

# RISEN EAGLE

*Pslam 51:10, "Create in me a clean heart, O God".*

**VOL 13**

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## SPIRITUAL FREEDOM



**March** leads us into the sacred journey of Lent — a season that invites us not simply to give something up, but to open something deeper within. Lent is not about restriction

alone; it is about restoration.

For many, freedom feels distant.

Circumstances may not change quickly.

Doors may not open when we desire. Yet spiritual freedom is not measured by external conditions — it is born in the heart that chooses to trust God even in the wilderness.

Lent reminds us that Jesus Himself fasted in the desert. He faced temptation, hunger, and isolation — yet He remained rooted in the Father's will. In our own deserts, we are invited to do the same. Through prayer, fasting, and honest reflection, God strengthens what feels weak and renews what feels forgotten. True freedom begins when we surrender resentment, fear, and discouragement. When we forgive. When we pray sincerely. When we choose obedience over impulse. In these quiet acts, chains begin to loosen — not always around our wrists, but around our hearts.

This Lenten season, let us not lose hope. Every sincere prayer matters. Every sacrifice offered in love bears fruit. God sees what is hidden. He works in silence. And He prepares resurrection even while

we walk through the cross. May this month be a time of interior renewal, steady courage, and deeper trust in the Lord who never abandons His people.

*~Fr. Samy, Risen Eagle Spiritual Director~*

### **Lenten Reflection: A Journey of Fasting**

To help you in your continued preparation during this Lenten season, we offer you some Bible trivia on fasting that may spruce up your spiritual journey.

**1.** Ezra proclaimed a fast at the river Ahava for what specific intention?

- A. Deliverance
- B. Confession
- C. Protection
- D. Healing

**2.** Commonly referred to as the Esther Fast, Queen Esther proclaimed a dry fast of no food or drink among the exiled Jews in Susa for how long?

- A. Three hours
- B. One day
- C. Two days
- D. Three days



**3.** When Barnabas and Saul were commissioned for specific religious work, the prophets had been worshipping with fasting for what specific reason?

- A. Deliverance
- B. Discernment
- C. Healing
- D. Abstinence

**4.** Who refused to eat any food when he was sullen and vexed because Naboth had refused to give him a vineyard?

- A. Ahab, the king of Samaria
- B. Jezebel
- C. Jehoshaphat
- D. Elijah

**5.** This man neither ate nor drank for three days after losing his sight following an encounter with Jesus on his way to Damascus.

- A. Adam
- B. Abraham
- C. Moses
- D. Saul



**6.** How many days did Jesus fast in the wilderness, where He was tempted by the Devil?

- A. Four days
- B. A fortnight
- C. One month
- D. Forty days

**7.** When Jesus said, "And when you fast, do not look dismal, like the hypocrites..." what did He mean?

- A. You should only fast in the privacy of your home
- B. You should only fast on holidays
- C. You should not fast to display your sacrifice with the ulterior motive of gaining sympathy or praise from others
- D. You should not fast if you are incarcerated

*~Kim C, Risen Eagle Ambassador~*

## INSIDE VOICES

### A Personal Testimony: A Servant's Musings

I am not sure what else is required of me from our Father in heaven. I believe I have been patient. I believe I have been a worthy and diligent servant.

God's wisdom is by no means mine, for His ways are not mine (Is 55:8; 1 Cor 1:25; 1 Cor 3:19). I do believe, however, that I am due for my reward. Therefore, I know that it is just a matter of time now. Indeed, Is 59:1 states, "Behold, the Lord's hand is not shortened, that it cannot save, nor His ear dull, that it cannot hear..."



When Pharaoh was approached by Moses, God hardened Pharaoh's heart (Ex 4:21; 10:20), as He similarly did with Laban when Jacob

was cunningly strong-armed by him (Gen 29:25). Perhaps it was to be a thorn in their side (2 Cor 12:7), to "toughen up" Moses and Jacob and thus prepare them for a glorious future. More so, however, it was certainly to test these antagonists through their own crosses (Lk 9:23) so that, through free will, they could rightfully choose good and turn to God to seek Him (Ps 34:4-5; Is 45:22).

Thus, they would need to overcome their crosses with a broken and contrite heart (Ps 34:18). However, as almost every story goes, repentance is often far and few between among the obstinate, and thus the ten plagues manifested, ultimately culminating in God's glory (Ex 14:21-30). Alas, if only we could all turn away from the Thief who comes only to steal (Jn 10:10) and come to our Savior expediently (Mt 11:28-30).

We pray that, while it may perhaps be necessary for these opposing forces to have their hearts hardened—through their own deception, disobedience, and unbelief (Heb 3:8-13)—for God's master plan to manifest, let it therefore not be unnecessarily prolonged (2 Peter 3:8) through their stubbornness and lack of constant exhortation (Heb 3:13; 4:7). Till then, I continue to train in my marathon of spirituality (1 Cor 9:24) and fight the good fight (2 Tim 4:7). All glory to God for His mighty works and

design! I am but a "sheep in the midst of wolves" (Mt 10:16; Lk 10:3). I keep vigil against false prophets and gird myself with the Gospel. I tie my waistcloth firmly around me and await the next mission in my service to Him (Jn 13:4-13). Serviam!

~God's Humble Servant~



### Prayer Line

929-561-8301

Call and leave us a message with your brief prayer intentions. Prayers will be lifted at holy mass confidentially and our Eagle Ambassador prayer warriors will also intercede for your intentions.

If you have a testimony to share on Inside Voices, we would love to hear from you. Write to your local Correctional Chaplain Services or mail it directly to our Ministry at [4711 Church Ave., Bklyn, NY 11203](mailto:4711@riseneagle.org)

### Bible Trivia Answer

1. C (Ezra 8:21)
2. D (Esther 4:16)
3. B (Acts 13:1-3)
4. A (1 Kings 21:4)
5. D (Acts 9:9)
6. D (Matthew 4:1; Luke 4:1)
7. C (Matthew 6:16)

## Saint of the Month – St. Perpetua

Feast Day: March 7



St. Perpetua was a young Christian woman and mother who was imprisoned in Carthage in the early third century for refusing to renounce her faith. Though she

came from a noble family and had an infant child, she chose to remain faithful to Christ rather than deny Him to secure her freedom.

While in prison, Perpetua kept a personal diary — one of the earliest known writings by a Christian woman. In it, she described the harsh conditions of confinement, the anguish of being separated from her child, and the pleas of her father urging her to abandon her faith. Yet even within the darkness of prison walls, her spirit remained unshaken. Perpetua understood that true freedom does not depend on external circumstances. Though chained in body, she was free

in soul. Strengthened by prayer, encouraged by fellow believers, and sustained by hope in Christ, she faced martyrdom with courage and peace. Her witness reminds us that faith can flourish even in confinement. Lent calls us to examine what binds our hearts — fear, anger, regret, pride — and to surrender those chains to God. Like St. Perpetua, we are invited to trust that no prison, no trial, and no suffering can separate us from the love of Christ. In this Lenten season, may we ask for her intercession:

~Kim C, Risen Eagle Ambassador~

### WORDS OF HOPE

I am not defined by my circumstances.

I am defined by my actions.

I am committed to my personal growth and healing. I am worthy of respect, love and second chances.

~Redeemed~

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