

Reminders and Resources for the 2026 Lenten Homily Series

The Radical Way of Discipleship

Week One — Radical Integrity

Understanding Radical

- True discipleship is radical — it goes to the root of the Gospel.
- It requires choosing faith over popularity and truth over comfort.
- It is not easy — but it brings deep meaning, fulfillment, and joy.

Defining Integrity

- Integrity comes from the Latin *integer*, meaning *whole*.
- To live with integrity is to live an undivided life, to be honest, and to resist temptation

Living an Undivided Life

- We are the same person in private and in public, no double life.
- We resist presenting a false version of ourselves — at work, at home, online, etc.

You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. — Jesus in Matthew 23:25

Being Honest

- Telling the truth, admitting mistakes, avoiding exaggeration, refusing to gossip
- Taking responsibility instead of blaming someone else

Whoever is trustworthy in very small matters is also trustworthy in great ones. — Jesus in Luke 16:10:

Resisting Temptation

- Choose to follow the voice of God over the voice of society
- Resist the impulses that draw us away from God

Integrity is not perfection. It is choosing truth and returning to God when we drift.
Create in me a clean heart... and renew a steadfast spirit within me. — Psalm 51:10

Integrity Matters

- Integrity sustains community.
- Without it, truth collapses and relationships fracture.
- Where integrity is absent, dysfunction grows, and systems break down.

Reflection Questions:

- Where am I tempted to project an image instead of living honestly?
- Am I truthful in small matters as well as big ones?
- Where do I most often stumble — and which voice am I listening to?

Prayer for Integrity:

God of radical integrity,
Help us to align our thoughts, actions, and choices
to your truth.
Help us be consistent in our character,
even when no one is watching.
Help us live integrated lives,
where what we say and do are united.
Meet us in our weaknesses
and draw us out in love,
to listen to your voice
above all other voices.
Amen.

Inspirational Quotations:

“They’re certainly entitled to think that, and they’re entitled to full respect for their opinions... but before I can live with other folks I’ve got to live with myself. The one thing that doesn’t abide by majority rule is a person’s conscience.”

— Harper Lee, *To Kill a Mockingbird*

“I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence.”

— Frederick Douglass

“I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have.”

— Attributed to Abraham Lincoln

“The truly scary thing about undiscovered lies is that they have a greater capacity to diminish us than exposed ones. They erode our strength, our self-esteem, our very foundation.”

— Cheryl Hughes

“Right is right even if no one is doing it; wrong is wrong even if everyone is doing it”

— Attributed to St. Augustine

“A man of integrity has his words and deeds integrated, with no sunlight in between the two.”

— Charles Causey

“I cannot and will not cut my conscience to fit this year’s fashions.”

— Lillian Hellman

Week Two — Radical Transformation

Defining Transformation

- When we let God transform our lives, our faith deepens and we grow in understanding.
- Encountering Christ changes us; we live differently because of that experience.
- We have to be open to being transformed, and then take steps forward toward that change.
- *Radical Transformation* means becoming who God has designed us to be.

The Transfiguration

- Jesus' Transfiguration reveals the glory that was always present in him.
- It shows not only who Jesus is, but what humanity is meant to become.
- The mountain experience prepares the disciples for the suffering of the Cross.
- Spiritual "mountain" moments bring clarity and vision.
- Real transformation happens when we return to everyday life (the valley).
- The purpose of spiritual experiences is to strengthen us for challenges, not to escape them.

Trust

- Trust is a unique blend of vulnerability and confidence. Abram trusted God and went to an unknown land.
- Transformation requires letting go of control, accepting uncertainty, and stepping forward in faith
- Trust is not certainty—it is moving forward anyway.

Listening

- God's command at the Transfiguration: "Listen to him."
- Modern life is full of noise that blocks our ability to hear God.
- Silence is necessary for spiritual transformation.

What Transformation Looks Like

- Radiant – bringing peace to others
- Free – not ruled by fear, comparison, or resentment
- Anchored – stable despite circumstances
- Unafraid – trusting God even in suffering

Jesus Models Radical Transformation

Jesus shows us what a life transformed by God looks like. He was grounded in prayer, prioritizing his relationship with God above all else. He continually sought to align his life with God's will. And all of this inner work paid off as we see how he could respond to others with emotional maturity and self control even under pressure — including practicing nonviolence amidst extreme physical suffering. Jesus cultivated an inner freedom that gave him profound clarity. His was a life transformed, full of trust that allowed God to shape him into eternal love. We are called to that same way of being.

