

Scripture Reading

A Reading From the Book of Prophet Hosea (*Hosea 11: 3-4*)

It was I who taught Ephraim to walk, taking them by the arms; but they did not realize it was I who healed them. I led them with cords of human kindness, with ties of love. To them I was like one who lifts a little child to the cheek, and I bent down to feed them. The Word of the Lord. R. Thanks be to God.

Reflection – Lord, show us the Father and that will be enough for us (John 14:8)

Do I have a personal, intimate relationship with our Heavenly Father? Our perception of our Heavenly Father is shaped by what little we know of Him, by popular depiction of Him as an old man, by Old Testament accounts when God exercises His justice and by our impression and fear of our own fathers whose unfortunate image maybe etched in our minds as stern and distant figures of unbending authority. Our shallow perception of our Heavenly Father is not helped by our lack of meditation on the divine truths and mysteries of our faith. As a result most of us do not have a personal intimate relationship with our Heavenly Father whose greatest desire is to be with us always.

Philip said, “Lord, show us the Father and that will be enough for us.” (John 14:8). Jesus responded to the question that every one of us also want to ask of Jesus by saying that anyone who has seen Him has seen the Father. Jesus asked of Philip: *Don't you believe that I am in the Father, and that the Father is in Me?* (John 14:10). At another time Jesus said: *I and the Father are one* (John 10:30). Jesus came to reveal His Father to us and to do away with all the misconceptions and unholy fears we have of our Heavenly Father whose love for us is more tender than the tenderest of mothers (cf. Isaiah 49:15).

Jesus bridged the gap between the Heavenly Father and us through His Blood on the Cross.

When Jesus died on the Cross, the heavy, thick curtain of the temple was torn in two from top to bottom. (cf. Mark 15:38). This signifies that the gap between the Heavenly Father and us due to our sins, is finally bridged, thus giving us direct access to God the Father through Jesus Christ. The Heavenly Father is especially close to us when we embrace the crosses, trials and difficulties in our lives. Through the Cross we ascend to Jesus and through Jesus to the Heavenly Father.

The Heavenly Father comes to us through the Eucharist, His Word and through His Spirit, the Holy Spirit living in us. Every time we receive Holy Communion we receive the Heavenly Father and the Holy Spirit as well as Jesus. The three persons of the Blessed Trinity are seldom apart, they are always in perfect unity and harmony. An insight into this is provided when God visited Abraham, taking the form of three men (cf. Genesis 18). None of the three men spoke on his own but as a group.

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life (John 3:16). It is difficult to imagine a father sending his son to be a sacrifice for another person. It was a huge personal sacrifice. Because the Heavenly Father and His Son, Jesus are united by perfect love - the Holy Spirit, the pains and sufferings of Jesus are felt in a no less intense way by the Heavenly Father. Through Jesus, God the Father suffers for each and every one of us! Such is mystery of our beautiful faith. Once we take some time to meditate on this truth, we can feel that we know, understand and love the Heavenly Father in a way that is supernatural as we are aided by the light, love, grace and power of His Spirit, the Holy Spirit.

Conversation with the Heavenly Father

Heavenly Father, You are very precious to me. I am sorry I hardly thought about You in the past. I love You and offer myself to You forever. Before I was conceived You knew me (cf. Jeremiah 1:5) and You knitted me in my mother's womb (cf. Psalm 139:13). You have prepared good plans for me (cf. Jeremiah 29:11) and are always thinking about me (cf. Psalm 139:17). Teach me how to please You, to have a real personal relationship with You. Through Jesus I want to do everything in my life for You. I want to love You Heavenly Father with an undivided heart. Jesus and Mary, please show me how. All adoration, praise, glory and honour to our Heavenly Father now and forever!