

First Sunday of Lent

When we look at how the desert is used in the Bible, mythology, art, literature, and the cinema two competing images emerge. The first is that the desert can be a place of loss and ruin where some great heroes have gone and not returned. In another equally venerable tradition journeys to the desert, while filled with a mixture of pleasure and pain, are abundant with revelation, transformation, and recreation. These two descriptions do not have to be contradictory. As we find in Jesus' example, we do not have to give in to the temptation that the desert is only about loss, but we need to find a path there to negotiate a way out of it so that we can emerge recreated, the richer for the experience.

It's important to remember in our own particular deserts that temptation is not sin. To be tempted by something is not the same as doing it. Temptations are the allures that make destructive choices look good. In one sense, the bad news is that we know from the lives of the saints that the closer we get to God, the more temptations increase. The good news is that we can learn how to deal with them.

Usually, temptations have a context and a history. They can come when we are feeling most deserted and vulnerable and they normally strike us at the most susceptible points in our character. To deal with them we need to be aware of their pattern, the way they con us into believing that the destructive behavior is "not that bad," will be "just this once," or "for the last time." As well, it helps if we are aware of the danger signs in our lives that can weaken our defenses. Tiredness, boredom, anger, alcohol and drug use, lack of good communication, and a poor self-esteem are common realities that can leave us more exposed than usual.

This Lent, as we venture with Christ into our figurative deserts, let's do anything that helps our self-esteem, deal with our anger, attend to why we might work or drink too much, and ensure that we are less stressed. Contrary to what we might think, these activities could be the most helpful ways we can make sure we emerge from our desert the better for having been there.

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