

## **Thoughts on the Daily Word**

*Friday after Ash Wednesday. 20<sup>th</sup> February. Readings: Isaiah 58:1-9; Psalm: 51; Luke 9:14-15.*

There is always a danger that Lent just becomes a kind of religious blitz for six weeks. Today the Israelites are reminded that religious practices aren't meant to persuade God to do what they want. Acting with integrity is at the heart of the challenge and to do that requires more than piety. It demands a humble self-knowledge to enable us to see ourselves as we really are. A tall order for any of us at any time. It is often easier to accuse God of negligence just like Adam and Cain. The Gospel points towards the end of this journey towards integrity, joy. The joy of the wedding feast is the ultimate test of where we are heading in our spiritual journey.