



Scripture Nugget – We have the power to be a blessing to others

Do to others whatever you would have them do to you. This is the law and the prophets (Matthew 7:12).

We are not able to love others unconditionally if we harbor any grudges, ill-feelings, hatred or any hurt in our hearts. When the offender is a loved one, the negative feelings can be amplified. Many crimes and atrocities are driven by disorderly passions that have been allowed to get out of control. Anger is a very powerful human feeling. Unchecked, it can lead to serious, unintended consequences. Scripture tells us to let go of all hateful feelings before the sun sets. *Be angry but do not sin; do not let the sun set on your anger, and do not leave room for the devil (Ephesians 4:26-27).* Anger can be righteous just as Jesus manifested great anger when He found that the Jews had turned the Temple, a holy place where worship and reverence should be shown to God, into a noisy market place. But after He made a whip out of ropes and chased the traders out of the Temple, His anger subsided. His Sacred Heart, full of love and mercy, bears no grudges.

Unabated anger opens the door for the Evil One to come into the heart and influence the situation. The Evil One will remind us constantly of the wrong perpetrated by the offender. If we allow ourselves to listen to the constant accusing thoughts that arise in our mind, the magnitude of the wrong can be amplified out of proportion. However, by the grace of God, we have the power to stop and renounce such negative accusing thoughts before they shape our attitudes and behaviour. The battle between good and evil is being fought mainly in human minds and hearts. Thus, we need to be vigilant and guard our hearts with holy love; and root our minds in truth. Our hearts have the capacity to love unconditionally not because of our own inherent human goodness but because of the action of the Holy Spirit, the Spirit of Love Who pours God's love into our hearts (cf. Romans 5:5). Thus, for those who want to persevere in love, their love will never be depleted because the Holy Spirit is more than happy to pour God's love into open hearts. Hearts that are hardened by grudges, hatred and unforgiveness are closed to the action of the Holy Spirit.

Conversation with Jesus: Precious Lord, You said the thing that will set apart Your disciples from others is love (cf. John 13:35). Your command is love. I am to live for love of God and others. By Your grace, You give me the power to be a blessing to others. Help me understand that the faults that I see in others is a reflection of my own weak human nature. Before I am tempted to judge others, help me remember that I too need to work on my own faults and weaknesses. *How can you say to your brother, 'Let me remove that splinter from your eye,' while the wooden beam is in your eye? (Matthew 7:4).* Overflow me with the Holy Spirit, consume all my iniquities and ignite the fire of the Holy Spirit in my soul. Let me feel Your love so that I can spread this love to others. Fill my mind with Your light and truth, so that I can see things from God's perspective. Give me the graces to be a blessing to those around me so that I can lay up treasures in heaven where moth and rust cannot spoil, thieves cannot break in and steal (cf. Matthew 6:19-20) and where I will be rewarded many times for my love. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.