

Scripture Reading

A Reading from the Gospel according to Matthew (Matthew 14:25-33)

During the fourth watch of the night, He came toward them, walking on the sea. When the disciples saw Him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once Jesus spoke to them, "Take courage, it is I; do not be afraid." Peter said to Him in reply, "Lord, if it is You, command me to come to You on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did Him homage, saying, "Truly, You are the Son of God." The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection - Trust in the Lord and He will act

O you of little faith, why did you doubt? (cf. Matthew 14:31). Peter had faith in Jesus and it was manifested when Peter got out of the boat and started walking towards Jesus when Jesus asked him to. Nevertheless, Peter was greatly distracted when his attention became focused on the danger of his environment. He would not have started sinking had he ignored the strong wind and the rough sea and just kept focused on looking at Jesus. Like Peter we experienced doubts, anxieties and fears at those times when we allow our feelings to overcome us. People with less conviction in faith will find it harder to keep faith and overcome their feelings in a difficult situation. As St Paul tells us: we walk by faith, not by sight (2 Corinthians 5:7). It is a great self-discipline to keep our feelings under the control of our faith. Our faith and trust in God is not as strong as it should be because we do not fully understand God's love and His power. We can grow in faith if we reflect more on God's love - that there is nothing good that He will not do for us, and on His power - that with God nothing is impossible.

Trust in God accepts any outcome from the situation surrendered to God. When the three young men: Shadrach, Meshach, and Abednego were condemned to be thrown into the fiery furnace by King Nebuchadnezzar whose statue they refused to bow down to, they said to the king: *"There is no need for us to defend ourselves before you in this matter. If our God, whom we serve, can save us from the white-hot furnace and from your hands, O king, may He save us! But even if He will not, you should know, O king, that we will not serve your god or worship the golden statue which you set up."* (Daniel 3: 16-18). The three young men were prepared to stand by their faith even if God would not save them. They had enough faith to let God be God and to decide their fate even though their lives were in great danger and the prospect of a very painful death was imminent without God's intervention. For His part, God protected them from the fire and they emerged the next day without a single hair singed. **When we trust God, we give Him room to do miracles in accordance to His will.**

Trust in God is the fruit of an ardent love for and strong faith in God. Unless by a special grace, trust in God does not grow overnight. It is the beautiful fruit of an ardent love for God that is manifested by a sincere and consistent prayer life, constant attendance at the Holy Sacrifice of the Mass, frequent hours of adoration of the Holy Eucharist, daily reading and meditation of God's Word. It is a fruit borne of a steadfast faith that is lived daily in thoughts, words and deeds of a life that is lived for Christ. Jesus said to St Faustina: *I have opened My Heart as a living fountain of mercy. Let all souls draw life from it. Let them approach this sea of mercy with great trust (Diary, 1520). On the cross, the fountain of My mercy was opened wide by the lance for all souls - no one have I excluded! (1182). I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: "Jesus, I trust in You" (327). The graces of My mercy are drawn by means of one vessel only, and that is - trust. The more a soul trusts, the more it will receive (1578).* We must make sure we have an image of Jesus as Divine Mercy in our homes.

Conversation with Jesus: Precious Lord, You give great peace to those who place their trust in You. Many times I give great anxiety to myself simply because I cannot surrender my problem over to You. I have carried unnecessary burdens. Increase my faith in and love for You so that I can truly surrender and entrust myself to You so that You can be God and free to do whatever You wish to do in my life. I trust in Your plan and will for me. Mother Mary, give me a lion's share of your great faith in God. Mary, You were given great promises at the Annunciation regarding Jesus your Son. Though you never saw their fulfillment in your life on earth, you stayed faithful till the very end. Mary, teach me to trust God like you so that I may have great peace in following His will. May the most Sacred Heart of Jesus present in all the tabernacles of the world be adored, loved, praised and glorified forever! Thank You, Jesus. Praise You, Jesus. www.twohearts.hk