

## Scripture Reflection

### A Reading from the Book of Psalms (*Ps 63:1*)

You, God, are my God, earnestly I seek You; I thirst for You, my whole being longs for You, in a dry and parched land where there is no water. The Word of the Lord. R. Thanks be to God.

### Reflection – The Innermost Desire of Every Heart

**God made the human heart for Himself alone.** ... *All things were created by Him and for Him (Colossians 1:16).* As such is the case, then the human heart can only find its deepest fulfillment in God Himself. Until this fulfillment is satisfied, the hunger of the heart for God remains. Succumbing to the great pressures of the world, oftentimes the holy hunger is channeled into earthly things: material goods, wealth, pleasure, comfort, power, etc. However, the seeking and pursuit of these earthly things will never end as God can never be replaced by His gifts.

**God made the human heart to love as He loves.** *God's love has been poured out into our hearts through the Holy Spirit (Romans 5:5).* Through His love poured into our hearts, God wants us to be His eyes, His mouth, His hands and feet so that we are able to do the good works He has put us on this earth to do. *For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do (Ephesians 2:10).*

**The hardening of the human heart, turning it away from God.** *For this people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them.' (Matthew 13:15).* Filling up the heart with desire for earthly things, giving the rightful place of the Infinite to the finite, piling sin upon sin, burdens the heart, making it hardened, empty, unfulfilled and lacking real joy that lasts.

**The innermost desire of a human heart is its union with God.** God puts into every heart a hunger for Himself, which is never satisfied till it rests in Him. Thus, a heart that is in right standing with God seeks Him above all else. *You, God, are my God, earnestly I seek You; I thirst for You, my whole being longs for You, in a dry and parched land where there is no water (Ps. 63:1).* That is why the Lord says we are to guard our hearts above all else for where the heart is, the body and soul will follow. *Above all else, guard your heart, for everything you do flows from it (Psalm 4:23).* Is my heart ruled by God or by the things of this passing world?

**Union of God is through fulfilment of God's will and love for God above others.** Sincere fulfilment of God's will is motivated by love; love for God is manifested by doing His will. Thus, the two conditions cannot be separated; they are the two sides of the same coin. *Jesus replied, "Anyone who loves Me will obey My teaching. My Father will love them, and we will come to them and make our home with them (John 14:23).* Through Christ's own example, we understand it is our true nature to do God's will. *Jesus said, "My food is to do the will of Him who sent Me and to finish His work." (John 4:34).* Jesus stripped Himself of all His heavenly glory and was obedient to His Father unto death. St. John reminds us, *"This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters."* (1 John 3:16).

### Conversation with Jesus

Precious Lord, You made me with the lofty purpose of eternal union with You in heaven, sharing in Your joy and glory. In You alone, will the restlessness and yearnings of my heart cease. Cleanse my heart of earthly attachments and spiritual blindness that lead me to seek Your gifts rather than Your Presence. Give me the wisdom to understand that my deepest desire is God who is my origin and final destination. Soften my poor heart and let the holy hunger for You in my soul be keenly felt. Help me walk along the paths of holy love and fidelity to the Gospel. Mary, Protectress of the Faith, intercede for me. Thank You Jesus. Praise You Jesus.