

The Rich Meal



*"O God, Your Sanctuary is the pride of our strength,
the delight of our eyes, and the joy of our souls."*

Ezekiel 24:21

All glory, praise and thanks is Yours: The Father, The Son, and The Holy Spirit One God as it was in the beginning, now and for ever.

Amen and Amen. Alleluia. 

Psalm 51

*Have mercy on me, O God, in Your faithful love,
in Your great tenderness wipe away my offences;
wash me thoroughly from my guilt,
purify me from my sin. (1, 2)*

*God, create in me a clean heart,
renew within me a resolute spirit,
do not thrust me away from Your presence,
do not take away from me Your Spirit of Holiness. (10, 11)
Amen.*

This revision is printed on March 2012

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Introduction

The aim of this book is to have a relationship with God through His Son, Jesus Christ in the Holy Eucharist, and His Word found in the Holy Bible.

If someone asked you 'what does it mean that you are Christian?' what would you say?

I would say, in addition to my faith that I declare in the Creed:

I am a Christian, a Follower of Jesus Christ the Son of God, who cleansed me and made me a Child of God. And, because of God's Holy Name whom I am attaching myself to through Jesus Christ, then I need to show others God's Holiness (i.e. My Father's Holiness) through my heart of flesh that He created in me through the Holy Spirit when I was born again in Baptism, and He fed it with His Word, Love and Mercy during my life and mainly during the Holy Mass. I am a child who grows in the House of His Father, in His Sanctuary, and share His Table.

I will strive, with God's Providence, to reflect God's Holiness in loving words, peaceful thoughts and merciful actions towards others, so that when people see me, they will see God in me.

I will glorify Him by walking humbly with Him, listening to and obeying His Word, and surrendering totally to His Will. And I can proudly sing:

*I know I am His child, one of many, He treat us all the same
He will come running for my help if He see me crying in pain
He know that I trust in His Name
He know what I need to ease or cure the pain
He gave me my name and taught me His Name
He protect me from His enemies, our sins, which mine are the same
He protect me as the pupil of His Eyes with love and pain
And I grow under His wisdom and care
As I am His and I will always carry His Name
He gave me the armour I need for my battle in life
And let me go in my way aiming for life
In the way He designated for me to have a life
With His blessings that lead to eternal life
He is my Father and I will happily carry and glorify His Name*



"O Jesus Christ, I am safe with You. Amen and Amen. Halleluiah."

The Rich Meal

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The Full Story

Long, long, long time ago; actually *in the beginning, The Spirit of God was hovering over the face of the waters (Genesis 1:1-2). In the beginning was the Word (Jesus Christ), and the Word was with God. He was with God in the beginning (John 1:1-2).*

In the beginning God created man on His image, i.e. **Pure in Heart**; all things are good in his eyes, full with feelings of great love to all and want all the love that he can get just like any new born baby or small child. Because man disobeyed God and knew the difference between good and evil, and as he had the choice in doing things, he put himself in a state where he might do things that displease God and this would prevent him from living with God forever.

God loved man so much, a fatherly and jealous love that He did not want to lose him to Satan, and because of that He sent His Only Begotten Son to be a sacrifice for our sins, purchase our souls and save it from death.

From the beginning, God wanted man to understand His Jealous Love through Jesus Christ, and take him by the hand from darkness to The Light. In His Wisdom, God know that “everything is due in its season” and:

1. Man would not accept the coming of Jesus Christ as the Redeemer without the understanding of the meaning of offering/sacrifice; a sacrifice of blood.
2. At the beginning, a law that is fulfilled by earthly material things is more acceptable and understandable to follow than a law that is spiritually and heavenly based (Hebrews 9:1-15).

Accordingly, God taught man that He prefers the sacrifice of blood from Abel’s and Abraham’s offering, till Moses’ offering: The blood of a lamb. God also introduced the idea of the food from Heaven, the law and commandments; His Word through the prophets; and through them were also the signs and prophecies regarding His Love: The Messiah.

