

Scripture Reading

A Reading of the Book of Prophet Isaiah (Isaiah 61:1)

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners. The Word of the Lord. R. Thanks be to God.

Reflection ~ Let go of the spirit of the world, and pray for a powerful anointing of the Holy Spirit

The spirit of the world's claim on our time. Many people lead busy lives, filled up with endless activities. The whirl of mindless activities taxes the senses, numbs the mind and fills the heart with a profound emptiness. The heart is satiated with earthly things and the soft promptings of grace from the Holy Spirit are drowned out. The busy soul, engrossed with the world, misses out on a higher calling – a calling to grace, inner peace and the highest form of freedom. In the parable of the wedding banquet (cf. Matthew 22:1-10) the invitees failed to turn up for this important event of the king due to their carelessness in allowing their time to be consumed by lesser activities. As a result, they were punished for their disloyalty to their king, and their places taken up by someone else. Time is a good test of love and commitment.

The spirit of the world's influence on our minds. Human minds are mostly filled with worldly wisdom which promotes false gods of material success, wealth, power, popularity, beauty, comfortable and luxurious lifestyle, materialism, consumerism, gratification of sensual and impure desires, self-seeking, godlessness, etc. Our minds bear the taint of the spirit of the world when we bear grudges, have a tendency to judge others, prone to suspicion, negative unloving thinking, dwelling in regret of the past or worrying unduly about the future and a way of thinking not in line with the teachings and truths of our faith. The mind is mired down to earthly things and in bondage to sins. In such a weakened state, the human mental faculty cannot lend itself to the appreciation and wonder of God's beautiful creation all around us or to contemplation of His mysteries of love which take place daily in our lives or to the seeking out of the eternal truths which will set us free. *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will (Romans 12:2).*

The spirit of the world's influence on our hearts. We bear the taint of the spirit of the world in our hearts when it harbors unforgiveness, hatred, grudges, unholy fears, anger, disorderly passions and self-love, tumult, lack of peace and absorption with earthly things. *Above all else, guard your heart, for everything you do flows from it (Proverbs 4:23). Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them (1 John 2:15).* If we give our heart to the world, we will remain of the world, and we will negate what Jesus prays for us: *My prayer is not that You take them out of the world but that You protect them from the evil one. They are not of the world, even as I am not of it. Sanctify them by the truth; Your word is truth. As You sent Me into the world, I have sent them into the world (John 17:15-18).*

Conversation with Jesus

Precious Lord, I come before You without my shield of pride, in my nothingness and sinfulness which only You can see. I come before You empty and little so that I can be filled by You and enter into Your Sacred Heart. I surrender to You my mind and anything in it that opposes holy truth and holy love. I surrender to You my heart and seek Your forgiveness for all my failings and sins. I forgive completely anyone who has offended and hurt me. I surrender to You my need of an apology from them and I bless them in Your Holy Name. Fill my heart and mind with the light and love of the Holy Spirit. Remove from me my shield of pride and teach me offer You little acts of humility during the day. In this way prepare my soul to receive the gift of discernment so that I may see the truth with clarity always in order that I may uphold the truth and be loyal and faithful to You at all times. Mary, Protectress of the Faith, pray for me. Prepare my soul to receive a powerful anointing of the Holy Spirit. Thank You Jesus. Praise You Jesus.