

PRAYER FOR LIVING

DAILY REFLECTIONS FOR LITURGICAL YEAR B~JUNE

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Prayer for Living Daily Reflections for Liturgical Year B

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Tuesday, 1st June, St. Justine, Martyr. Tobit 2:9-14, Mark 12:13-17

The chief priests and the scribes and the elders sent to Jesus some Pharisees and some Herodians to catch him out in what he said. These came and said to him, 'Master, we know that you are an honest man, that you are not afraid of anyone, because human rank means nothing to you, and that you teach the way of God in all honesty. Is it permissible to pay taxes to Caesar or not? Should we pay or not?' Recognising their hypocrisy he said to them, 'Why are you putting me to the test? Hand me a denarius and let me see it.' They handed him one and he said to them, 'Whose portrait is this? Whose title?' They said to him, 'Caesar's.' Jesus said to them, 'Pay Caesar what belongs to Caesar -- and God what belongs to God.' And they were amazed at him.

The joy of belonging to God

The Jewish leaders asked Jesus the question regarding the permissibility of paying taxes to Caesar to trap Him. Jesus, knowing that it was a trap, answered by stating the fact that since the coin had the image of the Emperor on it, the people should pay Caesar what belongs to him. However, Jesus went on add that we should give back to God what belongs to God. What is Jesus referring to?

God's image is on all of us because we have created in His image (Gen 1:27), and thus, we belong to God in the same way that the coin belonged to Ceasar. What a joy to be reminded once again that we belong to God who loves us without conditions! As people belonging to God, we are called to give back to Him by loving Him with all our heart, mind and strength, and live in a relationship with Him, regardless of the circumstances we find ourselves in.

Question for reflection:

What does it mean that I belong to God?

Wednesday, 2nd June, SS. Marcellinus & Peter, Martyrs. Tobit 3:1-11, 16-17, Mark 12:18-27

Some Sadducees -- who deny that there is a resurrection -- came to Jesus and they put this question to him, 'Master, Moses prescribed for us that if a man's brother dies leaving a wife but no child, the man must marry the widow to raise up children for his brother. Now there were

seven brothers; the first married a wife and then died leaving no children. The second married the widow, and he too died leaving no children; with the third it was the same, and none of the seven left any children. Last of all the woman herself died. Now at the resurrection, when they rise again, whose wife will she be, since she had been married to all seven?' Jesus said to them, 'Surely the reason why you are wrong is that you understand neither the scriptures nor the power of God. For when they rise from the dead, men and women do not marry; no, they are like the angels in heaven. Now about the dead rising again, have you never read in the Book of Moses, in the passage about the bush, how God spoke to him and said: I am the God of Abraham, the God of Isaac and the God of Jacob? He is God, not of the dead, but of the living. You are very much mistaken.'

Jesus reveals who God is: God is God of the Living

"He is God, not of the dead, but of the living". Jesus was referring to Moses' encounter with God in the burning bush. It was God who said, "I AM the God of Abraham, Issac and Jacob". The use of the present tense, "I am", and not "I was", shows that God is the God of the living, not of the dead. This is the security that we can hold onto. God guarantees eternal life to His friends. What is eternal life? It is the sharing of God's life and love that starts here and now, and that will continue beyond physical death.

The promise of resurrection and eternal life leads us to live differently. We, as friends of the Living God, choose to love others, to do good, to keep our promises, to fight for justice, to work for peace, etc. Despite the disappointments and frustrations that we face each day, we live in communion with God and one another because we know that His life and love will never end.

Question for reflection:

How does my faith in the resurrection influence the way I live today?

Thursday, 3rd June, SS. Charles Lwanga & Companions, Martyrs. Tobit 6: 10-11, 7: 1, 9-14, 8:4-9, Mark 12:28-34

One of the scribes came up to Jesus and put a question to him, 'Which is the first of all the commandments?' Jesus replied, 'This is the first: Listen, Israel, the Lord our God is the one, only Lord, and you must love

the Lord your God with all your heart, with all your soul, with all your mind and with all your strength. The second is this: You must love your neighbour as yourself. There is no commandment greater than these.' The scribe said to him, 'Well spoken, Master; what you have said is true, that he is one and there is no other. To love him with all your heart, with all your understanding and strength, and to love your neighbour as yourself, this is far more important than any burnt offering or sacrifice.' Jesus, seeing how wisely he had spoken, said, 'You are not far from the kingdom of God.' And after that no one dared to question him any more.

The commandment to love is not abstract, but profoundly concrete

The scribe asked Jesus, "Which is the first of all the commandments?". Interestingly, Jesus gave two commandments instead of one: "Love God and love neighbour as yourself". The first love that we need to have is to love God. Only God is worthy of our total love of our heart, mind and strength, and we love God because He first loved us. Thus, our love is a response to His unconditional and faithful love that He lavishes on each one of us.

Loving God is not something abstract. Our love for God is shown in the way we love, serve and care for others, especially the ones most in need and the ones who are most vulnerable. Often, we know that we are called to love one another, but in reality, we find it hard to put into practice. Today, let us put love into action. Let us show that we truly love God by loving others as to how we would love ourselves.

Question for reflection:

How can I live out Jesus' two key commandments today?

Friday, 4th June, 9th Week Ordinary Time. Tobit 11: 5-17, Mark 12: 35-37

At that time, while teaching in the Temple, Jesus said, 'How can the scribes maintain that the Christ is the son of David? David himself, moved by the Holy Spirit, said: The Lord declared to my Lord, take your seat at my right hand till I have made your enemies your footstool. David himself calls him Lord; in what way then can he be his son?' And the great crowd listened to him with delight.

