

Scripture Reading

A Reading from the Book of Revelation (*Revelation 3:20*)

Here I am! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me. The Word of the Lord. R. Thanks be to God.

Reflection – Our Greatest Need

To be in communion with the Lord. *If you love Me, keep My commands (John 14:15).* The commands of the Lord are those of love: to love God above all, and then to love neighbour as self. *If you keep My commands, you will remain in My love, just as I have kept My Father's commands and remain in His love (John 15:10).* Before He ascended to heaven, Jesus said that He will not leave us orphans but that He will come to us (cf. John 14:18). We remain in communion with Jesus through a love bond. How strong our communion with the Lord is depends on the strength of our love bond. Jesus said: "*Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven (Matthew 18:3).* A small child, before the age of reasoning, loves his parents with a pure, simple love. He has no hatred in his heart. We are called to imitate the attitudes of a pure and innocent heart so that we can remain in a stronger communion with the Lord. Jesus said: "*If you love those who love you, what credit is that to you? (Luke 6:32).* As His disciples we are called to go the extra mile – to love the unlovable and the undeserving with the love that God has poured into our open hearts through the Holy Spirit (cf. Romans 5:5).

Here I am! I stand at the door and knock. *If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me (Revelation 3:20).* God extends a loving and free invitation to every person irrespective of race, language, creed, status or position in society. Each and everyone are equal and important in God's eyes. God is ever ready to come into our lives to smooth our problems, sanctify our joys and to lead us into the eternal inheritance that He has lovingly planned for us. Do I lock up my heart with the pursuit of my own narrow interests and agenda?

Living in the presence of the Lord. Before He ascended into heaven Jesus promised that He will be with us till the end of time (cf. Matthew 28:20). God is all around us. His creation shows forth His glory – the flowers, the birds, the sunset, the achievement and good deeds of human beings, etc. We can find God's presence in Sacred Scripture and sincere prayers. We can encounter the Lord through the Sacraments of the Church by which He pours forth His grace in torrents. Jesus is present in a very special way: body, soul and divinity – in the Holy Eucharist, His gift of gifts. We are surrounded by the presence of God around us and in us. *If I go up to the heavens, You are there; if I make my bed in the depths, You are there (Psalm 139:8).* Jesus along with the Holy Spirit resides in our hearts. He is always present to me. Am I always present to Him? This is the promise of Jesus: *Whoever eats My flesh and drinks My blood remains in Me, and I in them (John 6:56).*

Constantly recalling the awareness of the Lord's presence will transform our thoughts, words and action so that it will be much easier to love the unlovable, to help the undeserving, to be patient with the overbearing and to go the extra mile for the needy. We have all experienced how easy it is to give our best when we are in the happy company of a much loved one. Let us develop the habit of making spiritual communion frequently during the day so that our hearts can be strengthened frequently for us to live a life of grace in Jesus. In our awareness of Christ's reassuring presence, our problems will become smaller, our hearts stronger and consequently the world around us and in us will be a much better place.

Conversation with Jesus

Precious Lord, because of Your great love for me You ardently desire to be with me always. In spiritual communion I unite my heart to Your Sacred Heart at Holy Communion in each Eucharistic Liturgy celebrated throughout all time. I consecrate myself to You through the Immaculate Heart of Mary. I pledge to You my deep loyalty, everlasting love and my life in service of Your name. At this moment I console You for all the sins that are being committed in this world. Transform my heart and cast out from me anything which opposes holy truth. I beg of You the inner strength to love sacrifice for love of You and for the salvation of souls so that I can overcome my self-centredness. Give me the grace to constantly live in Your presence so that I can consciously start living my eternal life with You which begins now. Mary, Mother of Salvation, teach me to live in Jesus' presence in every moment of the day. Thank You Jesus. Praise You Jesus.