault with us, but rather is a Merciful Father, who is looking for our return, ready to welcome and embrace us.

Even though we may be unfaithful to Him, God is always faithful to us. The Father wants us to have the fullness of life in Himself.

The Parable of the Prodigal Son reminds us of the emptiness of leaving God, choosing our own way. The Lord wants to restore to us what is lost. He is the One who runs to us, looking for the least opening in our hearts, so that He can welcome us back into the family.

Each time that we return to the Confessional, the Father accepts us back into the fold with more love than we can imagine.

Let us always turn to our Merciful Father, as He offers His love so freely to us.



# 2022 Lenten Meditations

SUNDAY, APRIL 3, 2022  
FIFTH SUNDAY OF LENT

<b>First reading</b> . . . . .	<b>Isaiah 43:16-21</b>
<b>Psalm</b> . . . . .	<b>Psalm 126:1-6</b>
<b>Second reading</b> . . . . .	<b>Philippians 3:8-14</b>
<b>Gospel</b> . . . . .	<b>St. John 8:1-11</b>

Today's Gospel reading tells us about the woman who was caught in adultery.

Although this woman was guilty of a very serious sin, Jesus did not want her condemned to death. In fact, He used this as an opportunity to teach the scribes and Pharisees that, likewise, they were not free from sin.

Our Beloved One is always ready to forgive us of our sins. No matter our past transgressions, He wants to forgive us.

In Micah 7:18, we read:

Who is a God like thee, pardoning iniquity  
and passing over transgression  
for the remnant of his inheritance?  
He does not retain his anger for ever  
because he delights in steadfast love.

For those who have not been to Confession recently, this is the perfect opportunity. As we are now in the final two weeks of Lent, we can enter into the Easter season with a clean slate. God is longing for our return, waiting for us to approach Him with contrite hearts. Jesus is ready to say to us also: "Neither do I condemn you. Go and sin no more." How will we respond?

Let us seek the Lord with hearts open to His mercy.



# 2022 Lenten Meditations

SUNDAY, APRIL 10, 2022

PALM SUNDAY OF THE LORD'S PASSION

**At the Procession with Palms . . . . . St. Luke 19:28-40**  
**First reading: . . . . . Isaiah 50:4-7**  
**Psalm: . . . . . Psalm 22:8-9, 17-20, 23-24**  
**Second reading: . . . . . Philippians 2:6-11**  
**Gospel: . . . . . St. Luke 22:14 - 23:56 or 23:1-49**

On Palm Sunday, we remember both Jesus' triumphal entry into Jerusalem, as well as His Sacred Passion.

As we listen to these accounts today, we know that these are historical events that happened in physical locations, which are revered today. Jesus walked this earth, just like you and me.

Jesus Christ truly lived, truly suffered, and truly died in the city of Jerusalem. He entered into His Passion so that we could be forgiven of our sins and in order to teach us the lessons of His love.

His arms are extended for love of us. His Heart is open for us.

Likewise, we can follow His perfect example by patiently enduring our own suffering, uniting it with His, offering it for love of Him who died for us.

Greatly to be loved is He who loved us so greatly.

May this Holy Week bring us closer to our Beloved One as we walk with Him on the Way of the Cross.

# 2022 Lenten Meditations

SUNDAY, APRIL 17, 2022

EASTER SUNDAY

<b>First reading</b> .....	<b>Acts 10:34, 37-43</b>
<b>Psalm</b> .....	<b>Psalm 118:1-2, 16-17, 22-23</b>
<b>Second reading</b> .....	<b>Colossians 3:1-4 or 1 Corinthians 5:6-8</b>
<b>Gospel</b> .....	<b>St. John 20:1-9</b>

Happy Easter, Family!

On this most glorious day of the year, we can proclaim from the rooftops that Jesus Christ truly rose from the dead!

This is the most remarkable event in the world's history – an event that entirely changed the course of history. In the Resurrection, we see that Jesus is more than a prophet or teacher – we see clearly that Jesus Christ is God.

This fact was clear to the early Christians. In the first centuries of the Church, many Christians knew that proclaiming their faith could mean a death sentence for them. In the face of torture or martyrdom, however, they remained steadfast because they knew, and had experienced, that Jesus was risen from the dead. They knew the Risen Lord and would never deny Him.

Today, let us invite the Risen Lord into our lives. He is with us! When we approach Him with faith, we will truly encounter Him, for He is alive and will enrich our lives, satisfying the deepest longings of our hearts. He gives to us, in fact, a foretaste of the joys of Heaven where we will be with Him forever.

Come, O Risen Lord, into our lives! Give us a foretaste of the delights of Heaven!



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