



## **Scripture nugget -Preparedness of the soul is the foundation of inner peace**

*Be watchful! Be alert! You do not know when the time will come. It is like a man traveling abroad. He leaves home and places his servants in charge, each with his work, and orders the gatekeeper to be on the watch. Watch, therefore; you do not know when the lord of the house is coming, whether in the evening, or at midnight, or at cockcrow, or in the morning. May he not come suddenly and find you sleeping. What I say to you, I say to all: 'Watch!'"* (Mark 13:33-37).

**He said to him, 'My friend, how is it that you came in here without a wedding garment?' But he was reduced to silence (Matthew 22:12).** When our judgement day comes, our souls ("wedding garment") must be spotless. We must be alert to the many things that can stain the beauty and purity of our souls, our most beautiful and priceless possession. The greatest harm to our souls is the sin of unforgiveness and hatred. This is the sin that Jesus speaks out strongly against when asked by Peter how many times we need to forgive. If we do not forgive others, how can we expect God to forgive our sins (cf. Matthew 6:15). Causing great harm to our souls are the covert spirits of pride and selfishness. Pride is an attitude of the heart which prevents the soul from knowing its own defects and sins, but magnifies the faults of others. Such a soul takes offence easily or is indifferent to others, and has no desire to change. Another negative spirit that has immense control over many souls is the spirit of the world. Jesus teaches us about this spirit: *..they are the people who hear the Word, but worldly anxiety, the lure of riches, and the craving for other things intrude and choke the Word, and it bears no fruit (Mark 4:18-19).* The constant calling of the world and the lure of things of the world is irresistible to many souls who have excessive concern over their livelihood and those who are bedazzled by the false lights of wealth, comfort and luxury.

**Our time on earth is the time given to us to grow in holiness to make ourselves fit for an eternity of joy with our Heavenly Father.** *So be perfect, just as your heavenly Father is perfect (Matthew 5:48).* God is giving us every grace to grow in holiness so that when our time of judgement comes, we can stand in the righteousness of Christ and receive our crown of glory. It is sanctifying grace that makes us holy like God. Thus, a newly baptized baby is holy not because it has done many good deeds but because it is filled with sanctifying grace. To keep our souls in the state of sanctifying grace, we do not allow any stain of sin to mar our souls. *Thus, Jesus says: "If you love Me, you will keep My Commandments (John 14:15).* The holy Sacraments are our primary sources of grace. God can give graces in any way He desires but through the Sacraments, God's graces are poured in great torrents on the souls open to receive them with love and faith. Thus, attending the Daily Mass with love and reverence is a great spiritual exercise for the holiness of the soul.

**Conversation with Jesus:** Precious Lord, help me keep my soul in the state of sanctifying grace always so that I may look forward to my union with You when my time on earth is over. Help me understand my first duty is to love You above all else, and my allegiance is unquestioning obedience to Your Commandments. Help me live my faith daily and to have a solid interior life of prayer and sacrifice, and loving reception of Your Sacraments. May Your Will be done in me always and everywhere! Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.