

La Salette reflection for the First Sunday of Lent (February 18th, 2024) Written by the National La Salette Laity Board

Today's readings give us step by step instructions on how to live the message of La Salette and therefore live in His way.

One -- In the psalm, we are told "he teaches the humble his way". You can't get more humble, ordinary, unpretentious than Maximum and Melanie. They were uneducated, unchurched, peasant children. That's who Mary appeared to so that she could teach them Her Son's way. We need to start there this Lent. We need to simplify our lives and humble ourselves before Mary and Her Son so that they can begin to teach us His way.

Two – Once we start to know His way, we will realize that we need to "repent and believe in the gospel" (Mark 1:15). When we learn about the message of La Salette – when we go to Mass, when we say our prayers well, when we make sacrifices during Lent – we will grow deeper in our faith. Our heart will want to repent. It will lead us to living a life reconciled with God and each other.

Three – Returning to the psalm, "Your ways, O Lord, are love and truth to those who keep your covenant". This message, just like the message at La Salette, tells us that we must first know His ways and then we can live a life keeping His covenant.

Today's readings and the message of La Salette reflect what we know and how we are to live. When we know better, we need to do better. That is my prayer for us as we begin this journey.