



A Reflection for Ash Wednesday: Returning to the Right Path

“Prepare the way of the Lord; make His paths straight.” Luke 3:4

Ash Wednesday is not just a ritual or a symbolic mark on our foreheads; it is an invitation to a new rhythm in our spiritual journey. It is a time to acknowledge where we have strayed, to examine our lives, and to realign ourselves with God’s path. In other words, it is a season of repentance—a turning around, a spiritual recalibration.

This reminds me of a personal story from last year. For most of my life, I struggled with a deviated septum. Breathing through my right nostril was nearly impossible, yet I had grown so accustomed to it that I convinced myself it was normal. Three years ago, my doctor strongly recommended surgery, but fear and uncertainty held me back. I had heard stories of symptoms returning after surgery, and I questioned whether it was even worth it. So, I postponed it -until I could no longer bear it.

Eventually, I decided to go through with the surgery. It was intimidating, but afterward, I experienced something I hadn’t known in years: the ability to breathe fully and freely. It was a liberating realization—something had been off for so long, but I had simply adapted to it. Only after making the necessary change did I realize how much I had been missing.

Our spiritual lives can be much the same. We get used to our patterns, our habits, our ways of thinking—even when they are not aligned with God’s will. We might tell

ourselves, “I’m fine,” when in reality, we are struggling, disconnected, or off course. But Lent offers us a gift: a season to pause, reflect, and ask ourselves-are we on the right track? Are there areas in our lives where we need to return to God?

John the Baptist called out, “Prepare the way of the Lord, make His paths straight.” His words still echo today, urging us to realign our hearts and lives. Let this be a time to examine ourselves, to turn back, and to breathe deeply in the grace of God.

Pastor Jeong