

When the day begins, many of us follow a familiar routine, breakfast, jobs around the house, errands, and, if it's Wednesday, making our way here to midweek Communion. It can all feel a little like autopilot.

And yet, between these obvious patterns, there are quieter rhythms in our lives, the habits, the reflection, the small ways we respond to others. Lent invites us to notice these ordinary rhythms, because they can reveal something important about how we are living, and where God might be calling us to turn.

A few weeks ago, we reflected on the story of the Queen of Sheba. The Queen did not come casually. She came with questions, curiosity, and a desire to test what she had heard about Solomon.

Faith, in that story, begins with attention and questioning, not certainty. Wisdom is revealed not just in clever answers, but in the way life is lived. The Queen saw that wisdom had consequence, that it shaped a community where people could flourish. And when she recognized that, she responded with awe and praise, saying, *"The half was not told me."* She praised God, not Solomon, for the enduring love revealed through his life.

In our readings this week, we see a similar call to attention. In the story of Nineveh, the people are confronted with the reality that their way of life cannot continue without consequence. What is remarkable is how ordinary their response is: they pause, reflect, and adjust. The king and citizens change their routines, put aside what distracts them, and take seriously the time they have been given. Their response is practical, lived, ordinary, yet it reveals God's mercy.

Jesus points to that story and reminds his listeners that the same opportunity is present for them. He says that Jonah was a sign to Nineveh. And then he adds something greater: the Son of Man is a sign for this generation. The same God who called this reluctant prophet now calls us through Christ.

I think the question is not whether God will show more signs, or whether a dramatic moment will force our attention. The question is whether we recognize the sign already in front of us, in our ordinary lives.

Lent is like that. It is a season of noticing. It invites us to see the moments where we can change, where we can turn toward God. When we talk about "turning" toward God, it does not have to mean a dramatic change or an immediate overhaul of our lives. Turning can be small and practical: noticing where we have gone wrong and seeking forgiveness, opening ourselves to kindness instead of impatience, choosing to pray or simply pause and be present with God. It might be recognizing where our routines have crowded out prayer and reflection. It can be as simple as slowing down, paying closer attention, or making space for God in small, faithful ways. Turning is about redirecting our attention and our hearts toward God, step by step, moment by moment, each moment an opportunity to notice, respond, and let him guide us in the rhythm of daily life.

The people of Nineveh acted on what they were given, and God's mercy was revealed. God's mercy is not only in dramatic moments or grand miracles. It is present here, in the ordinary rhythms of our lives, offering patience, forgiveness, and the chance to turn, step by step, day by day, as we live and learn and respond.

I think Lent invites us to ask ourselves a simple, practical question: what small step can I take today? Maybe it is forgiving someone, or reaching out to someone we have ignored. Maybe it is offering patience where we usually react quickly. Maybe it is pausing for prayer, noticing God's presence in a way we often overlook. The sign is already here, and God gives us the day to respond.

At Communion, that sign becomes tangible. Christ meets us in the ordinary, reminding us that God's mercy is already present, and that each small step toward turning is part of a life lived attentively to God. It is about noticing the sign, responding in ordinary ways, and allowing God to shape our lives one step at a time. God's call is not distant or dramatic; it meets us in the ordinary, offering a chance to change, to forgive, to love, to grow, step by step, moment by moment.

Just as the Queen of Sheba came with questions, curiosity, and attentiveness, we come with our own lives, shaped by joy and loss, certainty and doubt, prayers answered and prayers still lingering. We come with openness, the kind of openness that lets us recognize wisdom, mercy, and God's presence when it is quietly revealed in ordinary life. And when we notice and respond, we too can say: "The half was not told me."

The people of Nineveh responded to what they were given. Today, Christ stands among us as a greater sign, calling us to notice, to turn, and to live differently.

So go about your day aware, alert, and open, and watch for the ways God is already at work. The sign is here. The mercy is here. The opportunity to turn is here. And it begins with you.