

Bishop Burbidge (00:00):

This is Bishop Michael Burbidge, and you are listening to the Walk Humbly podcast.

Billy Atwell (00:07):

Podcasting from the St. Clare Studios here in the Diocese of Arlington. Welcome to the Walk Humbly podcast. I'm Billy Atwell, I'm the chief communications officer for the diocese and your co-host. If you have a question for Bishop Burbidge you would like considered for the podcast, email us at info@arlingtondiocese.org or send us a message on social media. I now welcome your host, Bishop Burbidge. Bishop, how you doing?

Bishop Burbidge (00:28):

Billy, I'm doing well. We're recording this podcast the day after Ash Wednesday, and so praying for all of the faithful throughout our diocese, that this will be a sacred, fruitful time of year filled with God's abundant blessings as we make this Lenten journey together.

Billy Atwell (00:47):

And speaking of Lent, actually, you've addressed Lent, and you had some productive tips for people that you wrote about in the Catholic Herald, but would you maybe share some of them with us now?

Bishop Burbidge (00:55):

Yeah, sure. And again, they were just practical suggestions. We all know what works best for us in our spiritual lives, but sometimes suggestions may be helpful.

(01:07):

But the thing that I wanted to emphasize in that article is that we make this journey, this Lenten journey, day by day. Day by day. Sometimes we get overwhelmed. We see 40 days--how am I going to embrace all this? But each day, what am I going to do this Lent to turn away from the darkness of sin and embrace the new life that God calls me? And we're so blessed that Our Lord gives us the disciplines, the time tested disciplines, that work, certainly beginning with prayer, but prayer that allows also for silence. I think maybe in Lent, maybe that's something that we can cultivate a little bit, even in our prayer lives, because that then allows us to listen. Because the Lord wants to speak to our hearts, especially in this sacred season. So we want silence in our prayer so that we can listen to the Lord.

(02:02):

Simplify our lives. Maybe Lent is a good time to accept that invitation to slow down just a little bit. We move so fast, but this is a journey. So we walk it. We slow down.

(02:16):

And I always think it's a great idea, we've all done this since we've been kids, I think it's a great idea to give up something for Lent, something that we're used to reaching for, or things like that. Because this just a reminder, wait, this is different and this space is not going to be empty. It's not going to be a void, especially if I allow God to fill it.

(02:35):

But I guess a major point I would also like to share with our listeners, Billy, is the reflection I offered yesterday on Ash Wednesday: What can make this Lent different? What can make this Lent our best ever? And I think sometimes, it's the way we begin it, and there's this tendency, and it's okay, it's a good thing, but there's this tendency to begin Ash Wednesday and say, "Okay, this is everything I am going to do. I am going to do this. I'm going to do this. I resolve, I make..." And again, that can be good, but I think it's much more helpful, and my confessor also helped me with this approach as well, why not begin

by reflecting first on what God wants to do for you this sacred season? God's the agent. God takes the initiative. So, begin by saying, "Wow, God's reminding me that he's going to rejoice in my desire to repent. He's going to rejoice in my efforts. he's longing to forgive my sins, to give me a new heart, to make me a new creation. he wants to give me perseverance and show me the path to life, and will lead me through this."

[\(03:47\)](#):

And then I realize everything God is going to do for me, then it's going to be natural to take the next step, and then say, "Oh Lord, and here's my response to your goodness. Here's my response to your love." So just asking everyone to begin by, first of all, reflecting on God's great love for you as his beloved son and daughter, what he wants to do for you, the blessings he has in store for you this sacred season, and rejoice in them, and then cooperate with his graces and blessings.

Billy Atwell [\(04:13\)](#):

One of the tips that you offered a minute ago was to unburden ourselves and simplify our life, and parishes throughout the diocese open up many more opportunities for Confession. Some parishes are even offering daily Confession. I was just wondering what role you think that should play for the average parishioner as we're going through this process?

