



Scripture Nugget : A beautiful mind blesses others

Stop judging, that you may not be judged. For as you judge, so will you be judged, and the measure with which you measure will be measured out to you. Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own eye? How can you say to your brother, 'Let me remove that splinter from your eye,' while the wooden beam is in your eye? (Matthew 7:1-4).

The human mind is prone to judging others. This is the result of the sinful nature due to concupiscence. Sins committed in the mind are less obvious to other people, and as such, souls are not as vigilant as they should be to the weaknesses of their minds. On the other hand, the Master Deceiver knows very well that the mind is a very important battlefield to bring souls to ruin. The mind and heart are connected in an intimate way, and the Evil One knows once he wins one or the other, both heart and mind can be easily won over. Christ warns us sternly not to let our minds be taken over by judgmental thoughts. If we judge others mercilessly, we will be judged by God mercilessly. Once we allow our minds to be judgmental, another weakness is displayed: a double standard comes in. In this, we see so clearly the small faults of others but we are blind to our own more serious failings. The more we judge others the more we deceive ourselves and unconsciously adopt a "holier than thou" attitude, hardening our hearts. It is clear that Christ wants us to exercise more self-control, to be more introspective, to regularly examine our conscience in the light of His commandments. However, cultivating a loving non-judgmental mind does not mean that we should be blind to the wrong doings of others especially those near and dear to us. When we are in a position to alert, help, correct, counsel, admonish or pray for a soul, we should not shirk from our responsibility as this is an act of charity and a witness to the truth.

Sharing in the Passion of Christ through the meditation of our mind. The human mind is capable of so many wonderful things. We enjoy wonderful inventions through the ingenuity and creativity of the human mind. We can bring our mind to the highest level when we ponder, meditate, contemplate on the Life and Passion of our Saviour, Jesus Christ. Is there any other mental activity that is more pleasing to the Lord and that can bring souls closer to the Sacred Heart? Jesus speaks to St Faustina on His Passion: *You please Me most when you meditate on My Sorrowful Passion (St Faustina's Diary #1512). There is more merit to one hour of meditation on My sorrowful Passion than there is to a whole year of flagellation that draws blood (Dairy #369). There are few souls who contemplate My Passion with true feeling; I give great graces to souls who meditate devoutly on My Passion (Diary #737).* The meditation of the Passion of our Lord is a very effective way to grow in holiness as it draws us to deeper levels of trust in His mercy and love. One very simple way to do this is to pray and meditate on the sorrowful mysteries of the holy rosary of our Blessed Mother Mary.

Conversation with Jesus: Precious Lord, cultivate in Your poor creatures beautiful minds. Guard our minds with holy love, and form our conscience in the truth. Bestow on human minds the graces of wisdom and discernment. Teach us poor sinners to meditate on Your Passion. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.