So, before His coming, Jesus Christ was slowly introduced and prepared for; from the day God selected to have a nation; to take them by His Hand [i.e. His Divine Providence (The Wisdom of His Mind) as He cared for their lives as any man take care of his treasure; He turned evil plots into man’s own profit; He gave power and strength (Psalm 68)]. God appeared to Abraham and he bowed to the ground and God made a Covenant between Himself and Abraham (Genesis 17:1-7). Afterwards, his descendants knelt in prayer to God, and God poured down rain on them (Deuteronomy 32:1-3, Exodus 16:4-16), i.e. gave them His Commandments and Law through Moses, and during their pilgrim to the promised land He gave them the Manna to survive [the bread from Heaven given

to Moses' people for 40 years while they were in the desert], but that Manna was not The Bread Of Life in itself, because although people ate it and heard God's Word they still followed other Gods, disobeyed His Word and died in the eyes of God (Ezekiel 36:16-18).

God asked Abraham to consecrate his people to Him through circumcision (Genesis 17:9-14). And with Moses, the "bridegroom of blood" was introduced on account of the circumcision (Exodus 4:24-26) where the blood of Moses' son saved him from death.

'Family' is a precious jewel for God as it is His creation. It is through 'Family' that knowing God will be passed from one generation to another. God asked His people to remember Him and teach their children about Him and about His love to them, and tell them about all the things that He did for them. For example, God's Work of giving His people their food from Heaven was remembered by the people in prayers, where in Psalm 68 people prayed remembering God, The Rider of the Clouds, and God's Work saying:

"When You went forth, O God, at the head of Your people, when You marched across the desert, the earth trembled ... You poured down, O God, a generous rain; when Your people were starved You gave them new life".

Many prophets of the Old Testament had prophesized the coming of The Messiah, and Tobit was among those prophets (though he was a lay person) who praised God in his hymn (Tobit 13:11) and said:

"A bright light shall shine over all the regions of the earth; many nations shall come from far away, from all the ends of the earth, to dwell close to the Holy Name of the Lord God, with gifts in their hands for the King of Heaven."

When the time was right, i.e., people knew that:

- (1) There are Heavenly Laws,
- (2) There is a sacrifice given for the forgiveness of sin,
- (3) The need of scriptures to become nearer to God, and
- (4) A savior will be coming,

God chose a woman, the Immaculate Virgin Mary, to tell us about the love He hold for us and His Mercy. The same woman Tobit prophesized about when he said in his hymn: ***"Within you (Zion), generation after generation shall proclaim their joy, and the name of her who is Elect shall endure through the generation to come."*** (Tobit 13:11)

By the power of the Holy Spirit, Jesus Christ, The Son Of God, was incarnated and became a baby from Immaculate Virgin Mary (Luke 1:30-33, 35, & Mathew 1:20-21). Since His birth: The bright light "Jesus Christ", He was visited by the Magi who came from the East with gifts in their hands (Mathew 2:1-2)) and till now He, in The Holy Eucharist, is visited by all nations. Jesus Christ: *"The Only Son Who is close to The Father's Heart Who has made Him known"* (John 1:18).

On earth, Jesus Christ was recognized by the people in two incidents:

1. **As a Babe wrapped in swaddling clothes** (The little helpless figure in swaddling clothes represents the complete submission of Christ to the physical conditions governing the human race. And, it also represents a clean and holy person (Ezekiel 16:4)). When Jesus Christ was born in Bethlehem, the angel appeared to the shepherd and told them: “*And this will be the sign to you: You will find a Babe wrapped in swaddling clothes*” (Luke 2:12).
2. **In the breaking of bread.** After His death, Jesus Christ appeared to Cleopas and another disciple on the road to Emmaus but they didn’t recognize Him until He took bread, blessed and broke it and gave it to them (Luke 24:30-31).

On earth, Jesus Christ (Son Of God) took the form of a man (new born baby: Son of Man; a Holy Man: A Pure Heart full of love; a Meek, Humble, Passionate, Merciful Heart; and a Holy Sacrifice) having both Human nature and Divine nature. In Human nature He is the Son of Man (Son of Mary), in Divine nature He is the Christ, the Son of the Living God (Matthew 16:13-17).

