Today we start our forty-day journey to the great Easter celebration. When we speak of journey, we do not necessarily mean destination but more of a direction. When we say destination, it points to a place where we go or meet. Direction is deeper, it is a course that someone takes to go somewhere. Lent is a direction because it is a journey with Jesus and in Jesus. It begins right in our hearts where Jesus dwells.

The forty days of Lent are not a mere number of days to be followed. They signify to us perfection, which is an ongoing process in life. The practices of fasting, almsgiving, and contrition help us stay on course in the direction of Christ. When we see life more as directional, like Lent which we celebrate every year and its spirit we live daily, it does not really matter what God wants us to do or if this is what He really wants from us. To see life more as a direction means to find its meaning in God so that we keep on maturing and sustaining our journey in Him and with Him. It does not matter where He leads us or where we go or stay. What matters most is we are in Him and with Him.

So here, we find Lent is entering God in and through Jesus Christ. It is going back to Him, staying in Him and with Him in Love. This is why we fast and empty ourselves, so that we become more sensitive to God’s presence. Notice how our churches and the liturgy are very plain and simple: no flowers, no decors, no Alleluia, no Gloria – just the basic essentials so we are not distracted in finding and following God right in our hearts.

The beauty of finding our life direction in God this Lent is that it is not just a personal journey but a communal one as well. When you find your direction, you find God. If you truly find God as your direction, you will surely meet and find your neighbors. That is when you find joy and peace, which is actually Easter – the direction and ultimate destination of every Lent and life.