Bishop Burbidge [\(04:33\)](#):

I think it's great to begin the sacred season of Lent by celebrating the Sacrament of Penance. We don't have to wait until the week before Easter. I think it's, maybe we could do both, the beginning and the end, but I think it's a great way to begin Lent, to say, "Lord, you are calling me to repentance. You're calling me to conversion, to transformation. So I want to give to you everything of my former life that is not of you, that is not of God. I want to give it all to you."

[\(05:01\)](#):

And to hear those words of absolution, the priest in the presence of Christ, standing in the person of Christ, forgiving our sins. God's mercy is being given to us, extended to us, knowing that with a contrite heart and a desire to begin anew, there's no sin. There's nothing we ever have done in the past, no matter how serious, that would be greater than his love and mercy when we approach him with a contrite heart and that desire to begin again. What a beautiful way to begin the season of Lent.

[\(05:34\)](#):

And in our diocese, you hear me say this often, Confession is available every day in our parishes, or in a neighboring parish. Our faithful, because of the generosity of our priests, do not have to look far on any given day to celebrate this sacrament, because our priests know that they preach the importance of it. So, in preaching the importance of it, they want to be available so people can celebrate it. And we know that sometimes Saturday afternoon, from three to four, is not the best time. So our priests make themselves available throughout the week at different times, and I do want to join our faithful in thanking our priests, as instruments of God's mercy, for their generosity.

Billy Atwell [\(06:15\)](#):

And it's something we shouldn't take for granted, as the lay faithful, either. Living in the Diocese of Arlington, you could think this is the way it's everywhere, and it's not. One of the tools we're building into the new website that we're working on is a Confession finder tool so that people can, since there are so many times, find the one closest to them even if they're traveling around the diocese.

[\(06:32\)](#):

Another tool that I've heard you speak about in the past is CRS Rice Bowl.

Bishop Burbidge ([06:36](#)):

Yes.

Billy Atwell ([06:37](#)):

It's a great opportunity for charity, some people have heard of it, but they don't know exactly what it is. Would you mind just describing it briefly?

Bishop Burbidge ([06:44](#)):

Yeah. I think many remember from childhood, probably, with the CRS.

Billy Atwell ([06:48](#)):

Bringing it back.

Bishop Burbidge ([06:48](#)):

The Catholic Relief Services Rice Bowl was a Lenten staple on the table for Catholic families across the country. It's simple. It's a very simple cardboard box, it's a tool for collecting Lenten alms, comes with a Lenten calendar that guides families through the 40 days of Lent with reflections and activities and stories. It's also a reminder of giving alms. We reflect our love for God and our acceptance of the call to repentance in our service, in the care and compassion that we extend to others. And I think there's a website or...

Billy Atwell ([07:24](#)):

Exactly, yes. So you can get these resources easily. Just go to crsricebowl.org, where you can get that calendar, and they've got other resources like Bishop Burbidge mentioned, reflections and things. It's a great, great resource. It's good, especially with kids. I've got four little kids. It's a great way to get them a little bit more deeply involved in the Lenten, season and think of charity, not just what we're giving up, but what we can do for others.

([07:46](#)):

And for that article we were discussing before, "Four Tips for a Productive Lent," go to catholicherald.org. We've also got other articles that our priests have generously written over the years on how to have a good confession, how to really comb your conscience. And so there are other resources there at catholicherald.org.

([08:02](#)):

So before we move on to our main topics, I think you also have an invitation for the faithful you wanted to share.

Bishop Burbidge ([08:07](#)):

Well, I do, Billy. I was mentioning that in our Lenten journey, I think we should embrace that call to slow down, and to allow more silence in our lives. So I think sometimes when we do things together, we encourage one another, we lift up one another in faith. So I am calling for a Diocesan Day of Unplugging on Friday, March the 1st. And really what we're saying is, okay, throughout the Diocese of Arlington, let's be united. We know that one of the sources of our greatest distractions, and sometimes even our anxiety and stress, is our constantly being in front of the screen, and going to all the social media things and the things that so easily, easily distract us. And I'm saying, we can do this together. We can have a day on March the 1st where we all commit to say, "Except for essential work or essential tools, I'm going to get off all the other things associated with social media and technology. I'm going to free myself from that."

