

The reading from St. John's Gospel on Sunday told the story of Jesus' anger when he went into the Temple and found people selling their animals and the money changers sitting there too.

"He drove them all out of the Temple ... scattering the moneychangers' coins, knocked their tables over and said to the pigeon sellers *"Take all this out of here and stop turning my Father's house into a market"*.

We see here an angry Jesus. Jesus wanted to change what was happening here in his Father's house. He wanted to change the attitude of people to this sacred space.

In our world today we seem to be constantly busy; there is so much going on in our lives that sometimes we too become totally caught up in everyday events, in the commercialism that surrounds us. At this time of the year there are Easter eggs in all the shops ... but are we preparing for Easter in our hearts? Or have we forgotten that during these weeks of Lent we should be preparing to celebrate the resurrection of Jesus - the moment that gives us the hope that is central to our faith as Christians?

Lent is a time for change; a time for spiritual growth; a time to explore what it is we need to change if we are to become better people.

What things in my life do I need to change?

- Instead of complaining start being grateful. Take a moment each evening to think of one thing that happened during the day for which you are thankful – and thank God for it.
- Instead of criticising other people take a deep breath and say something positive.
- Instead of worrying trust in God. Ask Him to take charge of the things you are anxious about and believe that all will be well.

*We pray:* Lord, we ask you to give us the strength this Lent to genuinely think about the deeper things in our lives, to make time to grow spiritually, 'to develop an attitude of gratitude' being thankful for all the blessings we receive each day. Help us to live each day being more aware of the people around us, particularly the members of our families, and how we are with them in each moment. Amen.