



*February 23, 1890*

**On Temptation**  
**Follow Our Lord during this Lent**

My dear Sisters,

In the Gospel, I notice how Our Lord responds to temptation and, consequently, how He teaches us to respond, for no one is exempt from temptation in this world, and while we must strive to overcome temptation, we cannot hope to avoid it.

The first response our Lord gives is this: *“Man does not live by bread alone, but by every word that comes from the mouth of God.”*<sup>1</sup>

For us, there is a word from the mouth of God that must be the first at the source of our actions: *“Come, follow me.”*<sup>2</sup> We have heard it, and that is why we are Religious, why we belong to Our Lord. He did not simply tell us: *“Sell everything you have.”* That is not the most difficult aspect, Saint Gregory the Great tells us; the philosophers sold everything, divested themselves of worldly possessions, they did great things, but none of them knew how to follow God, obey God, and follow Jesus Christ. This is the essence of Christians, the essence of consecrated souls. Since Lent is very mild for us, as for several other dioceses this year, I would like each one to strive to advance in her sanctification by renouncing herself, by doing through inner mortification what we do not do through outer mortification, and in the area of inner mortification we are perfectly free.

Among our Lord's responses to the tempter, there is another I would like to remind you of: *“You shall worship the Lord your God and serve Him only.”*<sup>3</sup>

This is the effort we must make if we want to advance in perfection: to serve God alone and not at all our self-love, our petty passions, what remains within us of the attachments that sin has created.

Work effectively during this Lent to purify the depths of your souls, to see, to seek the means to truly follow Jesus Christ, to follow Him in humility, to follow Him in charity, to follow Him in patience, to follow Him in the solid virtues that He taught His Apostles and that we are obliged to learn since we too are chosen by Him.

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<sup>1</sup> Mt 4, 4.

<sup>2</sup> Mt 19, 21.

<sup>3</sup> Mt 4, 10