[\(09:20\)](#):

And I think what we will find together is, again, that will not be empty space. It will be a reminder. Instead, I'm going to allow what I would usually be doing to be focused maybe on my prayer, or on God, or on just pausing and meditating, or just giving that time, dedicating that time to God that I would have otherwise been distracted using.

[\(09:46\)](#):

So I think, recent studies have indicated that the average social media user spends more than two hours of his or her day on social media, and one third of teens admit to spending too much time on these platforms. I hear from our teens, when they go on a weekend retreat and the phone is not part of their lives, they think they're not going to be able to live that weekend. Like, "How am I going to survive?"

Billy Atwell [\(10:14\)](#):

They'd sooner give up food than their phones.

Bishop Burbidge [\(10:15\)](#):

Right, exactly. And then they come out of that weekend saying, "I never felt so free. It was so peaceful."

Billy Atwell [\(10:23\)](#):

It liberates their brain.

Bishop Burbidge [\(10:24\)](#):

It liberates. And so I think, why don't we commit to this together as a diocese? It's not meant to be a gimmick or anything like that. It's meant to say, "Let's be conscious." We all acknowledge that we need to spend less time with these worldly distractions and more time with God. So let's lift up each other in faith and make this commitment.

Billy Atwell [\(10:45\)](#):

And again, if you need GPS to get home, we're not saying you should be wandering the streets of Fairfax, and blaming Bishop Burbidge. But the idea is that nothing that is... Only things that are essential that you really have to do on a screen, let's try to be united in this Diocesan Day of Unplugging on Friday, March 1st. You'll see more about it on our social media platforms, ironically enough, leading up to March 1st.

[\(11:06\)](#):

But arlingtondiocese.org/unplug, where you can find instructions, ideas for how you can spend your time offline, frequently asked questions, those kinds of things. So arlingtondiocese.org/unplugged. Bishop Burbidge, thank you so much for that.

[\(11:20\)](#):

You recently visited the Alexandria Adult Detention Center, along with Father Peter Clem and several Alexandria Prison Ministry volunteers. We don't hear enough about prison ministry, but we know it's one of the Works of Mercy that we are called to. You celebrated Mass and visited with 50 inmates. I was wondering if you'd just share some of that experience of what you took away from your time.

Bishop Burbidge [\(11:38\)](#):

Yeah, it's always such a ministry. It's always such a beautiful pastoral experience, and I know so many of our priests and deacons and lay faithful throughout our diocese are committed to volunteering, and doing prison ministry, and visiting those who are in such facilities. And it is always so inspiring. It is so inspiring that in the midst of that facility are men and women that are our brothers and sisters.

Billy Atwell ([12:13](#)):

That's right.

Bishop Burbidge ([12:14](#)):

And they're longing to find strength and help and deepen their relationship with God. And they welcome that opportunity whenever a priest or deacon or lay faithful visit to pray with them. It's a source of great spiritual encouragement for them, and a great help to them.

([12:33](#)):

So I was able, that particular day, also to celebrate the Eucharist, to celebrate Mass for them, and to see the devotion, to see the experience of gratitude for this gift that maybe sometimes we all take for granted. We also heard confessions, as well. That's available to us every day, daily Mass, and the opportunity for Confession. For these, our brothers and sisters, not so much. And so to see their appreciation, their gratitude, it's like, "Wow, this is a special gift."

([13:04](#)):

And of course, whenever you make such a visit, you're the one who leaves inspired.

Billy Atwell ([13:09](#)):

Right.

Bishop Burbidge ([13:11](#)):

And just to see the sincerity and the joy, and again, we talk about God's mercy, and obviously they're in that facility because of a mistake or a bad decision, or whatever. But with God, God always allows us to begin anew, to express our contrite heart and to extend his love and mercy. And so it's a beautiful ministry.

([13:34](#)):

And just a moment to thank those throughout our diocese. Again, priests, deacons, religious, lay faithful who are so generous in offering their time to participate in the work of prison ministry.

