

**Thoughts on the Daily Word**

*2<sup>nd</sup> Week of Lent. Monday 2<sup>nd</sup> March. Readings: Daniel 9:4-10; Psalm: 78; Luke 6:36-38.*

We are moving into the area of grace. As St. Therese of Lisieux said, all is grace. Daniel bemoans the failure of the Jewish people to be faithful to the Law. Something that we all bemoan. The rules and regulations that we set for ourselves, living up to what we think that we should be like. It is not just about sin, though that may be there as well, it is the perfectionism that most of us have grown up with. The expectations from parents and even social media. The right size and shape, the right husband or wife, or even children. It can be a stranglehold that cripples us. It is usually directed outward, but it is really what is going on inside us. Breaking those barriers is the challenge. Compassion is the answer, the Gospel tells us, that allows us to break out of the prison.