



Scripture nugget – My heart is restless till it rests in You, Lord

Be still and know that I am God! I am exalted among the nations, exalted on the earth (Psalm 46:10).

A restless heart is a sign of the internal battle between the Spirit and our ‘flesh’, our sinful nature. Our spirit has a natural inclination to God and holiness. On the other hand, our flesh tenders towards sin and the gratification of our sinful, fallen human nature, the result of Original Sin. If not encumbered by our errant freewill, our spirit is led by the Holy Spirit Who testifies with our spirit that we are God’s children (cf. Romans 8:16). *For the flesh has desires against the Spirit, and the Spirit against the flesh; these are opposed to each other, so that you may not do what you want (Galatians 5:17).* The spirit is willing but the flesh is weak. Thus, we may want to do what is right but may be prevented from doing so by our weak, sinful nature. The Holy Spirit’s job is to sanctify us. Through the power of God’s grace, the Holy Spirit is constantly working on our minds and hearts so that eventually we can attain the stature of Christ (cf. Ephesians 4:13) to be fit for our glorious eternity. The fruits of the Spirit are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control (cf. Galatians 5:22-23). On the other hand, works of the flesh include: selfishness, jealousy, rivalry, uncontrolled temper, idolatry, hatred, drinking bouts, orgies, immorality, impurity, licentiousness, etc. (cf. Galatians 5:19-21). Thus, the Spirit and our flesh are at constant conflict. God calls us to freedom won for us by Christ’s life, death, and resurrection. St Paul exhorts us not to submit to the yolk of slavery again as in the past but to be led by the Spirit to live a life that is befitting for children of the Most High.

Surrendering to God. *So humble yourselves under the mighty hand of God, that He may exalt you in due time. Cast all your worries upon Him because He cares for you (1 Peter 5:6-7).* Many a times we suffer unnecessary pain because we rely too much on our limited human power and forget about God, His mighty love and power available to intervene in our adverse situation. It is good to remind ourselves that when we turn to God, we submit ourselves to the greatest power in the whole universe, and that beside our one true God there is no other god (cf. Isaiah 45:5-6). God is totally engrossed with us and always thinking about us! (cf. Psalm 139:17). *Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you (Isaiah 49:15).* The losing army in the battlefield analyses the options before surrendering. Similarly, to make a good surrender to God, we need to convince ourselves that it is the best option we can take; otherwise it will be a half-hearted surrender. A true surrender is a total entrustment of the situation into God’s hands while at the same time praying for discernment for the actions we should take that are within our human control. A true surrender brings peace. A true surrender does not demand a particular outcome to the adverse situation but submits to the will of God, and accepts everything that happens as coming from the Lord.

Conversation with Jesus: Precious Lord, true peace is not from the world but comes only from You as it is Your Precious Blood that washes away all sins, justifies and sanctifies my soul. Fill me with Your peace and strength to rise above all earthly bondages that constraint my spiritual freedom. Form my heart and mind so that I can be led by the Holy Spirit in order that I can be free to love and adore You as You deserve. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.