Billy Atwell ([13:46](#)):

Absolutely. Bishop, the Virginia legislature has been buzzing this week with bills in both the House and the Senate that would legalize assisted suicide. The Senate bill is still active, and we're not sure where exactly that's going to go. It would, basically, that bill would, in addition to legalizing assisted suicide, it would make it a felony to "exert undue influence" on a patient to not end his or her life.

([14:11](#)):

Jeff Caruso, the executive director of the Virginia Catholic Conference, who represents our bishops and our church, in general, here in the Commonwealth, has been keeping us up-to-date and has been fighting tooth and nail to prevent these bills from passing. We've had success on one, but there's still one that's active that could cause us problems here. He is visiting all the legislator's offices that he thinks are on the fence that we might be able to sway to a pro-life position on this. He's talking with their staffs about the dangers that this bill poses. We've got a kind of close call here, and by the time we publish this podcast, there may be developments. What is your reaction to all that's going on in the Virginia legislature?

Bishop Burbidge ([14:47](#)):

Again, here we are, the Gospel of Life, and it's the firm foundation and belief that all of life from the very first moment of conception to natural death, is sacred, is to be treasured, to be protected, to be upheld. So we are talking again, about the Gospel of Life and the sacredness of all human life.

(15:08):

And this bill here, obviously, is the exact rejection of that. So it's very alarming. This is very unsettling, and we see it more and more throughout our country. But again, when we don't get it right from the beginning, when we don't respect the life of the preborn child, the unborn child, this is what flows from that.

Billy Atwell (15:30):

It's the natural consequence, right?

Bishop Burbidge (15:33):

And so, again, what you highlighted, Billy, is what's at work here, and this is really important to know that we are always working. Bishops, our Catholic conferences, we are always working. Sometimes you don't see what's being done, but we are always working behind the scenes to try to inspire elected officials to get it right, to get it right. And I do want to commend Jeff and his team for the hard work that they're doing.

(16:02):

But also, what we also are seeing, Jeff informed me that when he sent out the action alert, asking the faithful to respond and oppose these bills, this was the strongest response ever. We have seen--more than 2,500 people responded. So thank you, thank you, thank you. My brothers and sisters, thank you so much, because we know, and we have been told by those inside those buildings that every response that they get counts.

Billy Atwell (16:32):

It matters. Yeah.

Bishop Burbidge (16:32):

It matters. And for them to see such a large number, that's a great way of you doing your part to stand up for the sacredness of life. So thank you so much.

(16:46):

And it's a dangerous and slippery slope we're on, involving healthcare professionals whose job is to heal, not to help kill their patients.

Billy Atwell (16:55):

Exactly.

Bishop Burbidge (16:55):

Right? They participate in the ministry of Jesus, who healed, who embraced people in compassion. Whether ill or healthy, every human being has invaluable worth, invaluable worth. And those who are, and I think people facing the end of their lives, are in serious need and must be accompanied with great care and attentiveness, not dismissed, not like, "Well, now you're unworthy of this compassionate care or this medicine," or whatever.

(17:26):

So those who are gravely sick, injured, or approaching the end of life should have access to high-quality palliative care, not to drugs that hasten their deaths. And that's what we're talking about here.

Billy Atwell ([17:38](#)):

That's exactly right.

Bishop Burbidge ([17:38](#)):

That's exactly what we're hearing. In states like Oregon, for example, insurance companies deny... This is unbelievable... Deny medical coverage for terminally-ill patients, but offer medically-assisted suicide as an alternative.

Billy Atwell ([17:54](#)):

And the justification often is that they will approve medical care that will aid in the overcoming of a disease, basically. Right? They'll approve chemotherapy. Well, if you're at a terminal place where you know that maybe you're, at best, going to extend the life, they don't feel an obligation to assist with that if assisted suicide is available.

([18:14](#)):

So I've had cancer multiple times in my life. I've met a lot of people who are terminally ill. And one thing I noticed is, a common thread, is they feel a tremendous burden that they feel that they're placing on their families. And I think some of the exploitation of this is for people who feel like, "If I just go now, I won't add more expense to my family, more pain. Let's get this over with." It's not that they want to die or die sooner, it's that they feel they're burdening their family. And that is a terrible exploitation of those people who are already so compromised, emotionally.