The humble joy of entering into the mystery of God

Today's gospel provokes us to ask ourselves a very fundamental question: Who is Jesus? In the passage, Jesus said, "How can the scribes maintain that the Christ is the son of David?". Jesus knew that many Jews were expecting the coming Messiah to be King David's descendent. However, King David himself in Ps 110 referred to the Messiah as "my Lord", and so, the Messiah is far greater than David. Although Jesus is the Messiah that comes from the line of David, He is more than David's son. He is David's Lord. He is the Son of God. Therefore, the point that Jesus wants to reveal to His audience and all of us that there is more to Him than we can fully comprehend.

Jesus, God in human form, is beyond titles and concepts. The invitation from Jesus is to enter into a relationship with Him and to spend time in prayer to truly allow Him to reveal who He is to us.

Question for reflection:

Do I delight in Jesus and in who He is for me?

Saturday, 5th June, St. Boniface. Tobit 12: 1, 5-15, 20, Mark 12: 38-44

In his teaching, Jesus said, 'Beware of the scribes who like to walk about in long robes, to be greeted respectfully in the market squares, to take the front seats in the synagogues and the places of honour at banquets; these are the men who devour the property of widows and for show offer long prayers. The more severe will be the sentence they receive.' He sat down opposite the treasury and watched the people putting money into the treasury, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then he called his disciples and said to them, 'In truth I tell you, this poor widow has put more in than all who have contributed to the treasury; for they have all put in money they could spare, but she in her poverty has put in everything she possessed, all she had to live on.'

Following the example of the poor widow

Often, we marvel at the great contributions of influential people and we miss appreciating the humble and hard work of the invisible people in society. Today, let us look where Jesus looked because this is where He wants to direct our gaze. His gaze rested on the poor widow who was

the invisible person among the rich people in the Temple. Jesus highlighted her offering of the two coins out to His disciples as an example for them.

Many people give themselves to their families, the Church and society, and they do good without any fanfare and seeking to receive benefits for themselves. Yet, Jesus sees and appreciates all that they do. Today, let us follow the example of the poor widow and give our "two small coins", i.e. our talents, our time, our energy, our forgiveness, etc., for the good of others. We give of ourselves to love God above all else. Let us also show our appreciation to those "invisible" people whose generosity and kindness have often go unseen by society.

Question for reflection:

As I reflect on this gospel passage, what is Jesus' invitation for me?

Sunday, 6th June, Corpus Christi. Exodus 24:3-8, Hebrews 9:11-15, Mark 14:12-16, 22-26

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus. 'Where do you want us to go and make the preparations for you to eat the Passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is the room for me to eat the Passover with my disciples?" He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover. And as they were eating he took bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said, 'this is my body.' Then he took a cup, and when he had given thanks he handed it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, poured out for many. In truth I tell you, I shall never drink wine any more until the day I drink the new wine in the kingdom of God.' After the psalms had been sung they left for the Mount of Olives.

The Eucharist, the sacrament of love

Jesus, out of love, gave Himself on the cross and He continued further by giving Himself in the Eucharist to be the food that gives us eternal life.

Today, as we celebrate the Feast of the Corpus Christi, let us listen to Jesus as He tells us, "Take and eat, take and drink". Jesus, the sacrament of love, is the Bread, broken and given, for our hunger for eternal life as well as strength for our journey. We cannot take this sacrament of love for granted or simply as part of a routine that we do because, in the Eucharist, Jesus does not come to give something but to give His very self to us. By partaking in the Eucharist, we are called to become what we eat by imitating Him. Through our actions and words, we are called to be bread broken for others, to be Eucharistic in our self-giving love so that others may have life.

Question for reflection:

How can I imitate Jesus so that my life can be bread broken for others?

Monday, 7th June, 10th Week Ordinary Time. 2 Corinthians 1:1-7. Matthew 5:1-12

Seeing the crowds, Jesus went onto the mountain. And when he was seated his disciples came to him. Then he began to speak. This is what he taught them: How blessed are the poor in spirit: the kingdom of Heaven is theirs. Blessed are the gentle: they shall have the earth as inheritance. Blessed are those who mourn: they shall be comforted. Blessed are those who hunger and thirst for uprightness: they shall have their fill. Blessed are the merciful: they shall have mercy shown them. Blessed are the pure in heart: they shall see God. Blessed are the peacemakers: they shall be recognised as children of God. Blessed are those who are persecuted in the cause of uprightness: the kingdom of Heaven is theirs. Blessed are you when people abuse you and persecute you and speak all kinds of calumny against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven; this is how they persecuted the prophets before you.'

Becoming people of the Beatitudes

Jesus presents the Beatitudes as the essential qualities for those who desire to follow Him. The more we allow these qualities to be part of our lives, the more we grow to become like Christ Himself.

"The poor in spirit" are those who recognise that they are limited and they choose to depend on God. "The gentle" are those who are kind-

hearted. "Those who mourn" are those who are concerned for the injustices of this world. "Those who hunger and thirst for uprightness" are those who actively work for peace and justice. "The merciful" are those whose hearts reflect the merciful heart of God. "The pure in heart" are the ones who are single-hearted in their love for God and their work for Him. "The peacemakers" are those who are channels of God's peace to families and society. Jesus is the one who embraces fully all these qualities in Himself. Today, let us desire to become people of the beatitudes!

Question for reflection:

Reflecting on the gospel passage, to which of the beatitudes do I feel especially drawn?

Tuesday, 8th June, 10th Week Ordinary Time. 2 Corinthians 1:18-22, Matthew 5:13-16

Jesus said to his disciples: 'You are salt for the earth. But if salt loses its taste, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled under people's feet. You are light for the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in people's sight, so that, seeing your good works, they may give praise to your Father in heaven.'

