

## Scripture Reading

### **A Reading of the Gospel According to Matthew** (*Matthew 6:25-27*)

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 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? The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

### **Reflection – My Greatest Gift to God – Living Each Present Moment in Holy Love**

***Our life is made up of a series of present moments over time.*** To live fully in each present moment is to live life fully. To live each present moment in a state of grace is to live life in grace. God's grace is only available in the present moment. It is given to us to deal with the present moment: its trials, challenges and temptation, and to overcome them all. The greater the trial the greater the grace available in that trial. Grace is not given to deal with the past or the future. Thus the Lord says to us: Do not worry (cf. Matthew 6:25) but to trust in Him with all our heart (cf. Proverb 3:5).

***Regrets about the past / Worries about the future.*** The past even if lived badly can be sincerely repented of and surrendered to the Lord. The Lord invites us to surrender to Him all our burdens, hurts and wounds (cf. Matthew 11:28) so that our hearts can be freed to live fully in the present moment. Only the Lord, the Divine Healer can receive our burdens and heal us of our past wounds perfectly and without cost. The future lies in the Providence of the Lord. We worry about the future when we do not trust in God's Providence and rely solely on ourselves. If we rely solely on ourselves and ignore God's help, inevitably there is cause for worry as we are limited in what we can do and many things lie outside our control. Thus, the Lord says: Do not trust yourself too much! (cf. Proverbs 3:5). The reality is without God we cannot even pronounce His Name (cf. John 15:5).

***Procrastination and putting off things which should be done is acting against grace.*** Besides pulling us into the past in regret or thrusting us into the future with worry, Satan our Enemy encourages us to waste the precious present moment by putting off things which should be done in the present to a later date. Graces available in the present moment are lost. Each present moment is different and it may be a lot more difficult the next time round or the opportunity may never present itself again. This applies especially to working on a bad habit or a vice or putting one's life in order.

***Recognising the grace in the present moment.*** Every present moment is a gift from God and comes with its unique grace to deal with that present moment and to overcome all temptation of that moment. Thus the Lord says: In Him we have the strength to do all things (cf. Philippians 4:13). A heart that is in right standing with God can appreciate that every thing is a grace. **No suffering is useless or lost unless one forgets to offer it to God.** Every trial or difficulty is an opportunity to demonstrate our faith and trust in God. If we, poor sinners that we are, know how to reward goodness done to us, how much more will God reward us for our love and trust! Beneath every hand that strikes, the trusting soul can appreciate the hand of God that heals. Blessed are the pure in heart for they shall see God (cf. Matthew 5:8).

***Accepting everything that happened as coming from the hands of God.*** Nothing happens outside of God's will. God's everlasting power is always in control (cf. Deuteronomy 32:39). Though God does not impose on the free will of people, He is able to turn whatever that happened into the eternal good of those who love Him (cf. Romans 8:28). Acceptance of everything that happened as coming from God's hand will make us more secure in God and renders it easier for us to live in the present moment in full trust.

### **Conversation with Jesus**

Precious Lord, I come before You as Your child with an open heart to learn to live my life in grace to the fullest that You have planned for me. Help me live as a child of God would live on this earthly planet by winning graces and merits both for myself and for the world. Living in each present moment in holy love atones Your agonising Heart as it involves heroic self-discipline and surrender to God's will through holy love. Through humility, sincere prayers and a great desire to do Your will, give me the grace to discern Your will so that I can do what You want me to do but not what I want to do. May I accept everything that happened to me and live each present moment just out of love for You. Mary, Protectress of the Faith, intercede for me. Thank you Jesus. Praise You Jesus.