Bishop Burbidge ([18:43](#)):

It's an exploitation. Correct. And we know that, because we believe that our suffering, we want to make sure that those who are suffering or ill are given care, made comfortable, of course, in every way possible. But we don't run from suffering. In fact, that's today's Gospel, right? Take up your cross.

Billy Atwell ([19:03](#)):

That's right.

Bishop Burbidge ([19:03](#)):

Because we know that our suffering is not in vain when it's united to the Lord. It actually draws us closer to him. I mean, how close can we be to the Lord than we're with him on the cross? And that suffering that can be offered for so many special intentions for the church, for the world.

([19:23](#)):

You mentioned, and we've all seen people, who in their time of suffering are the source of great inspiration because they're people of faith. They're offering that to the Lord and for special intentions, and they trust that suffering through the power of God will be transformed into glory.

([19:44](#)):

In the meantime, we accompany, we attend to, we give the best care possible, but we don't assist in suicide, that is, in death. And Billy, I think, we know that even in today's age, I mean we're talking about assisted suicide, but every suicide is a tragedy, whether the person is young or old, healthy or sick. And nationally, and in Virginia, adult suicide rates are soaring.

Billy Atwell ([20:12](#)):

That's really sad.

Bishop Burbidge ([20:12](#)):

Soaring. For every homicide in the Commonwealth, there are 2.3 suicides.

Billy Atwell ([20:16](#)):

That's unreal.

Bishop Burbidge ([20:17](#)):

I know. And we know that a lot of times, it's a result of despair. And so we pray for people who are suffering physically, emotionally, mentally, spiritually, and we pray that they come to know that they're never alone. They're never alone. God is with them.

([20:36](#)):

And when those in the medical profession are doing that, living the call they receive, they are actually instruments of the Lord. They're instruments of his healing love. So I do want to thank all who are listening, and all in our diocese, who are devoted, giving medical care in the medical profession, who are serving life. Thank you for what you do. And I know that in your world now, as we see, you're challenged, but we pray that you will always be those instruments of life and healing of the Lord. Thank you for your vocation.

Billy Atwell ([21:14](#)):

Absolutely. And so if you want to join your voice next time, if you're not signed up for those e-alerts from the Virginia Catholic Conference, go to [vacatholic.org](#). Jeff is very discretionary about when he sends you emails, when he needs your help, he lets you know. Otherwise, he leaves you alone and he does the work in the background. So [vacatholic.org](#) to sign up for those e-alerts. It is an indispensable resource for the Church and here in the Commonwealth.

([21:38](#)):

Bishop, in this time of renewal, we're preparing for a Golden Jubilee later this year, you wrote to Rome asking for the gift of sacred indulgences to help with the spiritual renewal of our diocese. And I think you have some good news for us.

Bishop Burbidge ([21:52](#)):

Yes, yes. We were granted. We wrote and we were granted an indulgence for the calendar year of 2024.

Billy Atwell ([21:59](#)):

That's wonderful.

Bishop Burbidge ([22:00](#)):

And just take a moment to explain what that means. The Catechism of the Catholic Church defines an indulgence as a remission before God of the temporal punishment, due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed, gains under certain prescribed conditions.

([22:19](#)):

So, I will admit, I just read that, I don't want people to think I memorized that.

Billy Atwell ([22:23](#)):

You have some memory.

Bishop Burbidge ([22:25](#)):

And so, here's how it'll work in the diocese. Any person who goes to St. Thomas More Cathedral, right now in Burke Hall, because our cathedral is being renovated, and attends a Jubilee celebration, as we prepare for the Golden Jubilee, or stays for a suitable amount of time in prayer for our country's faithfulness to our Christian calling for priestly--praying for religious and priestly vocations, for families, for peace in the world, and concludes those prayers with an Our Father, the Creed, and a prayer to Mary, will receive this special grace.

