



Third Sunday of Lent

March 4, 2018

Selected readings: Exodus 20:1-17

Do you ever experience the “Sunday Scaries”? I do, and sometimes in a major way. I’m going through my day, having a lovely time, and all of a sudden I realize that the next day is Monday. My mind starts reeling and I’m no longer living in the moment, aware of God’s presence.

There are many ways to enter into today’s readings, but here’s what struck me the most about the first reading: “On the seventh day, He rested.” So here is my Lenten goal: planning my week with the focus of keeping Sunday sacred.

What does this mean for me? No reading emails; more reading to my kids. No social media to see what’s going on in the world; more conversations with my loved ones to see what’s going on with them. Less space for the stuff that doesn’t matter; more space for God.

What would it mean for you? As we continue on our Lenten journey, let’s invite God into those moments that feel scary, and make them sacred.

-Mrs. Kate Toussaint, Foreign Language Department and Student Council Moderator