

This week the Church enters the most sacred time of the year. The Holy Triduum begins on Holy Thursday, continues through Good Friday, and culminates in the joy of Easter. These days invite us to walk slowly with Christ through His final hours—through service, suffering, surrender, and resurrection.

For those recovering from lust addiction, this journey speaks directly to our experience. Many of us know what it feels like to live with divided hearts. We pursued moments of pleasure or escape while feeling increasingly disconnected from God, from others, and from our true selves. Over time that cycle left many of us carrying shame and isolation.

Holy Week reminds us that transformation begins when we bring our struggles into the light.

The Gospel for Holy Thursday begins with a profound statement about Jesus' love for His disciples (John 13:1):

Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end.

Knowing that betrayal is coming, Jesus kneels and washes the feet of His disciples (John 13:4–5):

He rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist.

This moment reveals a kind of love that stands in sharp contrast to the distorted patterns that often accompany lust addiction. Lust encourages us to reduce others to objects

for gratification. Jesus, however, treats each person with dignity and humility.

Recovery invites us to rediscover that same vision. As beloved children of God, we are learning to see others not as objects but as persons worthy of respect and care. This transformation begins with honesty. By acknowledging our struggles and seeking support, we step out of secrecy and into the light.

Good Friday confronts us with the reality of suffering. Many people recovering from lust addiction carry deep shame about past choices. Facing these memories can feel painful, yet recovery encourages us to bring them before God rather than hiding from them.

The cross reveals a love strong enough to meet us even in those places. Jesus willingly embraces suffering so that humanity might experience forgiveness and new life.

Recovery follows a similar path. Step One calls us to admit powerlessness. Steps Two and Three invite us to trust that God can restore us to wholeness and to place our lives into His care. Through accountability, prayer, and participation in the sacramental life of the Church, we gradually experience healing.

As Holy Week moves toward Easter, we are reminded that the story does not end with the cross. The Resurrection reveals that God can bring new life even from the deepest wounds. In recovery, that new life appears through honesty, restored relationships, and a renewed sense of purpose. When we allow God to transform our past, it becomes a source of compassion and service for others who are still struggling.

Walking with Christ through the Triduum reminds us that freedom grows through humility, surrender, and connection with God and others.

REFLECTION QUESTIONS

- When have honesty and accountability helped you step out of secrecy and into greater freedom?

- How does reflecting on Christ's humility and service shape the way you view others?

- Where are you experiencing signs of healing or renewal in your recovery today?

HOLY THURSDAY EVENING MASS READINGS

FIRST READING Exodus 12:1-8, 11-14

RESP. PS. Psalm 116:12-13, 15-16bc, 17-18

SECOND READING 1 Corinthians 11:23-26

GOSPEL John 13:1-15

