

Scripture Reading

A Reading of the Gospel according to Luke (*Luke 23:44-47*)

It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, "Father, into Your hands I commit My Spirit." When He had said this, He breathed His last. The centurion, seeing what had happened, praised God and said, "Surely this was a righteous man." The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

Reflection – Every moment is an opportunity to grow in holiness

Jesus sets an example of a life of grace. The culmination of the earthly life of Jesus was the complete surrender of His entire Self to the divine will of God the Father. Through St Faustina, Jesus invites us at every 3 o'clock to unite ourselves to His Passion especially His abandonment in agony to the Father when He said, "Father, into Your hands I commit My Spirit." (St Faustina, #1320). It was a life lived out in perfection of the Father's will. Through the graces Jesus won for us by His life, death and resurrection, living a life in the righteousness of Christ becomes not only a possibility but the way to the glorious, eternal inheritance God has generously planned for each of His children.

Through example Jesus teaches us to surrender our will. *Christ, Who, being in very nature God, did not consider equality with God something to be used to His own advantage; rather, He made Himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled Himself by becoming obedient to death – even death on a cross (Philippians 2:6-8).* Jesus said to St Faustina: My daughter, you give Me most glory by patiently submitting to My will, and you win for yourself greater merit than that which any fast or mortification can ever gain for you..." (#904). Our Lord repeatedly tells St Faustina and she herself also came to realize the same truth: faithfully doing God's will is the most important key to perfection, genuine love of God and sanctity.

Surrendering our minds for a pure mind. Much of our hidden, unconscious pride is rooted in the way we think. Thus, St Paul exhorts us to put on the mindset of Jesus (Cf. Philippians 2:5). Not having the mindset of Jesus, we are led not by faith but by personal opinion, feelings and inclination. Instead of embracing and living the divine truths revealed to us, we cherry-pick the part of our faith teachings that appeal to us, living out a watered down version of the life of a Christian which barely stands out from the rest of the world. St Paul reminds us: *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ (2 Corinthians 10:4-5).* Our minds are under constant attack by the Enemy of our Salvation, the Master Deceiver, the Father of all Lies. He leverages on our pride, disorderly self-love, ignorance, complacency, self-reliance, self-righteousness.

Surrendering our hearts for a pure heart. *Above all else, guard your heart, for everything you do flows from it (Proverbs 4:23).* Our hearts are given by God to love Him above all and to love Him in all creatures. This is the way to walk to our eternal destiny. We love not because we produce the love in our hearts but because God's love is poured into our hearts through the action of the Holy Spirit (Cf. Romans 5:5) who is always working within us. Like our minds, our hearts are under constant attack from the Enemy of our Salvation. The diabolical one uses a weakness to gain a stronghold. He encourages the following: unforgiveness, grudges, hatred, pride, self-righteousness, phobias, anxiety, dwelling in regrets of the past, fear of the future, insecurity, etc. We have the power to constantly purify, guard and protect our hearts.

Conversation with Jesus

Precious Lord, in these turbulent times when the presence and sovereignty of God are denied and His teachings attacked, it is not easy to live a life of grace and to walk in Your footsteps. However, where there is sin, grace abounds all the more (Cf. Romans 5:20). You have overcome the world (Cf. John 16:33) and because of that I am an overcomer, more than a conqueror (Cf. Romans 8:37). To every situation, there is a corresponding amount of grace so that I can overcome whatever that is in the world that stands in the way of my salvation. In full confidence I surrender my will to You that I may grow in humility and be Your obedient servant under the bonds of pure, disinterested love. I give You full authority to direct my mind and heart so that everything I do may render glory to God, honour to our Blessed Mother Mary and for the salvation of souls. In this way, I will have Your peace in my heart even as I am living in a world that lacks peace. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus. www.twohearts.hk