

Scripture Reading

A Reading from the Gospel According to Matthew (Matthew 6: 25-27)

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection ~ My present moment - My most precious gift to God

Worry, a sign of distrust in God's providence and love. We worry about things that are outside our control. Every day there are many things that are totally beyond one's influence and control. Even despite our best and sincere efforts, things may turn out vastly different from our expectations. Nevertheless, this state of affairs is designed by the divine order of God. God made us to rely on Him so that we do not live for ourselves which would be the case if we are self-sufficient. God wants us to lean on Him, to exercise our freewill to walk in His way, to trust in Him that He will provide for us out of His love, His mercy, His providence, His power. The Provider is faultless, thus the requirement to trust the Provider is out of the infinite wisdom of God to help us earn merits due to our faith. *Commit your way to the LORD; trust in Him, and He will act (Psalm 37:5).* It helps to remember that ours is a living God that responds. *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God (Philippians 4:6).*

Constant regrets about the past imprison us in the past. It comes about from an inability to forgive oneself due to the false belief that God has not totally forgiven all past mistakes. It is a lie used frequently by Satan to promote the idea of an unforgiving, demanding God, and to prevent the healing of a soul from an unhappy past. As a result, the soul lives in the past and, thus, cannot respond to the trials of the present moment. *Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland (Isaiah 43:18-19).*

Procrastination is another tactic by the evil one to prevent us from living fully in the present moment. God made us limited by time. He, Himself is outside the constraints of time which He created. We have only limited time on earth in which to learn to walk in the true path to our true home in heaven. Once we procrastinate on things which should be done at that moment, we lose the graces attendant to that moment, and the same opportunity may not come again. Satan knows this and it is his cunning tactic to make us believe time is always on our side. Because of this false thinking, many souls delay their conversion to God, forgetting the warning of Jesus that He will come unexpectedly like a thief in the night.

God's graces are sufficient only for the present moment. *This is the day the Lord has made; we will rejoice and be glad in (Psalm 118:24).* God does not want us trapped in the past or worrying unduly about the future. With His ever-ready forgiveness of repented sins, God wants us to move forward to eternal life by a complete healing of a broken past. Just as He forgives us readily, He wants us to forgive others including ourselves. He wants us to live fully in the present moment by entrusting our future to His providence. Each present moment is a precious gift from God, unique in its consolation, trials, temptations and with its corresponding measure of graces to overcome the temptations of that moment. Satan knows this and so tries his best to pull us into the unhappy past or unpredictable future.

Conversation with Jesus

Precious Lord, when You created me, in Your infinite wisdom You made me bounded by time and space. In Your divine order of things You decreed that many things will be outside my human control. With the full forgiveness of my past repented sins and Your loving providence for my future, You desire me to live fully in the present moment. Thus, You create opportunities for me to prove my trust in You, thereby glorifying Your love, mercy and providence. In trusting You, I gain merits for my soul which are recorded in Your book of life. Through Your gift of the present moment, I am given all the help to live a full Christian life. Increase my faith and help me to be open to all the graces in the present moment. May I, moment by moment, make an offering of my life, my will through this offer of my present moment. Mary, Mother of Salvation, please purify my gift made through Your Immaculate Heart. Thank You, Jesus. Praise You, Jesus.