

## Knights Lecture 12

As Christians we are called to live out the Gospel in our daily lives. As Catholic gentlemen and Knights of Columbus we have chosen to commit ourselves to spreading the Gospel in everything we do. I'm reminded of the saying which is attributed to St. Francis of Assisi, "Preach the Gospel; When necessary, use words."

During the season of Lent it's important to remember the passion and the Cross. The passion, which began on the evening of Holy Thursday with the Agony in the Garden, in which Jesus suffered such immense pressure and stress that he actually sweated blood. I don't know if you know, but has been medically proven that it is possible for someone to sweat blood. It's a condition called Hemtridrosis, which results from the constriction of the blood vessels around the sweat glands as a result of extreme anxiety, which causes the vessels to dilate until the actually rupture.<sup>1</sup> It was also in Jesus' Agony that he prayed, "Father, all things are possible to thee; remove this cup from me yet not my will, but what thou will."<sup>2</sup>

The will of the Father was not for Jesus to suffer incredible torture, and die an unimaginably painful death on the Cross, for no reason; but for Jesus to suffer and die for the forgiveness of our sins so that we could have eternal life. To take full advantage of Christ's forgiveness of our sins we must take full advantage of Reconciliation, especially during Lent. As Christians and Knights of Columbus we are called to follow Christ's perfect example of forgiveness by forgiving those who have gone against the trust placed in them, or committed sins against us in some way.

I'd like to leave you with one last thought. Recall the failed assassination attempt on St. John Paul the Great. What did the Pope do after escaping death by millimeters? He went and visited his would-be assassin to offer him his forgiveness. The Pope later said, "Pray for my brother...whom I have sincerely forgiven."

If God incarnate was willing to suffer and die for the forgiveness of our sins; If the Pope was able to forgive the man had attempted, and nearly succeeded, to take assassinate him, why can we not fully forgive and rebuild our trust with those who have hurt us in some way?

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<sup>1</sup> <http://en.wikipedia.org/wiki/Hematidrosis>

<sup>2</sup> Mark 14: 32-42