



Scripture nugget: Our impenetrable refuge of peace and rest

God is our refuge and our strength, an ever-present help in distress. Thus we do not fear, though earth be shaken and mountains quake to the depths of the sea, though its waters rage and foam and mountains totter at its surging (Psalm 46:2-4).

Come to Me, all you who labor and are burdened, and I will give you rest (Matthew 11:28). Christ understands every one of us in depth. It is not only because He is God and all-knowing but more importantly, He has assumed human flesh and has experienced the whole spectrum of human suffering since He has to make atonement for all sins. Having the most tender heart in the whole universe, Christ invites everyone to come to Him, irrespective of saint or sinner. *Everything that the Father gives Me will come to Me, and I will not reject anyone who comes to Me, because I came down from heaven not to do My own will but the will of the One Who sent Me (John 6:37-38).* He exhorts us to confront the truth squarely, to acknowledge and renounce our wretchedness and sinfulness, and to turn to Him for help. His Sacred Heart receives anyone who sincerely invokes His help. We will feel safe and at peace in the Sacred Heart. Christ is full of grace and truth (cf. John 1.14). By His time on earth we also know Christ is full of unconditional love and mercy. He assures us that He is always with us (cf. Matthew 28:20), never forgets us, and has engraved us on the palm of His Hand (cf. Isaiah 49:15-16). His Heart, an impenetrable refuge of peace and rest is always open to us. No one can take it away from us. *My soul rests in God alone, from Whom comes my salvation (Psalm 62:2).* Like a good parent, He wants to give us peace and rest from all our burdens and labor. *Peace I leave with you; My peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid (John 14:27).*

Finding peace through righteousness. A sure way to finding peace in the Sacred Heart is by practising Christ's righteousness through obedience in faith. The beatitudes that Jesus teaches us on the Mount (cf. Matthew 5:3-12) point the way to righteousness and blessedness. They encourage us put on the Mind and Heart of Christ, and to obey Christ's commandments which are not burdensome (cf. 1John 5:3). Christ says: Abide in Me and I will abide in you (cf. John 15:4). We will abide in Christ if we live in His love by obeying His commandments. Christ teaches us to live a life in imitation of His life of love and sacrifice on earth. Thus, St Paul says: *I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. (Romans 12:1).* Let us offer everything we do to God as a fragrant sacrifice for the salvation of souls.

Conversation with Jesus: Precious Lord, thank You for revealing and giving to us the mystery of the Sacred Heart through St Margaret Mary. In sincere repentance and love, I ask pardon for all my sins. Receive me into Your Sacred Heart, an impenetrable refuge for me in these times of distress in the world. In this haven of peace and security which no one can shut or disturb, I cast all my fears and anxieties on You, and receive Your peace. Help me remain in Your Sacred Heart at all times by practising Your righteousness through obedience in faith by adherence to Your Commandments. Your great wish is that we remain in You and You in us, and You in the Heavenly Father (cf. John 17:21). Thus, we will be in union in our hearts, minds and souls, ushering in Your eternal reign of peace. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.