



Scripture nugget – Every human heart seeks true joy and rest

My soul rests in God alone, from Whom comes my salvation. God alone is my rock and salvation, my fortress; I shall never fall (Psalm 62:2-3).

Jesus teaches us how to find true joy. His teachings are clear. We are not required to do extraordinary feats to find happiness but the key to true joy is simply filial obedience to God. *If you keep My commandments, you will remain in My love, just as I have kept My Father's commandments and remain in His love. I have told you this so that My joy may be in you and your joy may be complete (John 15:10-11).* The Jews distinctly noticed Christ taught with profound authority. Where did He get all these, they wondered? They were used to religious leaders whose lives did not reflect what they professed with their lips. However, Jesus is the living example of what He preaches. He teaches us that the sure path to true, lasting happiness is carrying out the Heavenly Father's will. His whole life on earth is a living testament to this truth which many people fail to grasp. We can appreciate Christ's mission on earth is far from being an easy one. *For the sake of the joy that lay before Him He endured the Cross, despising its shame, and has taken His seat at the right of the throne of God (Hebrews 12:2).* God rewarded Christ greatly for accomplishing His mission perfectly. God will also reward us greatly for obedience to His commandments. St Paul tells us that God will reward us beyond what we can imagine (cf. *1 Corinthians 2:9*).

The everlasting joy of Christ's victory and Christ's Presence. Life on earth is not easy but our Lord has gone ahead of us. *"I have told you this so that you might have peace in Me. In the world you will have trouble, but take courage, I have conquered the world."* (John 16:33). Jesus tells us that our earthly lives will not be without troubles, but we are to take courage because He has merited for us all the graces we need to overcome any temptation, any obstacle to our final destination in God's glorious Kingdom. St Paul reminds us that in Christ we are more than conquerors (cf. *Romans 8:37*). *Judas, not the Iscariot, said to Him, "Master, [then] what happened that You will reveal Yourself to us and not to the world?" Jesus answered and said to him, "Whoever loves Me will keep My Word, and My Father will love him, and We will come to him and make Our dwelling with him (John 14:22-23).* Oh, what joy and peace we will have if we can fully grasp and reverence the blessed Presence of the Holy Trinity in our poor hearts! Our hearts are made for God alone and when we cannot feel the presence of God we feel an emptiness which we try to fill with lesser loves.

Conversation with Jesus: Precious Lord, God made me through You and for You (cf. *Colossians 1:16*). I am made for good works that the Heavenly Father has planned for me in advance (cf. *Ephesians 2:10*) and to share in Your glory (cf. *2 Corinthians 3:18*). Through You and in You, I am raised up to be a child of God and no less than a co-heir to God's Kingdom (cf. *Romans 8:17*)! Indeed, Prophet Jeremiah said: God has a good plan for me (cf. *Jeremiah 29:11*). My cup overflows when I recount God's goodness to me. Thus, You exhort me to rejoice always, to pray without ceasing and to give thanks to God in all circumstances (cf. *1 Thessalonians 5:16-18*). Most of all, I look with great anticipation to heaven, my true home. *You will show me the path to life, abounding joy in Your Presence, the delights at Your right hand forever (Psalm 16:11).* Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.