

Scripture Reading

A Reading of the Gospel According to John (*John 14:23-24*)

Jesus replied, "Anyone who loves Me will obey My teaching. My Father will love them, and we will come to them and make Our home with them. Anyone who does not love me will not obey My teaching. These words you hear are not My own; they belong to the Father who sent Me. The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

Reflection – No Better Place for Me

Everyone is looking for a refuge of peace and tranquillity. We live in a modern, fast-paced world. Our life is booked up with activities and busyness, with a lot of time spent chasing after vain, earthly things which bear no reference to our sanctification. After that, we are busy seeking to calm our bodies, our emotions with little inkling of the more pressing need to calm our souls - our most precious possession - our innermost being from which can spring forth real peace for the body and mind. *The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God (Romans 8:6-8).*

Anyone who loves Me will obey My teaching. My Father will love them, and we will come to them and make Our home with them (John 14:23). This is a most wonderful promise of Jesus! We can be sure that if we are striving to be faithful followers of Christ, living the Gospel, imitating His footsteps and manifesting His unconditional love to those around us, friend or foe, we have the blessed presence of the Holy Trinity within us!! Am I aware of this great honour? How do I treat my Divine Guests? Do I make them feel welcome or do I hardly remember them? The litmus test is that of time.

God is present in Me. Am I present to God? To be with a person, we spend time with that person. We make ourselves available. Am I too taken up by my activities to spend quiet time in prayer, in meditation on the life and teachings of Jesus? Do I take time for a contemplative union with the Lord by quiet prayer or meditation on the Scripture? Do I zealously protect God's sanctuary within my soul from the intrusion of the unending earthly demands on my time? God says to me, "Be still and know I am God." (cf. Psalm 46:10). God tells me that my soul thirsts and pants for Him like a deer pants for streams of water and yearns for a meeting with Him (cf. Psalm 42:1-2). Am I in touch with my soul? Am I responding to the needs of my soul?

The Presence of the Lord in the Holy Eucharist. This is one of the hardest teachings of Jesus. *Then the Jews began to argue sharply among themselves, "How can this Man give us His flesh to eat?" (John 6:52).* Many disciples left Him because of this teaching (cf. John 6:66). However, Jesus did not call them back to alter His teaching. It was in fact the truth. Since then, God has bent backwards to help His faithless people to understand His ways. He has graced us with many Eucharistic miracles, one of the earliest and most well known is the Eucharistic Miracle at Lanciano, Italy which has been subjected to independent rigorous scientific analysis. Do I remember to frequently visit Christ, a prisoner of love, in the Eucharist? Or do I make Him feel abandoned and unwanted yet again? Is He again living in the Garden at Gethsemane due to my negligence and forgetfulness?

Conversation with Jesus

Precious Lord, Your blessed Presence, the foretaste of Heaven, is the refuge I seek for my soul. I know only You can provide real peace, a peace that the world cannot give – a peace that comes from the reconciliation of man with God through Your Most precious Blood shed on the Cross. Teach me to live in Your love always. Help me remain in contemplative union with You through my prayers and meditation, Sacramental union with You through Holy Communion. Grant that I maybe aware always of Your presence in my soul. May I take delight in visiting You frequently in the Holy Eucharist. Your Presence is the sure foundation of my hope and peace amidst this troubled world. Mary, Protectress of the Faith, increase my faith in Your Son. Thank You Jesus. Praise You Jesus.