

## Scripture Reading

### **A Reading of the Gospel According to Matthew** (*Matthew 16:26*)

What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

### Reflection ~ Our most prized possession – our beautiful, eternal, everlasting soul

**God made us eternal like Him.** *Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being (Genesis 2:7).* Man is a composite being, made up of body and soul, together forming the human nature, the union of body and soul being very profound. The soul which is immortal, gives life to the physical body which will die once the soul detaches from it at the time of death but will reunite with the body at the final Resurrection (cf. CCC365, 366). The Church teaches us that our first parents, Adam and Eve before their fall from grace, were created by God in an original state of holiness and justice. Their holiness was their share in God's divine life (cf. CCC 375).

**Christ restores our sinful souls to their original beauty and holiness.** *But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin (1 John 1:7).* The fountain of divine mercy in the form of blood and water from the pierced side of the Crucified Christ washes away the sins in the souls of all repentant sinners and restores them to their original state of being filled with sanctifying grace, God's divine life. This quiet and unseen yet wondrous miracle by God happens every time someone gets baptized or have their sins forgiven in the Sacrament of Confession. Holiness and salvation are free gifts from God. We cannot earn them through our good works alone. Thus, we need our Saviour, Jesus Christ.

**We are on pilgrimage on earth, here for God's mighty purposes.** We are made solely for God's glory. He was pleased to adopt us as His children through Jesus Christ, to make us His family. His plan for us is to do good works for His Kingdom, leading to our true home in heaven where He will share His glory and joy with us. *The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field (Matthew 13:44).* Our soul is made for the Kingdom of God. Yes, God plans a great destiny for each soul to which He gives a share of His divine life, the essence of holiness in each soul. Jesus promises that each of His followers will have a place in His Kingdom: *My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? (John 14:2).*

**Keeping the soul pure and fit for heaven.** Everything we do on earth impacts on our soul. Our sins defile our souls beyond our understanding. Mortal sin causes all sanctifying grace to be lost from our souls, causing its spiritual death. Thus, a healthy looking person may have a spiritual corpse for a soul. However, through seeking God's forgiveness and sincere repentance of our sins especially through the Sacrament of Confession, our souls are restored in an instant to its original beauty and glory. Such is God's mercy, power and wisdom! However, we have to be very vigilant; through our vices, we can open our hearts and souls to evil spirits that are constantly looking to enter souls so that they can exert greater evil power. *Whoever is not with me is against me, and whoever does not gather with me scatters (Matthew 12:30).* Our soul is either filled with light of God or darkness of evil. A vacuum does not exist naturally in the physical world or in the spiritual world.

### Conversation with Jesus

Precious Lord, thank You for the gift of my soul, Your priceless gift to me. I understand that my soul in its full sanctifying grace is breathtakingly beautiful, it is said to be like a tiny piece of God. Help me in my pilgrimage through life, never to be distracted by the many false lights and pleasures that I will encounter, and give me all the necessary strength and graces to always walk in fidelity on the path of truth towards the Kingdom of God, the true home of my soul. Help me treasure my soul as my most prized possession on earth. Mary, Mother of Salvation, pray for me. Thank You Jesus. Praise You Jesus.