

Scripture Reading

A Reading from the Letter of St. Paul to the Galatians (*Galatians 2:20-21*)

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me. I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing!" The Word of the Lord. R. Thanks be to God.

Reflection – Formed to be a true Child of God

Call to personal holiness. *Be perfect, therefore, as your heavenly Father is perfect (Matthew 5:48).* God made us for heaven, and we have to be properly attired for this great event. Our soul must be clothed with the garment of sanctifying grace which we receive at Baptism if we are to be fit to enter the gates of heaven. We are called to make spiritual progress every day, taking up our crosses and walking in the footsteps of our Lord and Master, Jesus Christ. As God is love, spiritual progress is most of all progress in love or charity from which all our actions should flow.

An interior life. *Jesus replied, "Anyone who loves Me will obey My teaching. My Father will love them, and We will come to them and make Our home with them (John 14:23).* We have an interior life because Jesus lives in us. We are comprised not only of body but also soul and spirit (cf. Psalm 51:10) which exist forever! It is difficult to envisage what our spirit is like but if our soul (our heavenly body) can be compared to a rose then our spirit is like the aura of fragrance around the rose. An interior life seeks God in everything of daily life, doing everything for Him and with Him and practice living in the presence of God. It seeks constant communion with the Lord so that external actions are transformed into prayer. Jesus says to Martha that only one thing is necessary for our ultimate welfare: listening to the Word of God and living it (cf. Luke 10:41-43).

Prayer - a communion with the Lord. Without a prayer life, we are incomplete for we are spiritual beings in physical bodies. It is only through prayer that we can establish a personal relationship with the Lord. Prayer is to our soul what food is to our body. Jesus was constantly in deep prayer with His Father in heaven. His disciples were so touched by Jesus' prayerful attitude that they asked Jesus to teach them to pray. Jesus responded by teaching them the prayer: "the Our Father." Through this prayer the Lord teaches us many things. God is our Father! Before Jesus came no Jews ever dared to call God his Father. The correct order of prayer is evident: adoration and praise before petitioning. It emphasizes the importance of doing God's will, seeking His forgiveness and forgiving others. It is a complete prayer for all our needs and puts us in proper place before God. *God is spirit, and His worshippers must worship in the Spirit and in truth." (John 4:24).* Our spirit is our innermost being. It is the place where the Holy Spirit resides. God wants us to pray not just with our lips, but with our whole self down to our innermost being, our spirit. Then our spirit can be in the Holy Spirit.

Mortification or self-denial. We live in a world of many false gods. Where mortification or self-denial is absent, materialism will establish itself. We walk in the footsteps of Jesus who lives a life of hardship and sacrifice. Through His sufferings and death, Jesus gives a new meaning to all the crosses that come into our lives. *Then He said to them all: "Whoever wants to be My disciple must deny themselves and take up their cross daily and follow Me." (Luke 9:23).* To follow Jesus is to carry our crosses and not to reject them. Jesus has shown that the holy road of the cross is the only way to the glory of resurrection. Jesus is the only way (cf. John 14:6). No servant is greater than the master (cf. John 13:16). Do we expect to live a life untouched by suffering and yet aspire to heaven? Sins abound greatly in the world and we are called to help Jesus save souls through accepting our crosses patiently and uniting all our sufferings with Jesus' own.

Conversation with Jesus

Precious Lord, the highest form of worship is sacrifice. Through Your institution of the Holy Mass (cf. Luke 22:19-20) You perpetuate Your Supreme Sacrifice on Calvary, creating numerous opportunities for me to unite myself to Your sacrifice making it my own to our Eternal Father. Give me the grace to enter deeply into the spirit of the Mass, making my worship very pleasing to our Heavenly Father. Through Your Sacraments You pour torrents of grace into my soul. Your sacred servant, Pope John Paul II said that without Eucharistic adoration my love for You is incomplete. Therefore, give me a true devotion to the Blessed Sacrament wherein You dwell in Your real Presence. Incline me to constant adoration. As a child of God, I should not enter heaven alone but along with many brothers and sisters in Christ. For this I have been commissioned (cf. Matthew 28:19-20). Through Baptism, I am gifted with a share of Your ministry as priest, prophet and king. May I have the generosity of spirit to always intercede for the welfare of others and offer sacrifices for their salvation. May I never grow tired of proclaiming Your Word to them through what I say and do. Help me to see the truth with clarity and always defend the truth whenever it is compromised. Enlarge my heart so that I may have a great zeal to help You expand Your kingdom and save souls. Mary, Mother of Salvation, You who anxiously wait for the salvation of each of Your children, make me Your little soldier in Your army against evil. Thank You Jesus. Praise You Jesus.