

Scripture Reading

A Reading from the Letter of St Paul to the Colossians (*Colossians 3:1-4*)

If then you were raised with Christ, seek what is above, where Christ is seated at the right hand of God. Think of what is above, not of what is on earth. For you have died, and your life is hidden with Christ in God. When Christ your life appears, then you too will appear with Him in glory. The Word of the Lord. R. Thanks be to God.

Reflection – Living the Spirituality of the Resurrection

Constant renewal for a new life of grace in the Holy Spirit. Through His life, Passion, death and resurrection, Christ has gained for us all the graces we need to conquer sin, grow in holiness and make ourselves fit for Paradise, our true, eternal home with our Heavenly Father. Thus, the redeeming Blood of Christ delivers us from hopelessness to indestructible, unsurpassed hope, from sinfulness to holiness, from eternal punishment to eternal life. The atoning Sacrifice of Christ on Calvary offered to God the Father once and for all opens up for us a new and living way to our glorious, eternal inheritance. This new and living way is the faithful carrying of our own crosses, walking in the footsteps of Christ and led by His Holy Spirit. *That you should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth (Ephesians 4:22-24).*

Renewal of the heart and mind. It is not easy to abandon our set way of thinking and entrenched mind set which are set on the things of this world, and to focus and think of what is above as St Paul exhorted us. However, God's grace is available to enable us to do things which cannot be done by depending solely on human power. But, we have to decide for it, to pray for it and work towards it. In our former way of life, we were full of ourselves. Our lives revolved around ourselves. Our hearts were full of desires arising from self-love and self-interest. This closes the heart to receiving God's grace for renewal in the Spirit. We have to empty our hearts and make room to receive God's grace. Once we respond to God's call to grow in holiness, we will experience the spiritual battle that is waged continuously in our hearts and minds. *For the flesh has desires against the Spirit, and the Spirit against the flesh; these are opposed to each other, so that you may not do what you want (Galatians 5:17).* Our flesh or sinful nature gives rise to selfish desires which lead us to seek the things of this passing world, giving rise to unhealthy and sinful bondages that weaken our strength to seek the things that endure eternally. Once we are set on gratifying our selfish desires and passions, our minds and hearts will be closed to the inspirations of Holy Spirit.

Unsurpassed hope and joyful living. *May the eyes of your hearts be enlightened, that you may know what is the hope that belongs to His call, what are the riches of glory in His inheritance among the holy ones (Ephesians 1:18).* For those who are believers of Christ and who have committed their lives to Him, their hope is unsurpassed and indestructible because it is not based on human power or wisdom but on the One Who has dominion over all - Christ, the power of God, and the wisdom of God (cf. 1 Corinthians 1:24). Thus, we are called to joyous living. Christian joy glorifies God and, is a testament to God's love, mercy and the tremendous hope to which we are called. If sinful human parents know how to give good things to their children, God can do infinitely better for those who love Him (cf. 1 Corinthians 2:9). *Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus (1 Thessalonians 5:16-18).*

Focusing constantly on Christ Crucified for strength and inspiration. The way on the path of truth will not be easy. Very few souls choose to travel this route. Yet it is the only road that will lead us to true happiness and fulfilment. It is the only road that the Crucified Christ is on, encouraging us on and strengthening us with His graces as we bear our crosses and walk in His footsteps. To our every weakness, Christ makes available His grace so that we can overcome all our weaknesses and not succumb easily to temptation. Through St Paul, Christ tells us that His grace is sufficient for us no matter what weaknesses we have (cf. 2 Corinthians 12:9). St Paul even went further to say that he would gladly boast of his weaknesses because through them Christ's power would dwell with him. Yes, Christ's power is available to us to conquer all our weaknesses.

Conversation with Jesus: Precious Lord, open the eyes of my heart to see and understand the unsurpassed hope to which I am called. Give me the wisdom to seek the things that matter amidst the confusion of this world. Empty my heart of all things that did not come from You, and anoint me with Your Holy Spirit. Free me of all bondages to this world. Renew my mind and heart by the power of Your Spirit. Help me embrace Your commandments which define evil and point out that which is good and true. Help me pick up my cross daily and always focus on You, my Crucified Lord for You are my inspiration, my strength, my life, my joy and the purpose of my life. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.