

Friday after Ash Wednesday

Gospel text (Mt 9,14-15): The disciples of John came to Jesus with the question, «How is it that we and the Pharisees fast on many occasions, but not your disciples?».



Illustration: + Mr. Josep Lluís Martínez i Picañol (Picanyol)

Today we speak about “fasting”. And what is it about? To eat and drink less of what I would like to. And, why is that? To offer God a little self-denial, a little sacrifice. In this way we, have our little ascent to the Cross of Jesus too. Further, do not forget: “the happier your belly the more asleep your soul”.

-The best fasting is “the fasting of my will”: that is to say, to stop being whimsical, to obey when I am asked to do something, to listen to others, to give up some of my plans so as to adapt to the preference of others...