



Scripture nugget – Attaining inner peace and harmony

He (Jesus) said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself (Matthew 22:37- 39).

Being our true self leads to inner peace and harmony. God made us to love Him with all our heart, all our mind and all our soul. When we are finally able to do this, there will be no more internal conflict in any part of us. We are made for God alone. *...all things were created through Him (Christ) and for Him (Christ) (Colossians 1:16).* God could not have given us a higher purpose for our existence than this! Thus, no person, however disadvantaged on earth, should feel useless or devoid of meaning if he/she has a good grasp of this eternal truth. We are fearfully and wonderfully made (cf. Psalm 139:14) such that the deepest longing of our heart is met only by the Most High, our Creator. *As the deer longs for streams of water, so my soul longs for You, O God. My soul thirsts for God, the living God. When can I enter and see the face of God (Psalm 42:2-3). My soul rests in God alone, from Whom comes my salvation (Psalm 62:2).* Scripture tells us our soul thirsts for God like a thirsty deer and that it rests in God alone. Only the highest and the best in the universe can satisfy our inmost longing! When we can embrace this truth, we gain a deeper understanding why God commands us to love Him whole-heartedly. Loving God whole-heartedly leads to our true self and ensures we walk safely on the true path to our glorious, eternal inheritance. If we can understand the pure love of a human parent, we can gain a little understanding of the pure, divine love God holds in His heart for every human being.

Jesus is the living example of how we should love God. Jesus said to His disciples: *“If you love Me, you will keep My commandments (John 14:15).* The Jews found that the teachings of Christ came with a profoundness that was not found in the preaching of their religious teachers. Jesus is a living example of what He teaches. He is not like the Pharisees whose deeds did not correspond to what they preached. Jesus lives to fulfill the will of God, the Father. This is the reason of His existence. *Jesus said to them, “My food is to do the will of the One Who sent Me and to finish His work (John 4:34).* Coming in lowly human flesh, Jesus focused on fulfilling His Father’s will and paid no heed to adverse human opinion. Jesus did not cling to equality with God the Father, but rather He humbled and emptied Himself of all glory in order that He can take on lowly human flesh and become obedient to the Father, even unto death on a cross (cf. Philippians 2:6-8). *Because of this, God greatly exalted Him and bestowed on Him the Name that is above every name, that at the Name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father (Philippians 2:9-11).*

Conversation with Jesus: Precious Lord, You are my Love, my Joy, my Support, my deepest desire, my highest fulfillment. I join my heart to Your Sacred Heart in Your ceaseless praise of the love, wisdom and power of our Heavenly Father in giving me life and great indestructible hope for my future. Make my heart and my life like Yours so that I walk in Your footsteps and become what God desires of me and achieve my highest potential. Though my life on earth is full of hardships, I rejoice in it because You are the sole purpose of my life. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.