I am salt of the earth and light of the world

As people of the Beatitudes, we are the salt of the earth and light of the world. Jesus always calls us for a mission, not just for our own good but for the good of all humanity. Thus, we are sent to enrich and improve the lives of others around us, as salt does to food. We are also called to be light that brings God's presence into a darkened world.

"...your light must shine in people's sight, so that, seeing your good works, they may give praise to your Father in heaven": To let our light shine is basically through doing good works of service to those in need, care to the most vulnerable, openness to welcome those who are discriminated, etc. By our good works that we do in the family, workplace, society, parish, we draw people to God. In this time of prayer,

let us ask Jesus to walk with us as we put the gospel values into practice so that we can become salt of the earth and light of the world today.

Question for reflection:

What is Jesus' invitation to me in this time of prayer?

Wednesday, 9th June, St. Ephrem. 2 Corinthians 3:4-11, Matthew 5:17-19

Jesus said to his disciples: 'Do not imagine that I have come to abolish the Law or the Prophets. I have come not to abolish but to complete them. In truth I tell you, till heaven and earth disappear, not one dot, not one little stroke, is to disappear from the Law until all its purpose is achieved. Therefore, anyone who infringes even one of the least of these commandments and teaches others to do the same will be considered the least in the kingdom of Heaven; but the person who keeps them and teaches them will be considered great in the kingdom of Heaven.'

Constant need for renewal

Jesus was always confronting the Jewish leaders regarding the manner of how they worshipped God and dealt with the people. He was not afraid to bring out the limitations that He saw. Yet, in today's gospel, Jesus was very clear of His intention: "Do not imagine that I have come to abolish the Law or the Prophets. I have come not to abolish but to complete them". He did not come to abolish but to renew and bring what is good in the Jewish law and the teachings of the Prophets into completion.

We tend to focus on the imperfections of the Church and its people as well as our faith communities and also our families. Often, we focus on the wheat of imperfections and fail to see the darnels of goodness present there. Today, allow Jesus to open our hearts to love the Church, our faith communities, our families despite the failures of people. We are called, not to criticise, but dare to work for renewal and bring what is good there to completion.

Question for reflection:

Am I willing to allow Jesus to work in and through me in the work of renewal?

Thursday, 10th June, 10th Week Ordinary Time. 2 Corinthians 3:15-4:1,3-6, Matthew 5:20-26

Jesus said to his disciples: 'For I tell you, if your uprightness does not surpass that of the scribes and Pharisees, you will never get into the kingdom of Heaven. You have heard how it was said to our ancestors, You shall not kill, and if anyone does kill he must answer for it before the court. But I say this to you, anyone who is angry with a brother will answer for it before the court; anyone who calls a brother "Fool" will answer for it before the Sanhedrin; and anyone who calls him "Traitor" will answer for it in hellfire. So then, if you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering there before the altar, go and be reconciled with your brother first, and then come back and present your offering. Come to terms with your opponent in good time while you are still on the way to the court with him, or he may hand you over to the judge and the judge to the officer, and you will be thrown into prison. In truth I tell you, you will not get out till you have paid the last penny.'

Jesus' way of love: Reconciliation

In today's gospel, Jesus demands from us a new way of love that goes out to work for reconciliation. The challenge is for us to take the step to go to that brother or sister who has something against us, and to go and make peace! After that, then we go and worship God with a clean and peaceful heart.

As we read the gospel today, let us ask ourselves: What is the point of presenting our offerings to God with all piousness but harbour hatred against a brother/sister and distance ourselves away from him/her? For Jesus, what is essential is that we do all that we can to build right and loving relationships with others. It is not easy based on our human strength, but we can love others and work for reconciliation only when our hearts are daily and constantly filled with God's merciful and faithful love.

Question for reflection:

Is there someone with whom I need to build a right and loving relationship?

Friday, 11th June, Most Sacred Heart of Jesus. Hosea 11:1,3-4,8-9, Ephesians 3:8-12, 14-19, John 19:31-37

It was the Day of Preparation, and to avoid the bodies' remaining on the cross during the Sabbath -- since that Sabbath was a day of special solemnity -- the Jews asked Pilate to have the legs broken and the bodies taken away. Consequently the soldiers came and broke the legs of the first man who had been crucified with him and then of the other. When they came to Jesus, they saw he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came out blood and water. This is the evidence of one who saw it -- true evidence, and he knows that what he says is true -- and he gives it so that you may believe as well. Because all this happened to fulfil the words of scripture: Not one bone of his will be broken; and again, in another place scripture says: They will look to the one whom they have pierced.

The heart of God is the pierced heart of Christ

As we celebrate today's feast, let us look and contemplate on the pierced heart of Jesus as portrayed in the image of the Sacred Heart. On the cross, Jesus, God in human form, showed "the breath and the length, the height and the depth" of Christ's love and it is a love that is beyond all human knowledge, as said by St. Paul in the second reading. Thus, in front of the pierced heart of Christ, all we can do is to experience ourselves loved, cherished and forgiven.

As we contemplate the image of the Sacred Heart, we are also invited to look at the state of our hearts. We tend to love those around us with limitations and often let others down. Today, let us open ourselves to experience the outpouring love of the Sacred Heart so that His love can flow in us and through us to embrace and touch the lives of the people God has placed in our paths today.

Question for reflection:

What does today's feast mean for me at this moment of my life?

Saturday, 12th June, The Immaculate Heart of Mary.

