

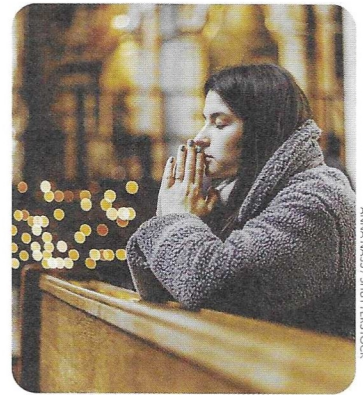
Dear Padre,

What is the difference between temptation and sin?

The temptations of Jesus, as they are recorded in the Gospels (Mark 1:12, Luke 4:1, and Matthew 4:1), give us the proper direction with regard to sin and temptation. Jesus was tempted three times, but he did not sin. More than that, Jesus put his trust in God during the temptations. Jesus' message is clear: if you feel tempted, call out to God!

The Church teaches that sin is a deliberative process. Temptation is something that happens to you without your consent: a thought or desire pops into your mind. For temptation to become a sin, you have to entertain that thought or desire, or plan to act on it, or do it. That's when temptation "turns a corner" and becomes sin.

Although the sacrament of penance is available throughout the year, the Church places a special emphasis on it during Lent. There may be a communal penance service in your area. Perhaps you can commit now to participating in the service. If it's been a while since you've been to confession or you're not sure what to do or say, just tell the priest. He will show you. ●



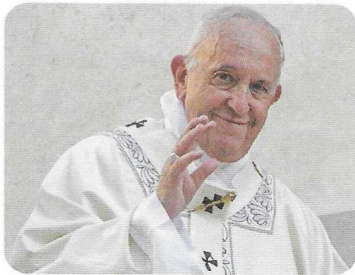
ANNA NASS / SHUTTERSTOCK

The Redemptorists / DearPadre.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
March 18 <i>Lenten Weekday</i> Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62 Jn 8:1-11	March 19 <i>St. Joseph, Spouse of the Blessed Virgin Mary</i> 2 Sm 7:4-5a, 12-14a, 16 Rom 4:13, 16-18, 22 Mt 1:16, 18-21, 24a or Lk 2:41-51a	March 20 <i>Lenten Weekday</i> Dn 3:14-20, 91-92, 95 Jn 8:31-42	March 21 <i>Lenten Weekday</i> Gn 17:3-9 Jn 8:51-59	March 22 <i>Lenten Weekday</i> Jer 20:10-13 Jn 10:31-42	March 23 <i>Lenten Weekday</i> Ez 37:21-28 Jn 11:45-56	March 24 <i>Palm Sunday of the Passion of the Lord</i> Mk 11:1-10 or Jn 12:12-16 Is 50:4-7 Phil 2:6-11 Mk 14:1-15:47 or 15:1-39

Know Someone Overly Anxious About Sin?

Since 1964, the Redemptorists' *Scrupulous Anonymous* free monthly newsletter has ministered compassionately to those struggling with scrupulosity. To subscribe, visit ScrupulousAnonymous.org.



A WORD FROM POPE FRANCIS

We are called to take on the paschal law of losing life in order to receive it renewed and eternal. And what does losing life mean?... It means to think less about oneself, about personal interests and to know how to "see" and to meet the needs of our neighbors, especially the least of them.

ANGELUS, ROME, MARCH 18, 2018