



Allow Jesus to cleanse you as you end Lent

Today marks the close of the 40 days of Lent and ushers in the sacred Easter Triduum, the most solemn period in the life of the Catholic Church. It begins with the Mass of the Lord's Supper on Holy Thursday and concludes with evening prayer on Easter Sunday. On this night, Christians commemorate the Last Supper, when Jesus prepared for his glorification by first serving his disciples in humility and love.

During the Passover meal, Jesus instituted three central pillars of Christian faith: the priesthood, the Holy Eucharist, and the commandment of love. He called his followers to love one another as he had loved them—hence the name Maundy Thursday, derived from the Latin *mandatum* (command). This command was demonstrated through the washing of his disciples' feet, an act traditionally reserved for servants. In doing so, Christ redefined greatness as service and presented a model of leadership grounded in humility.

The washing of the feet also symbolised spiritual cleansing. When Peter resisted, Jesus replied, "Unless I wash you, you have no part with me" (John 13:8). This act foreshadowed the deeper cleansing from sin through Christ on the cross. It challenges believers today to accept God's mercy and to extend that same love to others. It also calls for humility—not only in serving others but in allowing oneself to be served.

Holy Thursday also celebrates the institution of the Eucharist, where Jesus offered his Body and Blood as a new covenant. In the Eucharist, believers do not simply recall the Last Supper; they participate in its living reality. As St Paul teaches, each celebration proclaims Christ's death and resurrection until he comes again. The day invites deeper reflection on faith in the Eucharist, a renewed commitment to selfless service, and a conscious effort to live out Christ's command of love in daily life.

By Michael Agaba