Isaiah 61: 9-11, Luke 2:41-51

Every year Jesus' parents used to go to Jerusalem for the feast of the Passover. When Jesus was twelve years old, they went up for the feast

as usual. When the days of the feast were over and they set off home, the boy Jesus stayed behind in Jerusalem without his parents knowing it. They assumed he was somewhere in the party, and it was only after a day's journey that they went to look for him among their relations and acquaintances. When they failed to find him they went back to Jerusalem looking for him everywhere. It happened that, three days later, they found him in the Temple, sitting among the teachers, listening to them, and asking them questions; and all those who heard him were astounded at his intelligence and his replies. They were overcome when they saw him, and his mother said to him, 'My child, why have you done this to us? See how worried your father and I have been, looking for you.' He replied, 'Why were you looking for me? Did you not know that I must be in my Father's house?' But they did not understand what he meant. He went down with them then and came to Nazareth and lived under their authority. His mother stored up all these things in her heart.

To have a heart that loves and trusts

In today's passage, Mary asked Jesus, "My child, why have you done this to us? See how worried your father and I have been, looking for you". Mary did not understand Jesus' reply to her about the need for Him to be busy with His Father's work, and she also did not understand God's purpose for her and her son. In her struggle, she trusted in God and let go of Jesus so that He could live as how God wanted for Him, and not how she would want for Him.

Today, we can learn from Mary, our Mother, to continue trusting in God even though we do not fully understand God and His ways for us and others. We need to learn to let go of the people we love and not think that we have the right to control them and possess them. Let us look to Mary as we walk through life, She, as our Mother, always calls us to trust in God even when we do not know what the future may bring.

Question for reflection:

What strikes me as I read and reflect upon this gospel passage?

Sunday, 13th June, 11th Sunday of Ordinary Time. Ezekiel 17:22-24, 2 Corinthians 5:6-10, Mark 4:26-34

Jesus said to the crowds: 'This is what the kingdom of God is like. A man scatters seed on the land. Night and day, while he sleeps, when he is

awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, at once he starts to reap because the harvest has come.' He also said, 'What can we say that the kingdom is like? What parable can we find for it? It is like a mustard seed which, at the time of its sowing, is the smallest of all the seeds on earth. Yet once it is sown it grows into the biggest shrub of them all and puts out big branches so that the birds of the air can shelter in its shade.' Using many parables like these, he spoke the word to them, so far as they were capable of understanding it. He would not speak to them except in parables, but he explained everything to his disciples when they were by themselves.

The kingdom that grows

In today's parable, Jesus presents the Kingdom of God, i.e. the active presence of God in history, taking root in the same way as the growth of the seed that is sown by the farmer. Like the farmer, we need to sow God's presence into our family life, society, Church, world by acting and working for justice, peace and love. However, we also need to recognise that after having done all that we possibly can, we need to patiently wait to give God time and space to work and act. We will do not know when or how but His presence, like the seed, will grow and bear fruit in the hearts of people and the world.

Jesus also compares the Kingdom of God to a mustard seed. It will grow till it becomes a tree for all. All are welcome because everyone has a place in God's heart. The invitation for us is to play a part in the coming of God's kingdom among us and trust that God is also actively bringing it to reality.

Question for reflection:

How actively do I work to bring God's kingdom into the environment where I live?

Monday, 14th June, 11th Week Ordinary Time. 2 Corinthians 6:1-10, Matthew 5:38-42

Jesus said to his disciples: 'You have heard how it was said: Eye for eye and tooth for tooth. But I say this to you: offer no resistance to the wicked. On the contrary, if anyone hits you on the right cheek, offer him the other

as well; if someone wishes to go to law with you to get your tunic, let him have your cloak as well. And if anyone requires you to go one mile, go two miles with him. Give to anyone who asks you, and if anyone wants to borrow, do not turn away.'

To fight wickedness with love

In today's gospel, Jesus' words go against human logic and the ways of the world. He speaks of overcoming wickedness with good. Thus, as His disciples, this is the way of love, non-violence and peace that we are called to walk.

It is neither easy to offer the wicked no resistance but to turn the other cheek. Often, we look at the world and we see that violence begets violence. Yet, it is an act of greater courage to do the unexpected thing of responding to wickedness with good. One clear thing is that Jesus is not asking us to be submissive and passive in face of injustices. In the gospels, we see Jesus constantly standing up for what is right but He did so without the use of arms or violence. Today, let us go to Jesus with open hands and ask Him to give us His strength and courage as well as to inspire us to fight for what is right, but without causing violence and harm to others but to overcome wickedness with good.

Question for reflection:

What strikes me as I reflect on these words of Jesus in today's gospel?

Tuesday, 15th June, 11th Week Ordinary Time. 2 Corinthians 8:1-9, Matthew 5:43-48

Jesus said to his disciples: 'You have heard how it was said, You will love your neighbour and hate your enemy. But I say this to you, love your enemies and pray for those who persecute you; so that you may be children of your Father in heaven, for he causes his sun to rise on the bad as well as the good, and sends down rain to fall on the upright and the wicked alike. For if you love those who love you, what reward will you get? Do not even the tax collectors do as much? And if you save your greetings for your brothers, are you doing anything exceptional? Do not even the gentiles do as much? You must therefore be perfect, just as your heavenly Father is perfect.'

Nobody is beyond God's unconditional love

Jesus exhorts us, as children of God our Father, to overcome evil with good, with kindness, with love. "But I say this to you, love your enemies and pray for those who persecute you; so that you may be children of your Father in heaven".

By doing so, we are growing to be perfect as God is perfect. Many times, we associate "perfection" with being faultless. For Jesus, to be perfect is not about being a perfectionist, but it is a matter of loving. As St. John says, "God is love" (1 John 4:16), and so, this is the perfection of God. God's love is universal. He does not love only a selected few or those who love Him, but He loves all humanity because nobody is beyond His unconditional and merciful love. For us to be perfect is to love like God, i.e. to love the upright and the wicked, to love the saints and the sinners, to love our friends and our enemies. Today, let us ask once again for the strength to love all those whom God places in our lives.

