



DIOCESE OF SCRANTON

# ROOTED IN CHRIST

LENT 2022



# SACRED *Sunday*

## Have you heard of the Transcendentals?

God is always revealing Himself to us! He wants to be known and loved. The Transcendentals are the properties of God's being, his essence. Each of us leans to one of these as the primary way we experience God.

**TRUTH, GOODNESS, and BEAUTY**



**Sunday is a sacred day.** Sacred means set apart for connection with God. It's a chance to disconnect from the things of the world - even good things - in order to experience the greatest good, God himself.

Who is God? The True; the Good; the Beautiful.

So it makes sense that Sunday can be a day to immerse yourself in the True, the Good and the Beautiful, in order that you might experience God, with whom a relationship is your best chance for true happiness.



We desire what is True, Good, and Beautiful. God made us for a relationship with Him, and if we choose lesser things, we will keep filling ourselves over and over, but no matter what we do, we will never be fulfilled.

We desire what is True, Good, and Beautiful.

The liturgy is designed as a way for us to encounter God, in body, mind, and spirit. In a word, the liturgy is the Real Presence of God among His people. It follows, then, that the liturgy should immerse us in Truth, Goodness, and Beauty. Liturgy is a true union of the 3 transcendentals that draws us to express our innermost nature, to worship God. God is the union of the True, the Good and the Beautiful—and so, therefore, must be the Liturgy.

**What is the Liturgy?**  
In a word, the Real Presence of God among His people.

**For Reflection**

- Pay attention to how you experience Truth, Goodness, and Beauty at Mass, and all day long on Sunday.
- How does this definition of the liturgy change how you view it?
- Start to identify which of the 3 Transcendentals is most prevalent in you.

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