



Introduction

Holy Wednesday serves as a sacred threshold between the bustling early days of Holy Week and the solemnity of the Paschal Triduum. While the liturgy remains eloquently silent—no Mass is celebrated this day—the Church invites us to internalize three crucial lessons that prepare our hearts for the Central Mystery of our faith: Christ’s Passion, Death, and Resurrection.

1. Lesson on Sin and Mercy: Judas vs. Peter

The Dramatic Contrast:

- *Judas*: His story (Mt 26:14-16; 27:3-5) teaches that **the greatest danger is not falling, but denying the possibility of being lifted up**. Judas’ sin wasn’t just betrayal but his ultimate rejection of forgiveness (“sin against the Holy Spirit” – Mt 12:31).
- *Peter*: His denial (Mt 26:69-75) followed by tears shows that **God can write straight even with our crooked lines**. His weeping became the seed of his future role as shepherd (Jn 21:15-17).

To Live Today:

- *Concrete Examination*: In what areas of my life do I act like Judas (self-justification, secrets) or like Peter (authentic repentance)?
 - *Action*: Go to the Sacrament of Reconciliation before Easter.
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2. Lesson on Fruitful Silence: Mary of Bethany Anoints Jesus (Jn 12:1-8)

The Prophetic Gesture:

While the disciples argue about money (Judas) and power (Mk 10:35-37), Mary breaks an alabaster jar of pure nard—worth a year’s wages—to anoint Jesus. This act teaches:

- **Love Doesn’t Calculate Costs**: What the world calls “waste” (Jn 12:4-5), God records as true worship.
- **Silence That Speaks**: Mary doesn’t debate; her action speaks louder than words.

To Live Today:

- *Question*: What “jar of nard”—time, talents, resources—am I hoarding instead of



pouring out for Christ?

- *Practice*: Choose a concrete act of love (visiting the sick, forgiving someone) as a personal “anointing” for Jesus.
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3. Lesson on Daily Betrayal: With What Kiss Do We Betray Christ?

The Paradox of Judas’ Kiss (Lk 22:47-48):

The sign of love (a kiss) becomes an instrument of betrayal. This reflects:

- **Our Contradictions**: Like when we celebrate the Eucharist but deny Christ through gossip, indifference, or spiritual mediocrity.
- **Jesus’ Response**: He calls Judas “friend” (Mt 26:50), showing that **His mercy precedes even our infidelity**.

To Live Today:

- *Examination*: What “betraying kisses” do I give God? (e.g., mechanical prayers, broken commitments).
 - *Resolution*: Transform one area of hypocrisy into fidelity (e.g., stop a habitual criticism, arrive on time for Mass).
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Conclusion: A Holy Wednesday That Transforms

These three lessons are stepping stones for the Triduum:

1. **Repent Like Peter**—not like Judas.
2. **Love Like Mary**—without human calculations.
3. **Be Consistent**—let your kisses (signs of love) never become currency of betrayal.

Closing Prayer:

“Lord, on this Holy Wednesday, give me the clarity to recognize my inner Judas, Mary’s generosity to love You without measure, and the consistency to make my life a faithful kiss at Your feet. Amen.”

To Go Deeper:



- *Scripture Reading:* Jn 12:1-11 (Anointing at Bethany) + Mt 26:14-25 (Judas).
- *Spiritual Exercise:* Write a letter to Jesus acknowledging a daily betrayal and proposing an act of reparation.
- *For Groups:* Discuss: What “nard” can we pour out as a community this Holy Week?