Question to reflect:

What prevents me from loving the good and the bad, the loveable and the unloveable?

Wednesday, 16th June, 11th Week Ordinary Time. 2 Corinthians 9:6-11, Matthew 6:1-6, 16-18

Jesus said to his disciples: 'Be careful not to parade your uprightness in public to attract attention: otherwise you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win human admiration. In truth I tell you, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you. And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them. In truth I tell you, they have had their reward. But when you pray, go to your private room, shut yourself in, and so pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you. When you are fasting, do not put on a gloomy look as the hypocrites do: they go about looking unsightly to let people know they are fasting. In truth I tell you, they have had their reward. But when you

fast, put scent on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret, and your Father who sees all that is done in secret will reward you.'

Whatever I do, I do the glory for God

Today, Jesus challenges us to reflect on the motivation behind why we do what we do. 'Be careful not to parade your uprightness in public to attract attention': Our good works of doing works of charity, our prayer life as well as our fasting that we do can sometimes be motivated by selfishness and pride. We live our Christian faith publicly because, within our hearts, we want to attract attention to ourselves and to get admiration and praise from others.

Once again, Jesus wants us to be different from the ways of the world. Our society values outward appearance and we tend to be caught up with the need to publicise our lives on social media to draw attention to ourselves. Let us serve and love others with the motivation to draw others to God, not to ourselves. We are content when God our Father who "sees all in secret" will reward us with His faithful and everlasting love.

Question for reflection:

What motivates me to volunteer my time in the parish, to serve the poor, to help those in need, to spend time to pray, etc?

Thursday, 17th June, 11th Week Ordinary Time. 2 Corinthians 11:1-11, Matthew 6:7-15

Jesus said to his disciples: 'In your prayers do not babble as the gentiles do, for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him. So you should pray like this: Our Father in heaven, may your name be held holy, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we have forgiven those who are in debt to us. And do not put us to the test, but save us from the Evil One. Yes, if you forgive others their failings, your heavenly Father will forgive you yours; but if you do not forgive others, your Father will not forgive your failings either.'

Our Father: A prayer to God as His children

The Our Father prayer is so familiar to us that we often rattle away without reflecting on its meaning. In this time of prayer, let us pay attention to the meaning behind this prayer that Jesus Himself has offered to us in order to grow in our relationship with God our Father and our identity as His children.

The prayer has two parts. In the first part of the prayer, we recognise God to be God. We acknowledge that His name and His presence be respected and loved, His Kingdom of justice and peace to be a reality in our world and that His will for all humanity to live as one will be fulfilled. In the second part, we present to God our petitions. We pray that we may receive from God what we need each day. We pray for forgiveness as well as the merciful heart to forgive others. We pray for strength in face of temptations. Through this prayer, may we place God as the center of our lives today.

Questions for reflection:

Which phrase in the Our Father prayer am I drawn to? Why?

Friday, 18th June, 11th Week Ordinary Time. 2 Corinthians 11:18, 21-30, Matthew 6:19-23

Jesus said to his disciples: 'Do not store up treasures for yourselves on earth, where moth and woodworm destroy them and thieves can break in and steal. But store up treasures for yourselves in heaven, where neither moth nor woodworm destroys them and thieves cannot break in and steal. For wherever your treasure is, there will your heart be too. The lamp of the body is the eye. It follows that if your eye is clear, your whole body will be filled with light. But if your eye is diseased, your whole body will be darkness. If then, the light inside you is darkened, what darkness that will be!'

A heart for God, a heart for others

"For wherever your treasure is, there will your heart be too": As we reflect on today's gospel, let us ponder and ask ourselves, "Where is my treasure?" This is a fundamental question because we give our hearts to whoever and whatever we place great value upon. More often than not, we place people and our relationships with them, rather than material things, as our greatest treasures.

Jesus calls us to set our hearts on God and that our friendship with Him to be the greatest treasure above all other treasures. It is only when God is at the center of our lives that we truly know how to love others as we should. Instead of loving with the need to control or possess others, we learn to love them with God's love that is unconditional, faithful, just and truthful. It is God who opens and expands our hearts to others.

Question for reflection:

Is God my greatest treasure?

Saturday, 19th June, SS Philip Minh. 2 Corinthians 12:1-10, Matthew 6:24-34

Jesus said to his disciples: 'No one can be the slave of two masters: he will either hate the first and love the second, or be attached to the first and despise the second. You cannot be the slave both of God and of money. That is why I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Surely life is more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, however much you worry, add one single cubit to your span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin; yet I assure you that not even Solomon in all his royal robes was clothed like one of these. Now if that is how God clothes the wild flowers growing in the field which are there today and thrown into the furnace tomorrow, will he not much more look after you, you who have so little faith? So do not worry; do not say, "What are we to eat? What are we to drink? What are we to wear?" It is the gentiles who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on God's saving justice, and all these other things will be given you as well. So do not worry about tomorrow: tomorrow will take care of itself. Each day has enough trouble of its own.'

The fundamental priority is God, not money

In the gospel today, Jesus presents a very modern-day struggle that we all have, i.e. the need to prioritise our lives. Many people work long hours in stressful environments just to have wealth, status and comfortable life

because they want to appear successful to others. If we find ourselves in such a situation, let us listen to the words of Jesus as He tells us, "That is why I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear".

Jesus is not telling us that we should never worry. Instead, He states that we should not be excessively preoccupied about having material things like food, drink and clothing. The fundamental priority in our lives is God and not pursuing money or gaining material possessions. We need to set our hearts on God's kingdom first, i.e. to live the gospel values of justice, truth and love by helping the poor, feeding the hungry, clothing the naked, liberating the oppressed, etc.

Question for reflection:

What is my fundamental priority that shapes the way I live my life?

