

Today we hear about temptations. Adam and Eve and Jesus are tempted. They, like us, have to confront a situation. They are invited to make a choice.

We encounter temptations all of the time. They are neither good nor bad. Temptations are invitations for decisions. We have to choose and act. Do I go to Church or not? Do I eat meat on Friday or not? Do I say something critical, demeaning or abusive or do I hold my tongue.

Temptations are an opportunity to practice virtue. We demonstrate just what kind of follower of Jesus we are.

In the Gospel, Jesus knows who he is. He is the beloved son in whom God is well-pleased. In facing temptations, Jesus connects with His deepest values. He makes choices in harmony with His being loved by God.

This week be alert. Be aware of temptations. Notice the choices we make. Are we reflecting that we are the beloved of God? Are we continuing on the way as a disciple of Jesus? Are we, as we prayed on Ash Wednesday, turning away from sin and being faithful to the Gospel?

My sisters and sisters: Choose the way of new life and more life. Choose the Jesus way!