

Scripture Reading

A Reading from the First Letter of Paul to the Corinthians (*1 Corinthians 10:13*)

No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it. The Word of the Lord. R. Thanks be to God.

Reflection – I can Accept Anything that Happens to Me

An eternal truth - God's love for us is unchanging. *Who shall separate us from the love of Christ? For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8:35,38-39).* God's love for each and every one of His Children is personal, unwavering and unchanging as God is immutable (cf. Hebrews 13:8). It is us who change. God is led by love while we are led by our pride and feelings. Anything that happens to us is allowed by God whose love is constant and unchanging, and more caring than that of the best mothers (cf. Isaiah 49:15).

If God is for us, who can be against us? (Romans 8:31). If God is for us what does it matter who is against us? Satan may go up to the throne of God to accuse us of our past sins and infidelities but Scripture tells us that in Christ we are more than conquerors (cf. Romans 8:37). Christ has already won redemption for us on the Cross. Our final victory over sin, death and hell is assured when we walk in the footsteps of Christ. Christ's victory is ours through our love and obedience to Christ. Thus, in Christ there is no room for despair no matter how bad the situation may seem on the surface.

In all things God works for the good of those who love him (cf. Romans 8:28). All have sinned and fall short of the glory of God (cf. Romans 3:23). All are sinners and in need of salvation. God allows tragic and unpleasant events to come to us for various reasons all leading to the final aim of salvation. *"My son, do not make light of the Lord's discipline, and do not lose heart when He rebukes you, because the Lord disciplines the one He loves, and He chastens everyone He accepts as His son."* (*Hebrews 12:5-6*). In disciplining a person the Lord can touch any aspect of that person's life eg. health, money, reputation, loved ones, etc. The sooner the action of the Lord is recognised the quicker the acceptance and the more quickly the lesson can be learned, shortening the trial or testing.

Trust in the LORD with all your heart and lean not on your own understanding (Proverbs 3:5). The Lord does not test us beyond our endurance (cf. 1 Corinthians 10:13). The Lord knows what we are made of, what our strengths are and where our weaknesses lie. The cross He sends us will be tailor fit to our situation such that in cooperation with His ever-present graces, final victory is assured.

I can do everything through Him who strengthens me from within (cf. Philippians 4:13). To every cross sent, a corresponding amount of grace accompanies it. The heavier the cross, the more the grace available to carry it. Though the suffering person may feel the heat and stress of the moment, Christ is nearer than ever before. *The Lord is close to the broken hearted and saves those who are crushed in spirit (Psalm 34:18).* Our Lord promises that we will never be left alone (cf. Matthew 28:20).

Conversation with Jesus

Precious Lord, Your love for me is unchanging. You are always near in every present moment even though at times I feel You are miles away. I do not know what lies ahead of me but one thing I know for certain – my life is in Your loving hands. Let me be mentally prepared for anything that can happen to me by starting now to love Your will with great confidence and trust. In this trusting love for Your will, may my heart be open to receive whatever grace You make available. Give me the wisdom to understand that what is important is not the situation which is temporal but how I respond to it, which is eternal. Mary, Refuge of holy love, pray for me. Thank You, Jesus. Praise You, Jesus.