Billy Atwell ([22:59](#)):

So if you come to any Mass and you come a little bit early, and you say those prayers for those intentions, you would receive this indulgence. Father Weston had said, you can receive an indulgence every day, so this doesn't have to be something you just come and do once. If you come now in Burke Hall--after the renovations are done and you want to come back, you can do the same exercise for that indulgence again. So what a great gift, what an opportunity for spiritual renewal here in this diocese.

Bishop Burbidge ([23:27](#)):

Yeah. And Billy, since we're all talking about Jubilee celebration, can I get another plug in?

Billy Atwell ([23:32](#)):

Of course. It's your podcast.

Bishop Burbidge ([23:32](#)):

Yeah. So June 8th, Saturday, June 8th is, I want to have, we've mentioned this a couple times, but I want to have a big diocesan party. I call it a Jubilee celebration. And so we will be out in the Warren County Fairgrounds on June 8th, beginning with Mass, and throughout that day we will have all sorts of music and dancing and food and activities, and lots of things for the children to do. And I want all of us, there's a lot of ground out there. And this would be a wonderful way for us as a diocesan family to celebrate our Jubilee. And we certainly hope people can put this on their calendar. So save the date Saturday, June the 8th.

Billy Atwell ([24:20](#)):

Yeah. And it'll start with the Marian procession at 3:45. And then all those wonderful things that Bishop Burbidge mentioned will follow thereafter.

([24:27](#)):

Real quick, if you want to check out Bishop Burbidge's latest column that we mentioned before, go to the Arlington Catholic Herald website, catholicherald.org. If you're listening to this podcast, you're benefiting from the generosity of those who've given to the Bishop's Lenten Appeal. You've probably heard about the BLA lately at Mass, or maybe at different events. It supports a lot of ministries, indispensable ministries throughout the diocese, but it also supports the communications office and this podcast. We want to say thank you to those who have contributed and those who are contributing this year, as well. If you haven't yet, please make sure you rate this podcast or write a review, wherever you're listening. Sign up for our e-newsletter at arlingtondiocese.org. Bishop Burbidge is on X, formerly known as Twitter, [@BishopBurbidge](https://twitter.com/BishopBurbidge), where every day you can read a short Gospel reflection for that day. We also post a lot of quotes and clips from Bishop Burbidge, both from video, audio, and written texts on Instagram

@BishopMichaelBurbidge. The diocese is on Facebook, Instagram, X, and all the great social media platforms we have at our disposal.

(25:28):

All right, Bishop, we've got a few questions from the faithful for you. You ready?

Bishop Burbidge (25:31):

Sure. Ready to go.

Billy Atwell (25:32):

All right. First question. How does a young person fight against the temptations of lust, and fight for the virtues of chastity and modesty in this day and age?

Bishop Burbidge (25:42):

Yeah. And first of all, just to remember that temptations in themselves are not sinful, right? Temptations come our way, and sometimes when we least expect, because we're of the flesh. We are human, so temptations will come our way. We just want to make sure that we did not put ourselves in a position where we invited those temptations into our lives. So we want to make sure that--what I'm looking at or what I'm focusing on did not put me along that path.

(26:16):

So we have to be vigilant. I guess that's the best way to answer the question. We have to be vigilant. We live in a world where temptations are all around us. There are some dark voices, always trying to entice us to reject what is chaste and holy and pure and go on that path of lust. And so we have to be, I say, be vigilant. Absolutely, be vigilant.

(26:45):

Don't get overwhelmed when temptations come your way. They will, but know that none of them were more powerful than God's grace. So temptation comes our way, just say what the disciples said, "Take this away, Lord. Cast this out. I don't want this. Take it. Take it away, Lord. I don't want this."

(27:04):

And then when we do have the free time, do things that are life giving. What brings you life? Fill that time with, whether it's activities or sports or listening to music or reading. It's sometimes when we're idle and just kind of not dictating how I'm going to use that time, well, the evil one's going to fill it. So spend time doing the things that bring you life, that bring you joy. You're human. Temptation will come your way, none of them are greater than God's grace.

