



**Scripture nugget – In Christ we are more than conquerors (cf. Romans 8:37)**

*What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? As it is written: “For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered.” No, in all these things we conquer overwhelmingly through Him Who loved us (Romans 8:35-37).*

**Christ gives us power to overcome our sins, vices, bad habits and bondages.** When Christ cried out: “It is finished!” (cf. John 19:30) on the Cross on Calvary before breathing His last, it was a cry of victory, not a despairing cry. For the first time unprecedented in history, humankind has been given divine power, merited through the Passion, Death and Resurrection of Christ, to overcome anything that opposes the attainment of eternal life with God: temptations, sins, bad habits, vices and bondages. Christ merited this wondrous grace for us by allowing His human Self to be subjected to and overcoming the same kind of temptation confronting sinners whom He has come to save. To overcome our sinful pride, Christ allowed Himself to be humiliated many times, culminating in crucifixion on the cross, a shameful, cruel punishment for the vilest of criminals in those days. To purify and help us overcome sins of impurity Christ submitted His sinless Body to be scourged, shedding copious blood and enduring thousands of lacerations on His Body inflicted by whips equipped with many sharp points. To heal our woundedness, Christ allowed Himself to be wounded, healing our wounds with His stripes (cf. Isaiah 53:5). To heal us of our rejection, Christ endured human rejection starting from the time He was born in a stable when there was no room for Him at the inn. *So if a son frees you, then you will truly be free (John 8:36).*

**Christ gives us power to become children of the Most High.** *But to those who did accept Him He gave power to become children of God, to those who believe in His Name (John 1:12).* God the Father, in His fatherly love, was pleased to destine us for adoption to Himself through Jesus Christ (cf. *Ephesians 1:4-5*). St Peter tells us that Christ, by His divine power, has given us all the graces needed to live a godly life, enabling us to escape the corruption of this world due to evil desires, and so meriting a share of Christ’s divine nature (cf. 2 Peter 1:3-4). How should we respond to such precious and great promises? St Peter exhorts us to practise virtues (what are the virtues that are weak in us?), to learn about our faith so as to grow in knowledge and love of God, to live a disciplined life with self-control in accordance to God’s commandments, to develop a devotional and loving relationship with God and others, and to persevere in it with endurance, bearing everything in love (cf. 2 Peter 1:5-7).

**Conversation with Jesus:** Precious Lord, there is no power, visible or invisible, that can take away the love which You hold for me in Your Sacred Heart (cf. Romans 8:35). Through Your Passion, Death and Resurrection, You have broken all bondages due to sin. You have conquered sin, eternal death and hell on my behalf, giving me power to attain eternal life, overcoming any obstacles that lie in its path. Open the eyes of my heart to see the great things You have done for me. You have come so that I can live my life more fully. I surrender to You all the areas in my life that do not glorify You. Transform my heart, my mind, my life so that You may be pre-eminent in all aspects of my life. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.