

Lent Week 3: Faithfulness

Faithfulness is a central theme in the Christian Walk, particularly during Lent. Lent, that sacred period of preparation, reflection, and renewal, where we are called to deepen our commitment to God through prayer, fasting, and acts of charity.

It is a time to examine one's faithfulness and align one's heart with God's will. Luke 1:46-56, often referred to as the Magnificat, offers a profound meditation on trust, devotion, and God's promises, serving as a model for believers seeking to cultivate faithfulness during Lent.

Luke records Mary's song of praise after the angel Gabriel reveals that she will bear the Son of God. Despite her youth and the uncertainty surrounding her future, Mary responds with unwavering faith. She proclaims, *"My soul magnifies the Lord, and my spirit rejoices in God my Saviour"*. Her words reflect a heart fully surrendered to God, confident in His faithfulness and power. Mary's "yes" serves as a model, reminding us to trust in God's promises and rejoice in His presence, even in times of uncertainty or trial.

Faithfulness during Lent is about surrendering to God's will, just as Mary did. She did not resist or question God's purpose but embraced it wholeheartedly. In the same way, Lent encourages us to let go of our own desires, allowing God's plan to shape our lives. This surrender is often expressed through fasting, prayer, and acts of humility, reinforcing the truth that dependence on God is more fulfilling than worldly pursuits.

Faithfulness is also demonstrated in acts of service and compassion. Mary acknowledges God's care for the lowly and the oppressed, proclaiming that He *"has put down the mighty from their thrones and exalted the humble and meek"*. Her song highlights God's justice and mercy, calling us to imitate His love by serving others. During Lent this year and every year, we are challenged to practice faithfulness through generosity, kindness, and social justice, reflecting God's grace in our daily lives.

Lent is a season to recall God's unwavering faithfulness throughout history. Mary's song echoes the promises made to Abraham and his descendants, reaffirming that God remains constant in His love and provision. As we reflect on their own spiritual journeys, we can draw strength from knowing that the same God who was faithful to Mary and the

generations before her continues to work in our lives today. This realization deepens trust in God and nurtures a steadfast heart, even in the face of hardship.

Faithfulness is at the heart of Lent. The Magnificat serves as a reminder that faith is not just about belief but about living in complete surrender to God's will. Through Lent, we are encouraged to grow in faithfulness, embrace God's promises, and reflect His love in our lives. In our Lenten journey, may we, like Mary, magnify the Lord and rejoice in His goodness, confident in His everlasting faithfulness.