Billy Atwell (27:34):

That's wonderful. I know Father Riley at our retreat center says every young person should carry a rosary in their pocket. When temptation comes, grab hold of that rosary like a sword.

Bishop Burbidge (27:41):

That's exactly right.

Billy Atwell (27:42):

It always worked for me.

Bishop Burbidge (27:43):

We have the weapons to fight.

Billy Atwell ([27:45](#)):

I'm not young anymore, and it still works. All right, Suzanne asks, "What is the best thing you ever gave up for Lent?"

Bishop Burbidge ([27:52](#)):

Oh, the best thing I ever gave up for Lent? I think it goes back to the recent Super Bowl that the Eagles won, and I was watching the replay just about every other day, of the game. So I gave that up, watching the replay for Lent.

Billy Atwell ([28:07](#)):

Oh, really?

Bishop Burbidge ([28:10](#)):

I really did, but I'm only kidding. Actually, it goes back to our earlier discussion, and again, I'm trying do that this year as well, practicing what I'm asking everyone else to do. I have really made a commitment myself to unplug, as we were talking about, a little bit. And I think giving up that time of just going to famous websites or things, searching and all that stuff, just spend less time doing that. I find that so freeing, so peaceful. And so that's probably the best thing.

Billy Atwell ([28:45](#)):

Is that going to open up a lot of bandwidth on the ESPN website?

Bishop Burbidge ([28:48](#)):

Yes.

Billy Atwell ([28:50](#)):

Sports editors going to see their metrics go down. All right. Carrie asks, "I'm doing the 'Bible in a Year.' What book of the Bible do you find to be the most underrated or maybe underappreciated?"

Bishop Burbidge ([29:03](#)):

Oh, that's a good question. I think the Psalms. I think the Psalms. What a beautiful resource, the Psalms. I love picking up the Psalms because you start praying them. And don't forget, they're written in such a way where people are sometimes expressing gratitude and joy, or maybe distress or despair, or the call for help. All the emotions we go through all the time. And so, so many times you pray with the Psalms, and you put yourself, you are that person, and you have these beautiful words to lift up to the Lord. I really do encourage our faithful, maybe even during Lent, to pray the Psalms, and maybe even begin with Psalm 139. That's a great Psalm for people to begin the sacred season of Lent with.

Billy Atwell ([29:54](#)):

Very good. All right, one last one. You maybe addressed this a bit, but Anthony asks, "What is the number one thing you recommend young people to start doing during this Lent?"

Bishop Burbidge ([30:03](#)):

I think...

Billy Atwell ([30:04](#)):

The unplugging?

Bishop Burbidge ([30:04](#)):

Yeah, the unplugging, but also prayer. Make sure you have the bookends, at least. Begin your day with prayer. Make some sort of morning offering. "Lord, I am giving this day to you and I'm asking for your help this day. You give me this day you send me, I want to give it to you." And make some sort of morning offering.

([30:25](#)):

And on the other end, the night prayer, to make that quick examination of conscience. Where did I see the Lord? His goodness and blessings? Thank him for that this day. Where did I fail or maybe need his help for the next day? "Lord, grant me a restful sleep so I can rise refreshed and renewed." So at least make sure that we have those bookends and commit to that, especially during Lent.

Billy Atwell ([30:48](#)):

I think that'll help with that temptation the first person was asking about.

Bishop Burbidge ([30:50](#)):

Yeah. Exactly. Exactly.

Billy Atwell ([30:52](#)):

Bishop, this is a long one. We went through a lot. Thank you for your generosity and time here. But any final thoughts before you send us off with a prayer?

Bishop Burbidge ([30:57](#)):

No, I do, it's certainly my hope and prayer for all of us, that we have a Lent that leads us closer to the Lord as we journey towards Easter and the new life that the Lord gives to us, that we accompany and encourage each other in faith. But most especially, as we make this journey, we do so ever confident, ever confident, and relying upon the Lord's love, the Lord's grace, mercy. We cannot do it without those gifts. So together may we walk humbly with our God.

([31:28](#)):

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