



## **Scripture Nugget:: Vigilance in our hearts and minds**

*If your right eye causes you to sin, tear it out and throw it away. It is better for you to lose one of your members than to have your whole body thrown into Gehenna. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one of your members than to have your whole body go into Gehenna (Matthew 5:29-30).*

**Eradicating the causes of sin.** Jesus makes a very strong point in emphasizing the vital importance of removing the causes of sin. He knows well how high the costs of sins are. He paid for our sins with His Most Precious Blood. Thus, it is impossible to over-emphasize the horror sin should hold for us as it is the only thing that can separate us from love of God. Jesus teaches us to control our body which is the temple of the Holy Spirit, and not to allow it to become an instrument of sin. On a deeper level, from the eyes and hands, are the powerful effects of our thoughts and feelings that drive our actions and behaviour. The mind and heart are intimately connected and are the chief battlefields where good and evil forces fight to draw souls to eternal glory or eternal damnation. ***Thus, we need to discern the origin of our thoughts and feelings, and exercise prudent control over them.***

**Guarding our minds with holy truth.** The human mind is constantly subjected to temptations by the Evil One, the Master Deceiver who encourages deception, errors, confusion, lies, falsehoods, bad desires, evil scheming, and all kinds of negative, unloving or judgmental thoughts. He strategically tempts our minds often during times of prayer to cause distraction in prayers. He brings up unhappy memories of the wrong doings and faults of others, and encourages us to dwell on them. We must not fall into his devious traps but quickly rid ourselves of any thought that is unloving or judgmental. Instead, we can pray that the Lord bless the person who is the subject of the negative thought, thus changing a temptation into something good. If we are vigilant against temptation, we can turn it into a blessing. Thus, we should not accept or dwell on any thought that is unloving or judgmental. Satan's expertise is deception. Satan tries to trip up souls by dressing up an evil to look virtuous e.g. labelling abortion as "pro-choice". He spawns in weak human minds false ideologies that elevate falsehoods and false gods in order to corrupt human minds. It is a good spiritual practice to ask the Lord to renew our minds and hearts daily.

**Guarding our hearts with holy love.** *With all vigilance guard your heart, for in it are the sources of life (Proverb 4:23).* If our heart is allowed to be governed by self-love, it will harbor useless and selfish desires and seek out false gods. If it is allowed to follow its selfish passions unrestrained, it will dwell on anger, negative feelings, and the faults of others resulting in grudges, hatred and unforgiveness all of which are instigated by Satan. Whilst we do not deny our human feelings, we should not allow them to gain mastery over us but discern where they come from. Jesus teaches us not to harbor negative feelings and to get rid of our anger before the sun sets (cf. Ephesians 4:26).

**Conversation with Jesus:** Precious Lord, I consecrate to You my mind and my heart. Help me guard my mind with holy truth, and my heart with holy love. Purify my mind and heart so that I can discern and uncover the evil that is around me and turn away from them. Give me the grace to abhor sin and always be grateful for the high price You paid for my sins. Help me and all sinners to have true repentance for our sins. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.