On the Last Super day, He gave Himself (Body and Blood), though still existing on earth before His Death, in the form of Bread and Wine respectively for the forgiveness of sins. It is the first time that Jesus Christ actually existed in two forms at the same time. After His death on the cross, He gave us Himself (real presence) in the Holy Eucharist again in both Holy natures: Human (i.e. Holy Body and Holy Blood, Holy Soul; Lamb Of God), and Divine (Source of eternal living: Bread of Life, Living Water, The Way, The Resurrection, The Truth, Redeemer, Healer (having the power of forgiving the sins against God)) (1 Corinthians 11:23-26). It was in His Own Words that He existed in the Holy Eucharist. How humble is that! All praise and glory to God for His ‘Indescribable Precious Gift’! Amen.

On earth, God, The Father, indicated to us twice that Jesus Christ is His beloved Son and from a cloud people heard His Voice saying: “*This is my Son, whom I love; with Him I am well pleased. Listen to Him!*” (Mathew 17:5). God wanted to feed us on earth with the Living Bread & Water being His Son, His Word, Jesus Christ (note that the baby in swaddling clothes was laid in a manger: a place where animals’ food is put), to make us grow in spirit, as we imitate His actions and work by His Word, and become His Children on earth and later on in Heaven and join Him on His Table there. Jesus Christ showed us God’s Mercy when He dealt with the sinner (John 8:3-11):

1. Making us realize that we are all sinners, no one is better than the other and accordingly should not judge others so that we will not be judged because God is a Just God (Matthew 7:1-3, Luke 6:37),
2. Forgiving previous sins and putting an end to its consequences, i.e. punishment, and
3. Giving back life through advices.

After Jesus Christ's death, He is and will be recognized by the people in two incidents:

1. **In the Holy Eucharist** (daily). In the Last Supper, Jesus Christ took bread, gave thanks and broke it, and gave it to His disciples saying: *"This is My Body which is given for you; do this in remembrance of Me"* (Luke 22:19). This is when He established the Blessed Sacrament: The Holy Eucharist. Nowadays, during the Mass, by the power of the Holy Spirit, the bread and wine is changed into Jesus Christ's Body and Blood (Soul and Divinity) and becomes our offering to God: A cereal offering consisting of wheaten flour prepared (unleavened) with oil and on which wine was poured, and at the same time an animal offering of a lamb (Leviticus 1, 2).
2. **In His coming on a cloud** (Psalm 68). When Jesus Christ ascended into Heaven, a cloud received Him out of the disciples' sight; two men stood by them in white apparel and told them: *"This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into Heaven"* (Acts 1:9-11). Comparing this to the descending of Yahweh in a cloud on Mount Sinai (Exodus 34:5), we would say: "Jesus, my Lord, and my God".

With Jesus Christ (Transfigured/Crucified/Resurrected) being:

- (1) The Bow in the Clouds [i.e. The White Light that is separated into a spectrum of colours (refer to page 34)] given to us by God as a sign for His Covenant with all creatures (Genesis 9:12-17), and
- (2) The "Tent of Meeting"/"Temple of Yahweh" with all its contents [including the water that gushed from His Side for cleansing] that was covered with The Cloud so that whoever comes to Him would see God's Glory filling the place day and night throughout the journey of his/her life (Exodus 40:16-38, 1 Kings 8:10-11, Isaiah 6:1-4, Ezekiel 43:1-9, John 1:14, 2 Corinthians 4:6),

God give our heart the chance to be reborn again; reborn without sin as the sin is forgiven. And as any new born baby full of love to his parents and fully dependent on and trust his/her father, so should our relation be with God to be His children. We need to listen to Jesus Christ, Son of God, The Second Person of the Trinity: who lead us by the power of God through the Holy Spirit (i.e. His Gifts) to holy living with each other on earth according to God's law: Love & Mercy (Kingdom of God on earth) and eternal life (Kingdom of God in Heaven). On earth, we will be baptized by The Holy Spirit and are fed by the Bread Of Life: The Holy Eucharist, thus becoming God's Children: Calling our God "Father" from all of our hearts, carry the cross (Our true steadfast Love to God [putting into action the teachings of Jesus Christ]) and follow Jesus Christ into Heaven where we will see God as we will be like Him.

In different times of the life of Jesus Christ, three main couples, a man and a woman filled with the Holy Spirit (who would not speak out of their own, but

speaking God's Word to teach others God's ways (Ezekiel 3:22-27)), gave glory to Jesus Christ and asked people to listen to Him:

1. Prior to the birth of Jesus Christ: (1) Zachariah, and (2) his wife Elizabeth.

Zachariah was mute for a time and then filled with the Holy Spirit he spoke blessing God with great words in his canticle and prophesied God's visit to His people and His plan for their redemption from all enemies, i.e. sins (Luke 1:67-79).

