

## Scripture Reading

### **A Reading from the Gospel According to John (John 3:16)**

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

### **Reflection – Do I have a personal relationship with God, our Heavenly Father?**

**Jesus reveals to us God the Father that we may love Him, honour Him and pray to Him.** The first recorded words of Jesus were: “*Didn’t you know I had to be in My Father’s house?*” (Luke 2:49). His last words were: “*Father, into Your hands I commit My Spirit.*” (Luke 23:46). It was Jesus who taught us to pray the “Our Father” prayer, calling God our Father. Jesus sets the example by constantly praying to His Father. The sole passion in the life of Jesus is to bring glory to His Heavenly Father. It is the same for those of us who endeavour to walk in the footsteps of Jesus. A personal ardent relationship with God the Father will honour and please Jesus immeasurably as this will bring us into a closer communion with the most Blessed Trinity, the ultimate goal of our spiritual journey.

**God the Father made us His children, members of His own family.** God the Father brings us forth from nothingness to become His family members on earth, then in heaven. Scripture tells us He is very happy to do this. *He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will (Ephesians 1:5).* It was planned from the very beginning. With pleasure God the Father thought about and planned for each and every one of us even before we were born (Cf. Jeremiah 1:5). To each of His children has been reserved a place in His Kingdom (Cf. John 14:2) to share His love, joy, peace and glory of which He has super abundance. Through Jesus, God the Father instructs and guides His children to walk on the path of truth to their eternal and glorious inheritance.

**Through Jesus Christ, God the Father demonstrated beyond a shadow of doubt how much He loves each and every one of us.** True love has to be demonstrated and proven. God the Father has done just that. He loves us while we are still sinners and did not hesitate to send His only Son, Jesus as atonement for our sins as required by His divine justice. Thus, Jesus teaches us that there is no higher love than in dying for one’s friends. *Greater love has no one than this: to lay down one’s life for one’s friends (John 15:13).* While we can understand a little the sufferings of Jesus during His Passion, we normally are not inclined to reflect on how much God the Father suffers when witnessing in detail what is happening to Jesus when accomplishing His mission on earth. His rejection, humiliation, physical torture, mental and emotional agony. Jesus says: *My Father and I are one (John 10:30).* God the Father made a tremendous sacrifice when He sent Jesus and suffered in spirit what Jesus suffered in body, mind and soul.

**God the Father is not a distant spirit but a personal parent who calls each of us by name.** *Do not fear, for I have redeemed you; I have summoned you by name; you are Mine (Isaiah 43:1).* God knows each of us personally by our names. In making us His own children, God the Father becomes totally involved with us. Would not a good parent be totally solicitous of his child’s welfare and future? It is more so with God as His love is infinitely more than that of a good human parent. Like a good parent, God the Father notices everything in the life of His child. *You number my wanderings; Put my tears into Your bottle; Are they not in Your book? (Psalm 56:8).* He cares about the minute details of the life of His child. *And even the very hairs of your head are all numbered (Matthew 10:30).*

**God the Father tells us not to worry because He provides for His children.** Jesus says: *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? (Matthew 6:26-27).* We worry because we forget we have a Heavenly Father who loves us more than we love ourselves. And so, we put full dependence on ourselves, forgetting to call our Heavenly Father for help, and, thus, taking on in full life’s anxieties and burdens. **God is always with us.** *“Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! (Isaiah 49:15).* God’s personal and all-consuming love for each of us means that He is always with us. Jesus said: *I am with you always to the end of time (Matthew 28:20).* **One God and Father of all, who is over all and through all and in all. (Ephesians 4:6).**

### **Conversation with God the Father**

Heavenly Father, words cannot express my gratitude for all You have done for me. You are totally concerned about me but I pay so little attention to You. Forgive me my neglect and lukewarmness of my love for You. You alone deserve all my love, my devotion, my loyalty, my adoration. Give me a special blessing. Give me the wisdom to seek You always as my highest good and my sole love. Fill my heart with divine love that I may love You in the way You deserve. Bestow upon me all the graces and help I need to walk in the footsteps of Jesus so that I can unite with Jesus in singing our eternal hymn of praise and thanksgiving to You, my sweetest Heavenly Father. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You Jesus. [www.twohearts.hk](http://www.twohearts.hk)