

## You are the man / woman!

The prophet Nathan said to King David, “You are the man.”

Those words struck David to the core. They pierced his heart, laying bare the secret lust he had buried and the betrayal of his fallen soldier, exposing it all to the light of day.

Nathan had told David a story. There was a poor man who had nothing but a single ewe lamb. He raised her with tender care; she grew up like his beloved daughter. Nearby lived a rich man, with flocks beyond counting. When a traveler came to him, he spared his own herd. Instead, he seized the poor man’s lamb, slaughtered her, and set her before his guest.

David’s anger blazed. “As surely as the Lord lives,” he declared to Nathan, “the man who has done this must die!” Then Nathan looked at the king and said, “You are the man.”

Confronted by his own judgment, David staggered. When his index finger pointed at a wicked rich man, he was shocked to see three other fingers pointing at himself. He had condemned himself.

Nevertheless, David accepted responsibility for his crime and acknowledged his guilt. Moved by this remorse, he composed one of the most beautiful psalms of contrition.

He lamented: “For I know my transgressions; my sin is ever before me. Against you, you alone, have I sinned and done what is evil in your sight.”

“You are the man... you are the woman!” When we stand as the target of this piercing arrow—unable to flee and unable to shift the blame—the hidden sins that have accumulated within us can finally be truly repented of and mercifully purged.

Let this moment of confrontation become our meditation throughout this Lent. As we pray, fast, and give alms, may we continually nurture this sacred awareness.

In the silence of our hearts, before the Blessed Sacrament in the tabernacle, while making significant decisions, and whenever we encounter the Divine, true conversion takes place.

During these forty days, I urge you to attend daily Mass, participate in the Stations of the Cross, go to confession, and prayerfully read Psalm 51, Chapter 5 of the Gospel of Matthew, and Chapter 6 of the Gospel of Luke.

Reflect deeply, meditate prayerfully, and unite yourself with Jesus in his suffering, death, and resurrection. God will enlighten, strengthen, and guide you.