

The lie detector, also known as the polygraph; is a device that measures different physiological responses ... such as blood pressure, heart rate, breathing rate, or skin conductivity. It is used to test individuals to see how they react to certain questions, based on the belief that if the subject is trying to hide something - it can be detected through a change in some physiological response.

A polygraph really isn't a "lie detector." It is a useful interrogation tool in the hands of a well-trained operator. It may or may not show that a test subject is hiding something, or has a heightened response to certain questions.

Polygraphs are used in the military and in police work. If you don't have anything to hide - a polygraph is pretty dull. There are stories that certain individuals have fallen asleep during polygraphs. Other stories speak of innocent people who fail the polygraph because of stress or lack of sleep.

In the first reading from Genesis, we hear of the temptation of Adam and Eve. The devil is asking the questions, and puts his own devilish spin on the house rules for the Garden of Eden. That is, the devil twists the truth until the lie sounds better.

In the end, Eve takes the bait; and Adam follows quickly.

We hear Matthew's Gospel on Jesus' temptation in the desert by Satan.

Satan is a shrewd student of human nature. And not being quite sure what this whole "Son of God" thing is - and certainly not understanding the Incarnation puts Jesus to the test.

The first temptation of Our Lord is to use His spiritual powers to fulfill his physical needs.

In our own Lenten practice, we fast on the first and last days of Lent - Ash Wednesday and Good Friday. And we abstain from meat on those two days, as well as on all the Fridays of Lent.

That's actually pretty easy; considering that in the old days, we were obliged to fast for every day of Lent, the Fridays of Advent, four times a year on one Wednesday, Friday, and Saturday - at the change of the seasons; and on the Eve's of Christmas, Pentecost, the Assumption, and All Saints. Those days were also days of abstinence from meat, as were every Wednesday and Friday during the year.

Nonetheless, during Lent, we work to strengthen our spiritual resolve by disciplining our physical bodies through prayer and fasting; and increasing our prayer and good works.

The second temptation of Our Lord is to put his own will ahead of God's will.

This is something that, sadly, we all do quite often. However, for Jesus, this would all but mean rebellion within the Godhead.

In Lent, we should, by our penances and self-denial, work at conforming our own wills more and more to the Will of God.

And the final temptation of Jesus is to short cut God's plan, and implement a similar plan that may or may not have the same results.

As we proceed into the Lent, it is important that we recognize that there are two sides to things. Not my own way and another way ... but God's way and whatever way isn't God's way.

Temptations are such a part of our lives that we often take them for granted.

Let us use the grace of this Holy Season to strengthen our Spiritual resolve, to conform our human wills to God's Will, and to set aside our own plan for God's Plan. Let us live the Truth in Jesus Christ - and reject any lies that call us away from living as the children of God the Father, redeemed in the Precious Blood of Jesus Christ; and full of the power and the spiritual gifts of the Holy Spirit.