

REFLECTION

1st Sunday of Lent

February 22, 2026

Genesis 2:7–9, 16–18

Today's reading takes us back to the beginning—to the intimacy of creation, where God is close, personal, and genuinely involved, rather than distant or abstract. This verse encourages us to cherish the life we've been given and to recognize the care and purpose that went into our creation. Thus, we must question ourselves, "Do I remember that my life is a gift sustained by God's breath?" Do I believe God's laws are life roads, not barriers?"

According to the scripture, "the Lord God formed the man out of the dust of the ground and breathed into his nostrils the breath of life." This is a great image. Humans are created of dust, which means they are fragile, limited, and dependent. We are animated by God's breath, making us both humble and holy. Moreover, we are earthbound, but we contain God's very existence. And every breath we take serves as a reminder that life is a gift, not something we create. This reveals a crucial aspect of our identity. Our dignity is not derived from our achievements, wealth, or social standing. God's breath within us causes it. Thus, this holy breath is present in every human being, no matter how feeble, destitute, or broken. Hence, to ignore this is to lose touch with our true selves.

May we remember that we are dust, but dust filled with God's breath. And may that knowledge shape how we live, love, and care for one another.