

Sunday, March 10, 2019. Morning: In today's Gospel reading, Jesus experiences three temptations. He overcomes the first by holding fast to "One does not live on bread alone." There is that something that we believe we desperately need in order to continue to exist and God may allow us to have that for the rest of our life. But there is the chance that it will be taken from us. It is then that we must hold fast to our belief that it is God who will sustain us as we learn to live without that which has been taken from us.

Afternoon: Jesus overcomes the second temptation by seeing the cost of accepting what that temptation offers. There is no such thing as a free lunch. Before accepting anything, we must be mindful of what it will cost us. And if we are not willing to live with that price, we must walk away from the offer.

Evening: Jesus overcomes the third temptation by choosing not to tempt God. Yes, God does love us. Yes, God does want what is best for us. Yes, God will at times rescue us from a mess that we have gotten ourselves into. But God does not always rescue us and sometimes allows us to endure the consequences that we have brought upon ourselves. We are to do our best to watch out for our own welfare as well as the welfare of others and not lead a careless and risky and reckless life and not rely on the assumption that God will rescue us from enduring the consequences of any mess we get ourselves into.

Monday, March 11, 2019 Morning. Hail Mary, full of grace. Grace is that supernatural assistance from God that allows us to do far more than we could ever do on our own, with our own limited human effort. It is because our Lady was full of grace (not 25%, not 50%, not 75%) but 100% full of grace that she was able to live out perfectly, what God called her to do. So let us rely on grace, to take us beyond what our mere human effort could do.

Afternoon. The Blessed Virgin Mary said "yes" and because of that, literally the Lord was with her, in her womb. As we continue to say yes everyday to what God is calling us to, we find that we become more and more aware of how much the Lord is with us.

Evening. Blessed are you among women. Mary became the model disciple as truly blessed, and in the Holy Family of Jesus and Mary and Joseph, we find our individual models for living out our faith, as well as a model for family life — again all in The Blessed Virgin Mary and the entire Holy Family.

Tuesday, March 12, 2019. Morning. Blessed is the fruit of thy womb, Jesus. The definition of the Tabernacle is that which houses Jesus. Whenever we enter the

Church, we genuflect to Jesus in the Tabernacle. When we get a chance, we pray in Church to Jesus in the Tabernacle. Let our devotion to Mary grow as we realize that she was the First Tabernacle, the first to house Jesus.

Afternoon: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. In our Devotion to the Blessed Virgin, let us take consolation in that we are praying to the one who was conceived without sin and that we are sinners asking for her prayers.

Evening. Amen. The Word means: So be it, or Whatever was just said I agree with completely. We say Amen at the end of our prayers. We sing the Great Amen at mass immediately after the consecration when the bread and wine become the Body and Blood of Christ. One word: Amen. In saying that one word we assert that we believe in all that was just said and done.

Wednesday, March 13, 2019. Morning. Recite the Hail Mary and allow the thoughts of the last few days to transform us.

Afternoon. Recite the Hail Mary and allow the thoughts of the last few days to transform us.

Evening. Recite the Hail Mary and allow the thoughts of the last few days to transform us.

Thursday, March 14, 2019. Morning. We are to give Glory to God. Acknowledge and rejoice in God's greatness and beauty by giving honor to God in our lives. Recite: Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, and now, and ever shall be, world without end. Amen.

Afternoon: We believe in the Trinity and invoke our Triune God every time we make the sign of the Cross. Three Persons in one God. Father, Son and Holy Spirit communing in Love and we are invited to enter into that Love. Recite: Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, and now, and ever shall be, world without end. Amen.

Evening: God created our material universe. God sustains our material world. Jesus will return at the end of time to claim this world as his own in the Second Coming — coming not as a newborn babe as he did some two thousand years ago, but in all his power and Glory. Recite: Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, and now, and ever shall be, world without end. Amen.

Friday, March 15, 2019. Morning: On this Friday in Lent spend a moment thanking Jesus for Dying on the Cross for our Salvation.

Afternoon: Take a moment to focus on a particular sacrifice that we are making in our lives for others. Align that sacrifice with Jesus dying on the Cross for others.

Evening: We are called to make many sacrifices throughout our lives. If we make those sacrifices begrudgingly, we will grow bitter. If we see ourselves as called to imitate Jesus who made great sacrifice for others, we will find joy in making sacrifices.

Saturday, March 16, 2019. Morning. Recite the following prayer allowing the thoughts of earlier in the week to sink in. Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, and now, and ever shall be, world without end. Amen.

Afternoon. Recite the following prayer allowing the thoughts of yesterday to sink in. Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, and now, and ever shall be, world without end. Amen.

Evening. Recite the following prayer allowing the thoughts of yesterday to sink in. Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, and now, and ever shall be, world without end. Amen.