



Conversion of Heart: A Lenten Call to Serve

So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win human admiration. In truth I tell you, they have had their reward. (Matthew 6:2)

Lent invites us into a sacred rhythm of prayer, fasting, and almsgiving—not as empty rituals, but as pathways that reshape our hearts to love as Christ loves. These practices draw us closer to God while opening our eyes to the needs of our neighbours. Prayer aligns our will with God’s compassion, fasting loosens our attachment to self, and almsgiving moves us outward in concrete acts of mercy. Together, they teach us true conversion is lived through love in action. The Society of Saint Vincent de Paul beautifully embodies this Lenten call. Through home visits, food assistance, and compassionate presence, we as Vincentians are called to serve Christ in the poor with humility and respect. This service reflects the words of the prophet Isaiah: *Is it not sharing your food with the hungry, and sheltering the homeless poor; if you see someone lacking clothes, to clothe him, and not to turn away from your own kin?* (Isaiah 58:7).

Lent also challenges us to ask how we can deepen this service. Beyond material help, we are called to be attentive listeners, patient companions, and advocates for justice. Helping a neighbour may mean offering time, checking in on someone who is lonely, forgiving freely, or standing with those whose voices go unheard. In doing so, we live out Christ’s command.

Reflection Questions

1. How are prayer, fasting, and almsgiving shaping your heart to be more attentive to the needs of others?
2. In what practical ways can you support the mission of Society of Saint Vincent de Paul and become a more loving neighbor this Lent?

Let us pray... Lord, during this Lenten journey, draw us closer to You through prayer, free our hearts through fasting, and move our hands through generous service. May we recognize You in our neighbours and love You through deeds of mercy and compassion. Amen.

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For those interested in contributing spiritual reflections, please email jose.torres@rogers.com. Also, for reflections that may be used in your group meeting’s spirituality segment, please check out: [Monthly Reflections - Society of Saint Vincent de Paul - National Council of Canada](#)