

OUR ANNUAL SPIRITUAL “CHECK-UP”

Medical authorities stress that it is important for all of us to have an annual physical examination – in fact, many companies require this of their employees. While this isn’t anything that any of us truly enjoy, we cannot dispute the fact that our very lives may depend on this periodic check-up, which will allow us to see if we need to improve our health by making changes in the way we are living.

In like manner, the Church has long taught that we need a similar examination for our spiritual well-being every year. We refer to this “check-up” as the Great Fast. In this 40 day period, we will be called upon to pray more fervently and fast more severely. We will be implored to go good works and receive the Body and Blood of Christ in the Sacrament of the Holy Eucharist. We will be urged to cleanse our souls by confessing our sins. But most importantly, during Lent we will be asked to take an honest look at our lives and evaluate the condition of our heart and our soul. Just as it is unwise not to be truthful with our doctor, it is equally foolish for us to try to deceive the Great Physician – our Lord and Saviour Jesus Christ. Are we in “good shape” spiritually? Are we showing complete and total love for God in all that we do? Do we really love our neighbor as we love ourselves? Are we harboring any hatred or hard feeling towards anyone? Are we willing to forgive those who may have wronged us as we have been instructed to do by Christ in today’s Gospel lesson: “For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.” (Matt 6:14-15). Is it time for your check-up?