

Scripture Reading

A Reading of the Gospel According to Luke (*Luke 22: 19-20*)

And He took bread, gave thanks and broke it, and gave it to them, saying, "This is My Body given for you; do this in remembrance of Me." In the same way, after the supper He took the cup, saying, "This cup is the new covenant in My Blood, which is poured out for you." The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

Reflection – Living the Holy Mass

Entering into the Passion of the Lord: At the Last Supper. *When the hour came, Jesus and His apostles reclined at the table. And He said to them, "I have eagerly desired to eat this Passover with you before I suffer" (Luke 22:14-15).* It is very helpful to understand the feelings of the Lord during the Last Supper. The Lord had many meals together with His apostles but He eagerly waited for this special moment, the Last Supper. His words were laden with meaning but their profoundness seemed to be lost on the apostles. Through my ardent desire, transcending time and space, my heart is transported to be at the table of the Lord's Last Supper. Through the eyes of my heart, I gaze into the Lord's eyes shining with eagerness as He speaks those words. My heart takes in His every gesture especially when He said, "*This is My Body given up for you.*" I understand this is His offering for my personal sins in advance of His bloody Sacrifice on Mt Calvary which is its fulfilment. My heart opens up for the Lord and waves of His love fill my heart. Across the room, our eyes met understanding each other. I am drowned in His love. My heart is forever changed. I belong to Him for all eternity.

Entering into the Passion of the Lord: At the Foot of the Cross. Through my ardent desire, my heart is transported to the foot of the Cross on which Jesus was nailed, in pain and dying. My heart recalls Him saying, "*Father, forgive them, for they do not know what they are doing.*" (Luke 23:34). I realise in my heart how much I took the Sacrifice of Jesus for granted. It took Jesus 33 years of hard life and suffering to prepare the consummation of His Sacrifice on the Cross. It took Jesus this amount of time to prepare for the right moment when He would plead forgiveness from God, His Father for a people who rejected Him, mocked Him and put Him to death by the cruellest method available at that time. Contrition took over my heart as I realise how lightly I took my sins, never giving a momentary thought to the sorrow and pain it is giving Jesus.

Being always aware of how much I am being loved by God. Taking part in Mass helps my heart to understand how much Jesus loves me and how precious I am to Him (cf. Isaiah 43:4). Every time my love for Him grows cold, it is again enkindled during Mass when I enter into the spirit of His Passion. Every time I participate in Mass devotedly, the truth of how much God loves me become more and more entrenched in my heart. Once it becomes a living part of me, it will become a healing power within me: my insecurities and unholy fears would no longer have any hold over me; I need no longer seek affirmation and love from others in order to feel loved, secure and esteemed. Living in the love of Jesus, I am secure in a love that is true, unconditional, steadfast, infinite and eternal.

Living in God's Presence. *Whoever eats My Flesh and drinks My Blood remains in Me, and I in them (John 6:56).* In Holy Communion, Jesus together with the other two Persons of the Blessed Trinity comes again to dwell in our hearts, the living tabernacle of the Most High. God is present in the sanctuary of my soul. God is always present to me. Am I present to God? Is my body a worthy temple for the Lord? (cf. 1 Corinthians 6:19). Is my heart a tabernacle of consolation for the Lord wherein He can feel loved and honoured or is it yet another Garden of Gethsemane where the Lord waits and waits in vain for me to converse with Him?

Conversation with Jesus

Precious Lord, enrobed in majesty, splendour and might, all glory, honour, adoration and love be unto You! Who am I that You lavish so much love, care and attention? Holy Mass is such a great gift of Yours to me. Through it, I am invited to enter and live Your Passion so that I may be sanctified, understand Your love for me better and become more and more like You for others. I understand how transformed I am by the Holy Mass depends on how much devotion and love I put into it. Loving reflection, concentration and participation with the whole heart is the key. Unite Yourself to my poor heart O Lord whenever I attend Mass so that I can receive more fully its healing power and mighty graces. Mary, Protectress of the Faith, pray for me that I may attend Mass more worthily. Thank You Jesus. Praise You Jesus.