Sunday, 20th June, 12th Sunday of Ordinary Time. Job 38:1, 8-11, 2 Corinthians 5:14-17, Mark 4:35-41

With the coming of evening that same day, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a great gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are lost!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and there followed a great calm. Then he said to them, 'Why are you so frightened? Have you still no faith?' They were overcome with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

A quiet trust in God

Living amid the Covid storm, we can identify with the fear and anxiety of the disciples in today's gospel passage. The disciples were terrified when they encountered a huge storm. Jesus, on the other hand, was peacefully sleeping with His head on a cushion. Jesus slept despite the storm reveals His quiet trust in God His Father. He told His disciples, "Why are you so frightened? Have you still no faith?" because He wanted them to have His same trust in God.

Today, Jesus invites us to put our trust in God even though we might experience uncertainties in life. We need to be aware that our faith in God does not mean that we will never experience storms of hardship, sickness, failures and loss. Instead, our faith helps us to perceive that God is with us as well as guides us to focus on His presence more than the overwhelming storms of life. Let find our peace in God.

Question for reflection:

What strikes me as I reflect on the gospel passage today?

Monday, 21st June, St. Aloysius Gonzaga. Genesis 12:1-9, Matthew 7:1-5

Jesus said to his disciples: 'Do not judge, and you will not be judged; because the judgements you give are the judgements you will get, and the standard you use will be the standard used for you. Why do you observe the splinter in your brother's eye and never notice the great log in your own? And how dare you say to your brother, "Let me take that splinter out of your eye," when, look, there is a great log in your own? Hypocrite! Take the log out of your own eye first, and then you will see clearly enough to take the splinter out of your brother's eye.'

Who am I to judge?

"Who am I to judge?": This was one of Pope Francis' famous quotations. This echoes what Jesus said in today's gospel passage: "Do not judge, and you will not be judged". This does not mean that we are meant to be uncaring and indifferent to the choices and behaviours of others. Rather, as Christians, we are called to always look at others with eyes of mercy, not of condemnation, even when they commit mistakes. This is because the person is always more than his/her mistakes. In His relationships with people, Jesus was critical of their actions. However, He never condemned them because He regarded each as a person created and loved by God.

Today, let us also look at ourselves and recognise that despite our imperfections, we are unconditionally loved by God. May we ask for the strength to remove the log that we have in our own eyes and be more merciful in our relationship with those around us.

Question for reflection:

How can I put mercy into practice today?

Tuesday, 22nd June, SS. John Fisher and Thomas More. Genesis 13:2,5-18, Matthew 7:6, 12-14

Jesus said to his disciples: 'Do not give dogs what is holy; and do not throw your pearls in front of pigs, or they may trample them and then turn on you and tear you to pieces. So always treat others as you would like them to treat you; that is the Law and the Prophets. Enter by the narrow gate, since the road that leads to destruction is wide and spacious, and many take it; but it is a narrow gate and a hard road that leads to life, and only a few find it.'

Following Jesus along the narrow path that leads to life

"So always treat others as you would like them to treat you; that is the Law and the Prophets". Let us listen to these words of Jesus because they imply the call to commit ourselves to love others with respect, forgiveness and kindness as how we would want them to treat us. It is to love by seeking always for the good of others and thus, we give our very best for their wellbeing.

To walk the path of love is to choose to take the narrow road that leads to eternal life. It is a constant forgetting of ourselves and reaching out to others, for example, to pray for our enemies, to forgive others without limits, to be in solidarity with the poor and the weak, etc. This is to follow the same path that Jesus Himself took. May we ask Him to guide us to walk faithfully after Him along the narrow road that leads us to find fullness of life, here and now and forever.

Question for reflection:

In this pilgrimage of life, which path do I want to take?

Wednesday, 23rd June, 12th Week Ordinary Time. Genesis 15:1-12,17-8, Matthew 7:15-20

Jesus said to his disciples: 'Beware of false prophets who come to you disguised as sheep but underneath are ravenous wolves. You will be able to tell them by their fruits. Can people pick grapes from thorns, or figs from thistles? In the same way, a sound tree produces good fruit but a rotten tree bad fruit. A sound tree cannot bear bad fruit, nor a rotten

tree bear good fruit. Any tree that does not produce good fruit is cut down and thrown on the fire. I repeat, you will be able to tell them by their fruits.'

A good heart produces an abundant good fruit of love

"Beware of false prophets who come to you disguised as sheep but underneath are ravenous wolves": Pretence versus Reality. The wolf in sheep's clothing pretending to be harmless will eventually reveal its true colours. Jesus invites us to be prudent and wise to recognise that external appearance do not always parallel to the real self of a person. Instead, we need to look at the fruit that he/she produces, i.e. his/her fundamental values. Therefore, Jesus declares, "A sound tree produces good fruit but a rotten tree bad fruit."

Today, let us examine the state of our hearts: *Is my heart spiritually sound and healthy? Is my heart one with the heart of Jesus?* If our hearts belong to God, we will bear good fruits of love, peace, faithfulness, kindness and compassion. Let us ask God to transform our hearts so that we may bear good fruit for others to enjoy!

Question for reflection:

What kind of fruit do I produce?

Thursday, 24th June, The Nativity of St. John the Baptist. Isaiah 49:1-6, Acts 13:22-26, Luke 1:57-66,80

The time came for Elizabeth to have her child, and she gave birth to a son; and when her neighbours and relations heard that the Lord had lavished on her his faithful love, they shared her joy. Now it happened that on the eighth day they came to circumcise the child; they were going to call him Zechariah after his father, but his mother spoke up. 'No,' she said, 'he is to be called John.' They said to her, 'But no one in your family has that name,' and made signs to his father to find out what he wanted him called. The father asked for a writing-tablet and wrote, 'His name is John.' And they were all astonished. At that instant his power of speech returned and he spoke and praised God. All their neighbours were filled with awe and the whole affair was talked about throughout the hill country of Judaea. All those who heard of it treasured it in their hearts. 'What will this child turn out to be?' they wondered. And indeed the hand of the Lord was with him. Meanwhile the child grew up and his spirit grew

strong. And he lived in the desert until the day he appeared openly to Israel.

