

## Scripture Reading

### **A Reading of the Gospel according to Matthew (Matthew 11:28-30)**

Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

### **Reflection – Responding to the urgings of our inner self, and seeking out God’s Presence**

**Reason for emptiness in hearts.** Despite being surrounded by people, material comfort and luxury, a human heart can feel empty because it cannot recognize at any time God’s presence all around us. Such is the sad state of the heart of the world today. The existence of God is denied or ignored, and there is no room for God in many human hearts. The heart of the world has allowed itself to be a victim of demonic deception that God does not exist or if He exists, He is not important. *On this mountain He (God) will destroy the shroud that enfolds all peoples, the sheet that covers all nations (Isaiah 25:7).* The shroud that covers all people is the deception of the Evil One, the Prince of the World, the Enemy of our Salvation. *But whenever anyone turns to the Lord, the veil is taken away (2 Corinthians 3:16).* When light and truth come into the heart, darkness and falsehoods have to depart. The human heart is made solely for the glory of God. *My heart and my flesh cry out for the living God (Psalm 84:2).* Only God Himself can satisfy the deepest hunger and longing of the human heart.

**We need God’s love in our hearts to recognize God’s presence.** A child can recognize the voice of his parent even if the parent is thousands of miles away on a long distance call. Similarly Jesus says: *My sheep listen to My voice; I know them, and they follow Me (John 10:27).* A small child always seeks out the comforting presence of its mother. Thus, the Lord exhorts us to be like little children. Jesus said, *“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven” (Matthew 18:3).* *Blessed are the pure of heart for they will see God (Matthew 5:8).* It is not difficult for those pure of heart to recognize God’s presence all around. But for those with hardened hearts that have no room for God, God says: *“You forgot the God that gave you birth. I will hide My face from you” (Cf. Deuteronomy 32: 18-20).* Without God, nothing is good or holy.

**We put ourselves consciously into God’s presence when we pray.** When we meditate Christ’s Passion e.g. through the praying of the sorrowful mysteries of the holy rosary, we enter into the Spirit of Christ and, to the extent of our desire and devotion, He allows us to partake of His Passion. Which saint has not meditated frequently on the Lord’s Passion? This is how they understood how much the Lord loves everyone. When we attend a Mass, an excellent opportunity presents itself for us to enter into the Spirit of Christ on Calvary. Through our desire and devotion we are brought in spirit to the foot of the Cross. Jesus’ Sacrifice becomes our sacrifice. At the last Supper, Jesus said: *I have desired with a great desire to eat this Passover with you before I suffer (Luke 22:15).* When we responded in kind: *“Jesus, I have desired with a great desire to receive You in Holy Communion”* the Lord responds by giving us a feeling of how our lowly soul feel when it receives its Lord and Mighty God. The gift of tears always comes with the gift of the Lord touching our hardened hearts.

**Through the gift of the Holy Eucharist Jesus invites us to come into His Real Presence.** The life and Passion of Christ is embodied in the Holy Eucharist in which is the Real Presence of Jesus Christ in all His fullness in His entire Person of Body, Blood, Soul, and Divinity. It is His gift of gifts to enable us to come into His Real Presence and seek from Him whatever we need in this life, and help to enter the eternal life awaiting us. He says to us: *Come to Me all of you who are weary and burdened, and I will give you rest (Matthew 11:28).* The sure test of love must be the length of time that the lover is willing to spend with the beloved. Jesus makes Himself a prisoner in the tabernacles in churches so that through His abiding presence in the Blessed Sacrament, He is always available to His loved ones that need to be refreshed and helped on their pilgrimage through life. Yet how many responded with the same love as Jesus?

### **Conversation with Jesus**

Precious Lord, living in Your presence every moment of the day is a sure way to perfection. Please purify my mind and heart, and make them Yours. Give me all the graces and strength I need to be rooted in holy love in all I think, say and do. Flood me with Your love, humility, strength, patience, wisdom and zeal so that I may have the blessedness of always seeking out Your adorable presence. Make me pure of heart so that I can see You in everyone and everything around me. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus. [www.twohearts.hk](http://www.twohearts.hk)