

# **LOOKING TO SUNDAY®**

**Sunday, March 2, 2025**

## ***The Eighth Sunday in Ordinary Time***

This email, entitled Looking to Sunday®, focuses on one or more of the scripture readings for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. Looking to Sunday is written by Father Tom Iwanowski.

Looking to Sunday has been published for more than sixteen years.

### **LET US KNOW**

*Please let us know how we did.*

Emails and text messages with that subject line often appear on our digital devices after we have visited a health care provider, made a purchase in a store that has our contact information, or reached out to customer support with an issue we might be having with a product or service.

These messages ask us to complete a survey to rate the person who provided us with a service or helped us with a purchase.

However, we do not need a survey to encourage us to evaluate a person's performance. We are continually rating and evaluating those with whom we interact.

We evaluate employers, managers, fellow employees, teachers, neighbors, relatives, friends, as well as political leaders, public servants, coaches, police officers, mechanics and trades people, and even our priests. We are always rating and evaluating people. As we know, pollsters such as Gallup and Rasmussen continually provide us with data about how we judge our government and corporate leaders are doing.

In this Sunday's Gospel (Luke 6:39-45), Jesus speaks about evaluating others. He tells us that before we judge what is negative in others, we need to honestly evaluate ourselves and consider how we are doing.

As Jesus tells us, "Remove the wooden beam from your eye first; then you will see clearly to remove the splinter in your brother's eye."

Jesus challenges us to first take a good look at our own lives before we begin looking for the "splinters" in the lives of others.

One way to respond to that challenge of Jesus is to make time at the end of each day to carefully consider how we have lived. During such an evaluation or an "examination of conscience" as it is traditionally called, we might ask ourselves if our words and conversations that day lifted people up or tore them down, if our actions resulted in good or evil. As Jesus reminds us, "A good person out of the store of goodness in his heart produces good, but an evil person out of a store of evil produces evil."

Such a daily examination of conscience will help us to see more clearly how we are doing in our Christian lives. It would also be a perfect thing to do each evening during the coming days of Lent.

At the end of each day, we might think of the Lord sending us a message, *Please let us know how **you** did.*