To bring others to Jesus

'What will this child turn out to be?' they wondered. In today's gospel, the people who were present in the circumcision event of John the Baptist wondered what he would turn out to be. As we celebrate today's feast, we know that St. John the Baptist would be the voice that shouts in the desert in order to prepare the way for the Lord to come (John 1:23). His whole life would be dedicated to pointing others to Jesus (John 1:29).

We are called to continue what St. John the Baptist had started with His life. By virtue of our baptism, all of us are have been commissioned to point Jesus out to others and bring them to Him by our words and actions. However, before we can do so, we ourselves need to grow in our friendship with Jesus and allow Him to be the one filling us with His love.

Question for reflection:

How can I, through my words and actions, bring those around me closer to Jesus today?

Friday, 25th June, 12th Week Ordinary Time. Genesis 17:1,9-10, Matthew 8:1-4

After Jesus had come down from the mountain large crowds followed him. Suddenly a man with a virulent skin-disease came up and bowed low in front of him, saying, 'Lord, if you are willing, you can cleanse me.' Jesus stretched out his hand and touched him saying, 'I am willing. Be cleansed.' And his skin-disease was cleansed at once. Then Jesus said to him, 'Mind you tell no one, but go and show yourself to the priest and make the offering prescribed by Moses, as evidence to them.'

Jesus' love for the nobodies in society

In the time of Jesus, lepers were shunned by society because they were contagious. People were afraid to be near them and relate with them. These people were unwanted by their own families and friends. In today's passage, Jesus was approached by a leper who asked Him to heal his skin disease. Jesus did not shun the leper but stretched out His

hand, touched and healed Him. In the heart of Jesus, the leper was not a nobody, but a person who deserved His attention and care.

Today, let us imitate the heart of Jesus. Many people in our society are shunned and treated like nobodies, as unwanted, like the migrant workers and the poor. Often, we do not need to look far because these people are in our own homes, neighbourhoods and parishes. Through us, Jesus wants to reach out to these people and let them know that they are objects of His love.

Question for reflection:

How can I be Jesus' living presence to those I encounter today?

Saturday, 26th June, 12th Week Ordinary Time. Genesis 18:1-15, Matthew 8:5-17

When Jesus went into Capernaum a centurion came up and pleaded with him. 'Sir,' he said, 'my servant is lying at home paralysed and in great pain.' Jesus said to him, 'I will come myself and cure him.' The centurion replied, 'Sir, I am not worthy to have you under my roof; just give the word and my servant will be cured. For I am under authority myself and have soldiers under me; and I say to one man, "Go," and he goes: to another. "Come here." and he comes: to my servant. "Do this." and he does it.' When Jesus heard this he was astonished and said to those following him, In truth I tell you, in no one in Israel have I found faith as great as this. And I tell you that many will come from east and west and sit down with Abraham and Isaac and Jacob at the feast in the kingdom of Heaven; but the children of the kingdom will be thrown out into the darkness outside, where there will be weeping and grinding of teeth.' And to the centurion Jesus said, 'Go back, then; let this be done for you, as your faith demands.' And the servant was cured at that moment. And going into Peter's house Jesus found Peter's mother-inlaw in bed and feverish. He touched her hand and the fever left her, and she got up and began to serve him. That evening they brought him many who were possessed by devils. He drove out the spirits with a command and cured all who were sick. This was to fulfil what was spoken by the prophet Isaiah: He himself bore our sicknesses away and carried our diseases.

The extraordinary faith of the Roman centurion

"Sir, I am not worthy to have you under my roof; just give the word and my servant will be cured.": These are the words of the Roman centurion. He was a man of authority and knew the power of his word for those under his charge. This Roman centurion recognised the power of Jesus' word to heal, even at a distance. He pleaded with Jesus, "Just give the word". This man of great faith trusted in the person of Jesus and the power of His spoken word.

At mass, we too repeat the words of the Roman centurion when we say in the presence of Jesus in the Eucharist, "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed". Let these words express our great faith in Jesus and His lifegiving word. In this time of prayer, we entrust ourselves and our loved ones, especially those who suffer from sickness, be it physically and psychologically, to Jesus.

Question for reflection:

Do I have the faith of this Roman centurion?

Sunday, 27th June, 13th Sunday of Ordinary Time. Wisdom 1:13-15, 2:23-24, 2 Corinthians 8:7, 9, 13-15, Mark 5:21-24, 35-43

When Jesus had crossed again in the boat to the other side, a large crowd gathered round him and he stayed by the lake. Then the president of the synagogue came up, named Jairus, and seeing him, fell at his feet and begged him earnestly, saying, 'My little daughter is desperately sick. Do come and lay your hands on her that she may be saved and may live.' Jesus went with him and a large crowd followed him; they were pressing all round him. While he was still speaking some people arrived from the house of the president of the synagogue to say, 'Your daughter is dead; why put the Master to any further trouble?' But Jesus overheard what they said and he said to the president of the synagogue, 'Do not be afraid; only have faith.' And he allowed no one to go with him except Peter and James and John the brother of James. So they came to the house of the president of the synagogue, and Jesus noticed all the commotion, with people weeping and wailing unrestrainedly. He went in and said to them, 'Why all this commotion and crying? The child is not dead, but asleep.' But they ridiculed him. So he turned them all out and,

taking with him the child's father and mother and his own companions, he went into the place where the child lay. And taking the child by the hand he said to her, 'Talitha kum!' which means, 'Little girl, I tell you to get up.' The little girl got up at once and began to walk about, for she was twelve years old. At once they were overcome with astonishment, and he gave them strict orders not to let anyone know about it, and told them to give her something to eat.