Transformation Is a Journey

- Spiritual growth is not instant perfection.
- Even the disciples failed after the Transfiguration.
- Progress includes both successes and setbacks.

Reflection Questions:

- What “noise” in your life makes it difficult for you to listen to God?
Where in your life might God be inviting you to trust Him more right now?
- Imagine the person God is shaping you to become — what qualities do you see

Prayer for Transformation:

Loving Father,
You revealed the glory of Your Son
so that we might trust the road that leads through the Cross.

In the noise of our lives, teach us to listen.
In our fear, teach us to trust.
In our weakness, reshape our hearts.

Strip away whatever keeps us from becoming
who You created us to be.

Lead us down the mountain
ready to follow Jesus toward Jerusalem,
confident that the destiny You have prepared for us
is radiant with resurrection light.

We ask this through Christ our Lord.
Amen.

Inspirational Passages & Quotations:

Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.
— Romans 12:2

All of us, gazing with unveiled face on the glory of the Lord, are being transformed into the same image from glory to glory, as from the Lord who is the Spirit.
— 2 Corinthians 3:18

What you are is God’s gift to you; what you become is your gift to God.
— Hans Urs von Balthasar

The oak tree is already present in the acorn.
— Traditional Proverb

Week Three — Radical Compassion

Defining Compassion

- Compassion is typically understood as a sympathetic concern for the suffering of others, often with a desire to alleviate it. Yet we often fail to grasp what that truly requires:
 - Compassion starts with dignity – treating every person as fully valued.
 - It means Inclusion – welcoming others, even those who are marginalized or difficult to embrace.
 - It demands empathy – understanding another’s needs, fears, or suffering and standing with them.
 - Genuine compassion results in taking action to care for another – responding with practical support and love.

The Woman of Samaria

Jesus meets a Samaritan woman at Jacob’s well — a woman who lives on the margins racially, religiously, and socially. Samaritans were despised by Jews, and as a woman who had five husbands — likely not by her own fault — she carries both cultural rejection and personal shame. She comes to the well at noon, under the harshest sun, hoping to avoid the gaze and judgment of others... but Jesus is there. He crosses every barrier to speak with her. He names her story, not to condemn, but to free her. He sees her completely and invites her into “Spirit and truth,” offering what he calls “living water” — freedom from shame and the promise of eternal life. Fully known and still loved, she is set free. The woman who once hid in the heat of the day becomes a bold witness, proclaiming the Messiah to her people. Jesus’ compassion does not ignore sin, but neither does it trap a person in it. His compassion brings what is hidden into the light so that healing and restoration can begin.

Jesus Modeled Radical Compassion Consistently

There are numerous stories of Jesus living out radical compassion in his life. Here are just a few more examples:

- Jesus touches the untouchable leper
- He protects the woman caught in adultery
- He restores Peter after his public failure
- He even forgives the dying thief on the cross next to him and offers him paradise; imagine — in the midst of horrific torture — having the strength to consider someone else’s needs... but Jesus’ compassion knows no limits.

In every act, Jesus sees the hidden pain, names the truth lovingly, and stands with the person to point them toward a better way forward.

A 5 step challenge:

1. Notice someone’s suffering or injustice, big or small.
2. Listen to their story and treat them with dignity.
3. Empathize and understand their perspective.

4. Act to support, advocate, and stand with them.
5. Love and pray for them.

Prayer for Radical Compassion:

Lord Jesus,

We thank you for demonstrating radical compassion again and again for seeing hidden pain, speaking truth in love, and offering healing and freedom to all.

Help us to notice the suffering around us and to respond with courage, advocating for those in need of our support.

Fill our hearts with your grace so that we may continue to care for one another faithfully.

May your living water flow through us, turning every moment into an opportunity to witness your love in the world.

Amen.

Inspirational Passage & Quotations:

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience
— Colossians 3:12

“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”
— Dalai Lama

“Our human compassion binds us the one to the other—not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into hope for the future.”
— Nelson Mandela

“Where there is no human connection, there is no compassion. Without compassion, then community, commitment, loving-kindness, human understanding, and peace all shrivel.”
— Susan Vreeland

“Compassion is not a relationship between the healer and the wounded. It's a relationship between equals.”
— Pema Chödrön

“If you judge people, you have no time to love them.”
— Mother Teresa