

Scripture Reading

A Reading from the Book of Psalms (Ps 107:1-3)

Give thanks to the Lord, for He is good; His love endures for ever. Let the redeemed of the Lord say this – those He redeemed from the hand of the foe, those He gathered from the lands, from east and west, from north and south. The Word of the Lord. R. Thanks be to God.

Reflection – Jesus, my Praise, my Love, my Adoration

Jesus, my Praise, open my eyes to Your greatness. Everything about Jesus is great. His Father, His Mother, His Home, His Name, His Love, His Mercy, His Power, His Heart, His Mission, His Glory, His Person, His Creation, His Death, His Resurrection and Salvation... The redeemed of the Lord could go on and on praising Him without end. Whilst we are familiar with the wondrous story of our redemption, constant contemplation of its essential points will keep us from falling into lukewarmness of faith. The human heart needs to be constantly reminded of what God has done for us, is doing for us and will do for us through Jesus. We have been bought at great personal price to Jesus. Let the praise of Jesus be constantly on our lips. Praise is an acceptable sacrifice to God and keeps our spirit joyful.

Get to know God by contemplating His attributes. God is a great mystery in His love, mercy, perfection and power, unfathomable by the highest human or angelic intellect. He is great and infinite, yet He is very near and lives in my heart. He loves me more than He loves Himself and this He proves by sending His only beloved Son, Jesus as a sacrifice for my sins. The greatest heroic act by any person is but a tiny reflection of God's goodness and love and is because of God's love poured into the heart of that person (cf. Romans 5:5). I love because of the love God has put into my heart. God is love, the source of all true love.

Jesus, my Love, open my heart to love You. It will be much easier to love others especially those who have offended or hurt us if we can remind ourselves the presence of God in them. It takes a great purity of heart to be able to see God's presence in His creation. *Blessed are the pure in heart, for they will see God (Matthew 5:8)*. St. Francis of Assisi had no difficulty in seeing God's presence in His creatures. Francis revered everyone, talked to animals, and addressed the sun and moon as his brother and sister! In loving Jesus, let His concerns and desires become our own and let us share His zeal for saving souls by praying untiringly for the conversion of sinners. To become an instrument of reparation for sins, let us join our hearts to the Sacred Heart of Jesus being sacrificed on the altars at every instant throughout the world pleading for God's kingdom to come. Let us be the feet and hands of Jesus and bring His light to those in darkness to extend the reign of Christ in the hearts of humankind.

Jesus, my Adoration, let my adoration never cease. Jesus through His Spirit, the Holy Spirit is present in our hearts at all times. Let us acknowledge His presence always whatever we are doing. He is true to His promise to be always be with us (cf. Matthew 28:20). Let me welcome Him always and make my heart a place of rest and consolation for Him, so wearied by all the sins of the world. In His presence let me remember my nothingness. All my merits are due to His graces. The only thing I can call my own are my sins. Let me in humility acknowledge my sins to seek forgiveness and healing. Let me constantly nourish my heart and soul through His Word and the Holy Eucharist.

Conversation with Jesus

Precious Lord, I was once dead in my soul, and You brought me life. I was asleep drifting into the netherworld but You have gently awakened me. You have brought me out of darkness into Your inimitable light. Let Your redeemed praise You. For You are Lord and God and there in no other. *Better is one day in Your courts than a thousand elsewhere (Psalm 84:10)*. *One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord...* (Psalm 27:4). In You O Lord is my true home. Jesus, You have given Yourself to me. I am wholly Yours for all eternity. Mary, Protectress of the Faith and Refuge of Holy Love, protect and guide me to my heavenly home. Thank You, Jesus. Praise You, Jesus.