Living for others

In the gospel today, Jesus had just made a trip to the other side of the lake. At that moment, Jairus, the president of the synagogue, went to Jesus and requested His help because His little girl was sick. Jesus allowed Himself to be interrupted from His own plans and immediately got up and went with him. Often, we get bothered when we are interrupted by others' requests for help. Let us look at Jesus and see the readiness to pause from His plans in order to see the needs of others around Him. May we too have the same compassionate heart to embrace the interruptions from others who need our help instead of simply be driven to achieve the goal that we have set for ourselves.

Today, we can also reflect on Jesus' comforting words to Jairus, "Do not be afraid; only have faith". In our personal struggles of fears and uncertainties, let us listen to these words of Jesus and find strength once again to walk on with quiet trust and joy.

Question for reflection:

What strikes me as I pray with the passage today?

Monday, 28th June, St. Irenaeus. Genesis 18:16-33, Matthew 8: 18-22

When Jesus saw the crowd all about him he gave orders to leave for the other side. One of the scribes then came up and said to him, 'Master, I will follow you wherever you go.' Jesus said, 'Foxes have holes and the birds of the air have nests, but the Son of man has nowhere to lay his head.' Another man, one of the disciples, said to him, 'Lord, let me go and bury my father first.' But Jesus said, 'Follow me, and leave the dead to bury their dead.'

I will follow you, Jesus, wherever you go!

A scribe was captivated by the person of Jesus and went to Him and said, "Master, I will follow you wherever you go". Jesus appreciated the enthusiastic desire of this scribe to follow Him, but He was also honest with him. He said, "Foxes have holes and the birds of the air have nests, but the Son of man has nowhere to lay his head". Jesus wanted this person to know that following Him would not involve an easy life, but a life where hardships would be part of the journey. Today, we are invited to follow Jesus with enthusiasm in good times as well as bad times, even when the cross comes our way in one form or another.

Another went up to Him and said, "Lord, let me go and bury my father first". Jesus answered him, "'Follow me, and leave the dead to bury their dead". This disciple wanted to wait until his parents had died, and at a more suitable time, he would then follow Jesus. Do we too make convenient excuses to the call of Jesus to follow Him? Let us ask Jesus for the strength to faithfully follow Him as His disciples to the end.

Question for reflection:

Am I ready to embrace this path of following Jesus?

Tuesday, 29th June, SS. Peter and Paul. Acts 12:1-11, 2 Timothy 4:6-8, 17-18, Matthew 16:13-19

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of man is?' And they said, 'Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said, 'who do you say I Am?' Then Simon Peter spoke up and said, 'You are the Christ, the Son of the living God. Jesus replied, 'Simon son of Jonah, you are a blessed man! Because it was no human agency that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my community. And the gates of the underworld can never overpower it. I will give you the keys of the kingdom of Heaven: whatever you bind on earth will be bound in heaven; whatever you loose on earth will be loosed in heaven.'

Who do you say I am?

"Who do you say I am?": Peter answered, "You are the Christ". Though Peter gave the right answer, he struggled in many moments of his

journey as Jesus' disciple and friend. In the end, he even denied Jesus publicly three times. For Paul, he experienced Jesus as the Lord who stood by Him and gave Him the strength to proclaim the message to the pagans. This would be Paul's reply to Jesus' question based on his own experience of faith. Yet, we too know that Paul was a violent persecutor of the early Church before his conversion. Both were not perfect yet they experienced Jesus and knew that His grace would strengthen them in their mission.

Today, as we celebrate the Feast of SS. Peter and Paul, let us listen to Jesus as He asks us, "Who do you say I am?" and hear again His call for us to continue the mission of sharing the Good News. Our weaknesses and limitations are never obstacles to have His grace and love.

Question for reflection:

What would my answer be to Jesus' question: "Who do you say I am?"?

Wednesday, 30th June, 13th Week Ordinary Time. Genesis 21: 5, 8-20, Matthew 8:28-34

When Jesus reached the territory of the Gadarenes on the other side, two demoniacs came towards him out of the tombs -- they were so dangerously violent that nobody could use that path. Suddenly they shouted, 'What do you want with us, Son of God? Have you come here to torture us before the time?' Now some distance away there was a large herd of pigs feeding, and the devils pleaded with Jesus, 'If you drive us out, send us into the herd of pigs.' And he said to them, 'Go then,' and they came out and made for the pigs; and at that the whole herd charged down the cliff into the lake and perished in the water. The herdsmen ran off and made for the city, where they told the whole story, including what had happened to the demoniacs. Suddenly the whole city set out to meet Jesus; and as soon as they saw him they implored him to leave their neighbourhood.

The faithfulness to work for the well-being of others

In today's gospel, Jesus healed two mentally sick people by restoring their dignity and humanity. Interestingly, instead of rejoicing with the healing of these two people, the people in the town were upset with His good work and sent Him away.

Often, we experience that our concern and work for the well-being of others are not always welcome by others. Instead, we face criticism and rejection. Do we then stop trying to do God's life-giving work? Jesus did not stop doing good just because He faced unwelcoming responses from others. He went on working and doing good because His heart was full of compassionate love for those who were suffering and those who needed His help. As His disciples and friends, let us courageously and faithfully follow in the footsteps of Jesus and keep on doing good, regardless of the responses of others.

Question for reflection:

What is Jesus' message to me as I pray with His Word?



