



**MY  
DAILY  
VISITOR**

**LENT 2022**



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Patrick Mary Briscoe, OP

Aleteia +   
COMPANIONS ON YOUR JOURNEY OF FAITH

The logo for Aleteia + OSV. It features the word "Aleteia" in a dark blue serif font, followed by a plus sign and a red circle containing the letters "OSV" in white. Below this, the tagline "COMPANIONS ON YOUR JOURNEY OF FAITH" is written in a smaller, dark blue, all-caps sans-serif font.

**MARCH 7, 2022**

Monday of the First Week of Lent

Matthew 25:31–46

**Reflect** At the end of time, Jesus will say to those who know and love him: “Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world.” Before time began, the Father planned a destiny of eternal happiness and peace for his beloved sons and daughters. Saint John Chrysostom says, “Observe that he says not ‘receive,’ but possess, or inherit, as due to you from of old.” The gift of salvation, the gift of everlasting joy is not merely a casual offer, rather, this is a promise God intends to deliver to the heirs of his kingdom.

**Pray** Heavenly Father, help me to always view my life from the perspective of eternity. Protect my heart from being caught up in the things of the here and now. Fix my thoughts and desires on the things of heaven, the things that eternally endure. Amen.

**Live** The virtue of hope builds up in us the expectation, the longing, for eternal life. Make acts of hope throughout the day by saying, “Jesus, I trust in you and the plans you have for my life.”

**MARCH 8, 2022**

Tuesday of the First Week of Lent

Matthew 6:7–15

**Reflect** While teaching the disciples to pray, Jesus assures them, “Your Father knows what you need before you ask him.” This should give us confidence; God knows what our hearts long for. But this realization leads us to a pressing question: If God knows what we need, why does he make us ask him for things in prayer? In response to this question, Saint Thomas Aquinas suggests, “We need to pray to God not in order to make known to him our needs or desires but that we ourselves may be reminded of the necessity of having recourse to God’s help in these matters.” Prayer is about our dependence. We are sons and daughters of the Father, reliant always on him. Perhaps this is why prayer is often difficult, because it leads us face-to-face with our creatureliness, our vulnerability, our limitations.

**Pray** Father, you know my heart — you know all that I need. Help me to trust in your goodness. Increase my faith that you will always provide, answering my prayers for my own good.

**Live** Remember those dependent on the goodness of others today. Make a gift to a local food pantry that provides food for those in need.