



## **Scripture nugget – Interior silence in the midst of the turmoil in the world**

*More tortuous than anything is the human heart, beyond remedy; who can understand it? I, the LORD, explore the mind and test the heart, giving to all according to their ways, according to the fruit of their deeds (Jeremiah 17:9-10).*

**What is the degree of distraction of our hearts and minds?** Many and often are the distractions and temptations of the heart and mind. Indeed, the battle of good versus evil is constantly being fought out in human hearts and minds. The godless world constantly calls to us, is fixated with false lights of wealth, success, fame, comfort and attraction of a life focused on enjoyment and sensual pleasures. Succumbing to constant temptation, lust for things of the world and worldly anxieties produce much unrest in the human heart. Christ tells us that such souls will not bear much fruits as worldly concerns acting like thorns choked God's Word planted in their hearts (cf. Mark 4:18-19). As long as we spend our time preoccupied in earning more and more money and acquiring more and more things, we will not have the silence of the heart to heed the gentle inspirations of the Holy Spirit. *Do not love the world or the things of the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, sensual lust, enticement for the eyes, and a pretentious life, is not from the Father but is from the world (1 John 2:15-16).* We must resist the constant calling and lure of the materialistic world. Another source of unrest in our hearts comes from within us: unforgiveness, hatred, anger, bitterness, envy, selfish ambition, bondage to an unhappy past or unhealthy anxiety about the future. Scripture tells us that sin directs the hearts of people who are not afraid of God (cf. Psalm 36:2-3).

**The peace of the heart can be disturbed by different forms of moral, spiritual, or psychological ailments.** Moral ailments may result from bondages to immoral or impure habits such as pornography, fornication, adultery, all forms of sexual deviancy, etc. Most common form of spiritual ailment includes complacency, apathy and lukewarmness. These souls have lost their initial fire of love for God which could be due to an absence of an interior prayer life resulting in weakened faith, or a preoccupation with other distractions. Interior silence must be cultivated in a soul that desires to respond to God's call to holiness. The highest form of love is the pure, unadulterated divine love from God that is poured out by the Holy Spirit into all hearts that are open to receive it. In this divine order, the highest obligation of the human heart is to return to God love for love. Outside of this divine order, is disobedience and rebellion when the human heart turns to false gods, blindly allowing sin to direct its life and forfeiting the real peace of a heart that is in union with God, its Maker.

**Conversation with Jesus:** Precious Lord, humbly, I seek forgiveness for all my sins which undermine the peace in my heart. Through Mary, I consecrate to You my poor heart. Purify it of all unholy desires, sin, bondages and anything that is not from You. I unite my heart to Yours. Make my heart simple, pure and humble like Yours so that I can have real peace even in the turmoil of this broken world. Guard my heart and fill it with Your love, strength, wisdom, perseverance, humility, courage, zeal and passion for God's Kingdom. Flood my soul with the power of Your Holy Spirit and consume all iniquities and ignite the fire of the Holy Spirit in my soul. Be enthroned in my heart and direct my mind, words and deeds so that in everything I do, I may glorify God always and everywhere! Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.