

In today's Gospel, the Sunday after Epiphany, Matthew 4:12-17, Jesus heard that John was arrested and withdrew into Galilee. It was from this time on that He preached saying, "Repent for the kingdom of heaven is at hand."

What is repentance? In Greek, the word μετάνοια in its etymology is broken down in two: μετά meaning after, and νοια meaning to think. Therefore, repentance or μετάνοια is the act of thinking about our actions and then making a change afterwards; literally, having a change of mind.

Dearest ones, Jesus Christ today tells us to do just that, to repent for our past actions that may need redirection in the future. And what direction shall we take? It is the direction that He, our Lord and Savior Jesus Christ, has shown us—to center our lives in God. We must review our choices in our lives and ask ourselves the hard question as cliché as it may sound; is this what Jesus Christ would do? Are we loving our God and loving our neighbors as ourselves?

We all have actions we have regretted which we have done in the past, and today Christ tells us, regardless of these actions, repent, and change our ways following Him in the Highest whose Kingdom endures forever; Father, Son, and Holy Spirit, now and always and forever and ever, amen.