

## Scripture Reading

### A Reading from the Book of Psalms (Ps 42:2)

My soul thirsts for God, for the living God. When can I go and meet with God? The Word of the Lord. R.  
Thanks be to God.

**Reflection ~ True Joy is not because of our possessions or achievements but only because of God**  
**The human heart yearns for true love in order to be happy.** It is through pure love that we are made (cf. Ephesians 1:5). We are made by Love itself. Given this, for what purpose are our hearts made except to love and to be loved? Love therefore is the mission and high purpose of each human life. Accordingly, God the Maker guides us through our pilgrimage on earth by commanding us to love first and foremost our highest good i.e. God, Himself and then to love those around us as much as we love ourselves. Like everything else love has an order: God first then others and ourselves.

**God makes the human heart for Himself.** *For in Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him (Colossians 1:16).* The human heart is made to seek God, yearn for God, desire God and have its fulfillment and peace in God. God can be found by humbly seeking the Truth. God is Truth (cf. John 14:6). Truth is holy love (cf. 1 John 4:8) and all the things God stands for. St Augustine with heavenly wisdom said: to fall in love with God is the greatest romance; to seek Him the greatest adventure; to find Him, the greatest human achievement.

**Truth is hidden from people who open their hearts to falsehoods through inordinate self-love, pride and indifference to the existence of God.** *The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God (2 Corinthians 4:4).* As such, the current Prince of this World (Satan, the Master Deceiver) has covered the world with a veil of deceit. *But their minds were made dull, for to this day the same veil remains when the old covenant is read. It has not been removed, because only in Christ is it taken away. (2 Corinthians 3:14).* Thus, Jesus says: the Truth will set you free (cf. John 8:32). Jesus is the way, the truth and the life (John 14:6).

**When truth is compromised, the human heart is led by the desires of the corruptible body than the promptings of the immortal Spirit.** A heart not governed by the truth has not the motivation nor strength to free itself from the allurements and enticements of the earthly world. *For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law (Galatians 5:17-18).*

**Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18).** God wants us to be happy always, to find our joy in Him so that our joy will never fade but give us eternal gladness that no earthly thing can generate. Nothing separates us from God's will except our own sins. Outside of God's will, there is no real joy but emptiness, restlessness and unfulfillment. God understands the human heart because He made it. Like a good father, He wants to share with us His eternal joy. We have to desire this and work to attain this.

## Conversation with Jesus

Precious Lord, You are the Lord of Joy. You are the source of all light, grace, love, peace and joy. I seek You and place You as the centre of my life. Purify my mind and flood it with Your light, truth and wisdom. Purify my heart and take Your rightful dominion over it. As St Augustine said, my heart is restless till it rests in You. Mary, Mother of Salvation, I consecrate my heart to You so that You can safe-keep it for Jesus. Thank You, Jesus. Praise You, Jesus.