



Frère John Martin

A Lenten Message

Dear friends,

Very soon, we will enter the sacred season of Lent. In Christianity, we celebrate two great feasts: Christmas and Easter. I would add a third—the Baptism of Christ. These three feasts reveal one profound truth: the birth of the Son or Daughter of God, the awakening of universal consciousness. This birth brings unity and peace—both within us and in the world—leading to a life of universal welfare. Lent is a time of preparation, a journey toward breaking through into this universal consciousness. It is a season of awakening, transcendence, transformation, and sharing divine life.

Throughout Lent, we often hear the call to repent. But repentance is not merely feeling sorry for our sins or seeking mercy. True repentance has three dimensions: transcendence, transformation, and sharing divine life.

Transcendence is rising beyond our identities rooted in time and space, awakening to our eternal identity—the Kingdom of God within us. It is like discovering the hidden treasure, returning to our divine source.

Transformation follows this discovery, as our earthly identities become vehicles for our eternal being—like yeast transforming flour.

Sharing divine life naturally flows from this transformation. We give and receive not merely as individuals but as instruments of divine love. This is the life of the Kingdom of God. This is the life of resurrection.

During Lent, we are invited to embrace prayer, fasting, and almsgiving. These are not mere rituals but essential aids in our journey of awakening, transformation, and sharing.

Prayer is ultimately an act of surrender to God, allowing us to discover our eternal identity. This happened to Jesus at his baptism when, in prayer, the Spirit descended upon him, revealing him as the Son of God—the universal consciousness.

Fasting has two dimensions : external and internal. External fasting has its own value, but it should lead to internal fasting—detaching from our limited identities of time and space so we can awaken to our eternal self. Jesus fasted in the desert, not just by abstaining from food but by disidentifying from the self-image shaped by his baptismal experience. This inner fasting made him a humble servant of God, a true vehicle of eternity.

Almsgiving is not about inflating our ego but about dissolving it. It is meant to break down our artificial separateness and deepen our unity with others, creation, and God. True giving is not merely material; it is sharing divine life. In giving and receiving, God moves in and through us. As Jesus said, “The works I do are not mine, but the Father who dwells in me does his works.”

Prayer, fasting, and almsgiving are not meant to glorify the self but to transcend the self—to become vehicles of divine love. This is resurrection, and it happens before we die. Jesus said, “I am the resurrection and the life”—not after his physical death, but while he was still alive. The resurrection before death prepares us to understand the resurrection after death.

May this season of Lent bring us inner awakening, transformation, and the grace to share divine life in our relationships. And may we, like Christ, proclaim even now:

“I am the resurrection and the life.”

Wishing you a fruitful and transformative Lenten season.

Br. John Martin

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