Three words caught my attention this morning: blessing, beloved and bounty. Two explicitly mentioned in the readings today -- blessing and beloved -- and the third -- bounty -- rose up in me as I prayed. Taken together, these words disclose the generosity of God who claims us as beloved; this God showers us with his bounteous blessings -- whether we deserve it or not; whether we feel ready or not to receive them.

It struck me that being “beloved” of God sounds just wonderful and is quite a heady experience. However, we soon realize that perseverance matters on the journey with God. The journey is not always a peaceful walk through green pastures and beside still waters. Storms and challenges do crop up along the way.

The Psalm today begs that God’s mercy will be on us as we place our trust in God. The best part is God has already told us that the blessings given are abundant and will provide the strength needed, and will even help us to become a blessing to others we meet along the way.

Jesus learned that being beloved and blessed in an abundance was the way to grow in wisdom and grace and strength. Listening deeply to the Father carried him through some very difficult experiences that he was going to encounter. Nevertheless, the blessings of being beloved also supported him and gave him the courage and strength to persevere.

God’s favor and protection never fail. It is always available whenever we are ready to receive it and will help us be blessings as we follow God’s way.

An additional reflection to inspire our Lenten journey was written by Sr. Barbara Schiavoni. It is available on our website here>>