Scripture Reading

A Reading of the Gospel according to Matthew *(Matthew 28:20)*
Behold I am with you always, until the end of the age. The Gospel of the Lord. Praise to You, Lord Jesus Christ.

Reflection – We swing from indifferent apathy to feverish anxiety because we forget the presence of God

I will not leave you as orphans (John 14:18).   At the Last Supper Jesus reassures the Apostles that He will not abandon them. Jesus kept His promise. The Holy Spirit, the Spirit of Truth came down mightily upon the disciples at Pentecost. The Holy Spirit dwells in each soul and is always at work in each soul, gently prompting the soul to walk in each present moment in the true path of the Lord. Through His institution of the Holy Eucharist, Jesus is present in a very special way in His entire Person of Body, Blood, Soul and Divinity. Jesus' abiding presence in the Blessed Sacrament is His going out of the way to invite us to go to Him for refreshment from all our burdens and tribulation. *Come to Me, all you who are weary and burdened, and I will give you rest (Matthew 11:28).*   This is a promise of Jesus that we should always remember. We need not suffer feverish anxiety when we have Jesus truly present in the Blessed Sacrament who is willing to shoulder for us whatever we wish to unload unto Him.

St Peter walked on water because he had faith in the Lord and can see Him. St Peter asked Jesus to command him to walk on the water to Him, and Jesus did. So, Peter simply concentrated on obeying the Lord's command. But when his attention was distracted by the strength of the winds and the roar of the waves, he started sinking. The comforting presence of the Lord was lost to Peter in the terror and fear of that moment of encountering face to face with the threatening elements of water and wind. Peter had started well but his faith did not persevere as he cannot control his senses to focus only on the presence of the Lord.

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you;   I will uphold you with My righteous right hand (Isaiah 41:10). Though Peter grew afraid because of the strength of the wind and waves, nonetheless the Lord's presence remained unchanged.   It was only the feelings of Peter that changed and this was caused by his allowing his focus on the Lord to shift to concentrate on the threatening waves and wind.

For we live by faith, not by sight (2 Corinthians 5:7). Our God is unchanging and so is His Word, His teachings (Hebrews 13:8). God's promises do not change, and God has every power to make good His promises.   On the other hand, even within an hour our feelings are subject to many changes which may distance us from the truth of reality if we do not overcome them.   Unholy fear distances us from the graces of God by making us forget the real presence of God in us and around us. Unholy fears must be rocognised for what it is: F – false, E- evidence, A – appearing, R – real. Whatever our external senses may perceive, our hearts and minds must be rooted in the true reality that whatever the external circumstances may be, God's presence is unchanging within us and around us.   *Blessed are those who have not seen and yet have believed." (John 20:29).*

Conversation with Jesus

Precious Lord, I know that Your Spirit dwells in my soul and that You are always at my right hand side. With Your presence in and around me, I will be confident and my heart will not fear even though an army may besiege me and war breaks out against me (cf. Psalm 27:3). May I always remind myself of and live in Your holy presence by consecrating my heart and mind to holy love so that my thoughts, words and actions are all rooted in holy love.   Fill me with Your love, humility, strength, wisdom, perseverance, and passion and zeal for God's Kingdom. May my faith remain steadfast and enduring overcoming all external obstacles as I strive to always live in Your holy presence. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.   www.twohearts.hk