

## Scripture Reading

### A Reading of the Gospel According to John (John 4:34)

“My food,” said Jesus “is to do the will of Him who sent Me and to finish His work.” The Gospel of the Lord.  
R. Praise to You Lord Jesus Christ.

### Reflection ~ Understand the Will of God

“My food,” said Jesus “is to do the will of Him who sent Me and to finish His work.” (John 4:34) Doing the will of God His Father is so important to Jesus that He considers it His food. Doing the will of God will provide the spiritual nourishment that will prevent the death of our souls. Jesus is a great and unparalleled teacher as He does not preach empty words but His whole life on earth is a living testimony to His teachings on faith, love, obedience and trust. Jesus is obedient to God His Father unto death, inviting us to walk in His footsteps on the true path to eternal joys and happiness.

**Be holy as Your Heavenly Father is holy (Matthew 5:48).** God made us for only one purpose – for His own eternal glory. He wants to share His glory with us. We have to be holy like Him. We are made for heaven – our rightful inheritance as true children of God. Earth is a temporary training and testing ground. *Blessed are the poor in spirit, theirs is the kingdom of heaven (Matthew 5:3).* Only those with unstained spiritual garments will be fit to enter the gates of heaven. They are the ones who have washed their robes and made them white in the blood of the Lamb (cf. Revelation 7:14). *“For many are invited, but few are chosen.” (Matthew 22:14).* However, every help is available from our merciful God to enable us enter the gates of heaven if we desire it.

**Grow in the Spirit – be filled with God’s graces and presence.** To be poor in our spirit is to grow in the Spirit of God. The more we detach ourselves from our pride, our comforts, our narrow way of thinking, our prejudices, our unholy fears and insecurities, our need for self-seeking, our possessions, our reputations, loved ones, our impure urges and sinful passions, unhealthy lifestyle and habits, and self-centredness the more we can be open to God’s graces. No one can serve two masters (cf. Luke 16:13). Once we centre our lives on God, all the other priorities fall into the rightful places, we open our hearts to obedience, picking up our cross and walking in the footsteps of the Lord. The Lord promises that once we put Him first in our lives, He will take care of the rest of our needs (cf. Matthew 6:33). Peace and security is found in God’s will.

**Pray continually (1 Thessalonians 5:17)** that we may understand and accept God’s will for us. Without prayer there would not be much obedience. Our prayer can be as simple as turning our thoughts to God and chatting with Him any place, any where, even in the midst of our work. What is important is we let our innermost hearts do the talking, always being aware of His love for us. In prayer we put ourselves into the presence of God who is always with us. In prayer, we submit ourselves into adoration of God, acknowledging His power and providence over us, and requesting help from our Heavenly Father. We open our hearts to be filled with His graces, and offer Him our self-surrender that He may come fully into every aspect of our lives to do His work of miracles of conversion in us and around us.

**Rejoice and give thanks always for this is God’s will for you (1 Thessalonians 5:16, 18).** The true children of God have a great cause for rejoicing in God - where we come from, our final destination and how to get there. The best is yet to be. Whilst there may be many trials and difficulties on the road to our final destination, we have indestructible hope and infallible help in Jesus Christ. St Paul tells us that no eye has seen, nor ear heard nor can the human mind imagine what God plans for those who love Him (cf. 1 Corinthians 2:9). *I consider that our present sufferings are not worth comparing with the glory that will be revealed in us (Romans 8:18).* To be happy and grateful, let us fix our gaze on the Lord, our priceless inheritance and the source of all our joys.

### Conversation with Jesus

Precious Lord, Your most ardent desire is to ensure my eternal joy and happiness and to be with me in eternity. For this You have a unique plan for me which is enshrined in Your will. You have not promised a bed of roses in my life on earth but one that will have its temporary share of pain and sufferings so that sins can be cleansed of, and we can all be happy and united with You in eternal joys in heaven, our true home and final destination. For this You ask that I trust and love Your will exceedingly to the point of considering it food for my soul. Let my soul arise and praise You in all Your wondrous laws and marvellous decrees, all of which has one purpose, and that is that we may be together in eternity. Mary, Mother of Salvation. Pray for me. Thank You Jesus. Praise You Jesus.