

SYNOPSIS

No one can be truly happy if they are living a divided life. A divided life is when one acts differently than one's beliefs. A doubled minded life consists of living a compartmentalized life and behaving differently in different situations and around different people.

“For that person must not suppose that a double-minded man, unstable in all His ways, will receive anything from the Lord” (James 1:8)

Matthew Kelly writes, “Our world is filled with the inevitable consequences of divided lives: violence, political corruption, broken relationships, economic injustice, environmental ruin, and war. All of these are the external expressions of our internal dividedness.”

We yearn to be whole and at peace.

God has given us a quiet, gentle voice, the Holy Spirit, to help us to realign our actions with our beliefs.

Today's responsorial Psalm states the answer to living a life of duplicity. We need to turn to God for help.

“Your ways, O Lord, make known to me; teach me your paths, guide me in your truth and teach me, for you are God my savior”. Psalm 25: 4-5.

DISCUSSION

1. Jesus spent 40 days in the desert. During the 40 days of Lent, when will you spend time in quiet so that you will be able to listen to the quiet still voice of the Holy Spirit? Have you ever sat for an hour in adoration? How can we hear from God if we do not sit in silence?
2. “Sooner or later, we rise or fall to the level of our friendships. There is no substitute in a person's life for friends of character and integrity.” Do you need to pull away from toxic people in your life? Who can you seek out that will be a true friend? A true friend encourages and challenges you to be the “best-version” of yourself. Perhaps invite a friend to chat on the phone each week about this book for Lent. Pick a day and time and stick to it. You both will be blessed.

REFLECTION

During this time of Lent, repent of your double life by drawing near to God's graces in the sacrament of confession. We are all covered with the dirt of our conflicted lives and choices. Repent of how your sin has separated you from God and hurt your relationship with others as well. You will leave feeling clean and light and strengthened to not “live a lie” but instead a life of peace with God.

Return to the covenant relationship that God began with Noah in our first reading. He desires to wash you clean and give you a fresh new start. Noah came off the boat and began anew with a sign from God, the rainbow, assuring Him that God would be there to help him start afresh.