Elizabeth who was barren and God listened to her prayer and she gave birth to John, the Prophet of the Highest. In addition, her greeting to Mary gives glory to the Child whom Mary will bear; in her words (being filled with the Holy Spirit), and in the action of the baby in her womb as he leaped for joy the minute she heard Mary's greeting (Luke 1:41-45).

2. When Jesus Christ was born: (1) Simeon, and (2) Anna.

Simeon who was revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ, and when he saw Jesus, he took Him up in his arms and blessed God and said: "*Lord, now You are letting Your servant depart in peace, ... , for my eyes have seen Your salvation*" (Luke 2:25-32).

Anna who was a prophetess, the daughter of Phanuel of the tribe of Asher, served God with fasting and prayers night and day. The instant she saw Jesus (when His parents brought Him into the Temple to present Him to the Lord), she gave thanks to the Lord, and spoke of Him to all who looked for redemption in Jerusalem. (Luke 2:36-38)

3. When Jesus Christ started His mission: (1) John The Baptist, and (2) His mother Immaculate Virgin Mary.

John the Baptist is known to be a horn of salvation (Luke 1:69) who, filled with the Holy Spirit from his mother's womb, went before the face of the Lord to prepare His ways and give knowledge of salvation (Luke 1:15-17, 76-80). He is the one indicated in the book of the words of Isaiah the prophet, saying: "*The voice of one crying in the wilderness: 'Prepare the way of the Lord; make His paths straight ...'*" (Luke 3:4-6).

Immaculate Virgin Mary full of Grace, was the woman whom the Holy Spirit came upon and she gave birth to the Lord (Luke 1:26-35) who was crucified and died on the cross. In the Wedding at Cana, Virgin Mary was the first to tell people (the servants) to listen to what Jesus Christ say, trust Him and do what He asks them to do without hesitation (John 2:1-5).

From the beginning, God have chosen certain people and entitled them to know His plans (Genesis 18:18-19, John 15:15) and have a partnership with Him for human salvation. Through those people God continue to fulfill His purpose of

bringing blessing to all people (Genesis 12:3). From one generation to the next, people emerge, securing God's plan of salvation and blessing (Adam, Abraham, Isaac, Jacob, ... Prophets, ... Virgin Mary, Apostles, ... Followers of Jesus Christ). Those people have in their hearts the characteristics of the Messiah's Sacred Heart (i.e., God's Image), willing to be sacrificed for the sake of God's plan of redemption for the whole world, the plan that was fulfilled with Jesus Christ Crucified and Resurrected (Isaiah 6, 7, ... 12), and carried on by His Followers. And to help man fulfill his part in God's plans, God have graciously given to us through The Holy Spirit the power of His Love in order to act in **partnership** with **Him** in making Him known worldwide as the Loving Father who would like to bless all nations and have their salvation by forgiving their sins through His Son Jesus Christ, i.e. bringing all nations from the darkness of 'not knowing God'/'being away from God' back to God's Light (Romans 5:1-11).

On the cross, Jesus Christ was in pain and as was described in Isaiah 53:2-3: "*Without beauty, without majesty, no looks to attract our eyes*", and in Isaiah 53:7: "*Like a sheep that is led to the slaughter-house, like a lamb that is dumb in front of its shearers, like these he never opens his mouth*".

On the cross, and before His death, Jesus Christ uttered few words that open broad prospects towards knowing "God is love" to include God's love for man and man's love for Him and his fellow man. Perhaps these words are the most beautiful expression of this kind of love that is in Jesus' Heart, and thus reflect the characteristics of His Heart and what is in His Mind [i.e. His Character (Isaiah 11:2-3)] (Matthew 12:33-35, Proverbs 10:11; 13-14; 20-21); in addition, they are realistic examples for "**The Beatitudes**" that He mentioned during His teaching on the mountain to the crowd that followed Him regarding the loving hearts and the true happiness, which would be gained by being in the heart of God, because they reflect His Image to others as they are filled of the Holy Spirit (Matthew 5:3-12). This love is characterized by:

1. Forgiveness (even to enemies) as a kind of Mercy towards others and as God's Nature: "*Father, forgive them; they do not know what they are doing*" (Luke 23:33-34). "***Blessed are the merciful, they shall have mercy shown them.***" (Matthew 5:7). The Spirit of Knowledge.
2. Providing comfort, i.e. the Good News regarding salvation, to the people who admit their mistakes and know their weakness in comparison to God's Holiness and who fear God's Justice: "*In truth I tell you, today you will be with me in Paradise*" (Luke 23:39-43). "***How blessed are the poor in spirit: the kingdom of Heaven is theirs.***" (Matthew 5:3). The Spirit of Wisdom.
3. Consoling the broken-hearted, and loving others by thinking of their physical and/or spiritual suffering [i.e. the grief of losing God because of "spiritual death"/Sin], and finding solutions to minimize the pain within their heart by

reflecting God's Image (i.e. Love) to them: "*Woman, this is your son*" and "*This is your mother*" (John 19:26-27) [for a mother who lost her son, the best person who can console her is the one who knows her son and her son loves him more than others and was with him at all times in order to speak always about her son without fatigue; in addition the best person to solace a young person who had lost his dearest friend is the mother of this beloved to make him feel his existence always through her talk about him]. "***Blessed are those who mourn, they shall be comforted.***" (Matthew 5:5). Spirit of Consolation.

4. Human's yearning for God 'The Living Water' (Ezekiel 47:1-12, Revelation 22:1-2): "*I'm thirsty*" (John 19:28) [no one can fulfill this thirst but God: The Father, The Son and The Holy Spirit, or any person who provides The Living Water on behalf of God, accordingly we see the soldiers who crucified Jesus Christ offering Him vinegar instead as an indication to the persecution that will face His followers by the people who would not believe in Him; and drinking the vinegar is a sign of bearing the tribulations for the love of God]. "***Blessed are those who hunger and thirst for uprightness: they shall have their full.***" (Matthew 5:6) and "***Blessed are those who are persecuted in the cause of uprightness: the kingdom of Heaven is theirs.***" (Matthew 5:10). Spirit of Fortitude.
5. Trusting in God, and give oneself to His Will, and ask for His aid always: "*My God, My God, why have you forsaken me?*" (Mark 15:34) and "*Father, into Your Hands I commit my spirit.*" (Luke 23:46). "***Blessed are the gentle, they shall have the earth as inheritance.***" (Matthew 5:4) and "***Blessed are the pure in heart: they shall see God.***" (Matthew 5:8). The Spirit of Understanding and the Spirit of Piety.
6. Accomplishing our mission according to God's Will (i.e. Living by God's Word): "*It is fulfilled*" (John 19:30). "***Blessed are the peacemakers: they shall be recognized as children of God.***" (Matthew 5:9). The Spirit of Fear of God.

After His Resurrection, Jesus Christ formed His Body: The followers of Jesus Christ who are born of the Spirit (John 3:8), and they will be filled with God's Love through the Holy Spirit. They will:

1. Carry the cross (i.e., share His sufferings and obey His teachings, and bear our sufferings to become true images of Him (Romans 8:17, 28-30)) and follow Him, and
2. Proclaim the good news for salvation to all nations (1 Corinthians 12:12-27). The followers will be fishers of men as He was to the first Disciples and as the first Disciples were (Matthew 4:19) to make God known to all generations.

Jesus Christ's Followers will have a meek, humble, noble and generous heart who love God and others and take it upon themselves to yield a harvest through their perseverance (Luke 8:15); and they will ask for forgiveness for their enemies (whoever hurt them) to show the love and mercy and forgiveness of our God and

His children. His followers will surrender to God's Will and be united with Him, their Father, as Jesus Christ is united with His Father through His love and obedience unto death. An example is Saint Stephen (Acts 7:55-60).

Jesus Christ is the Light of His Father's Eyes (Son of God) sent to us as **Free Gift** out of God's Love to lighten our way to the Kingdom of God, and change us to be light for others. In Psalm 80, people prayed and said: "*God of hosts, bring us back; let your face shine on us and we shall be saved*". And God listened to their prayer through Jesus Christ. Through Jesus Christ, we become God's Children whom He hold in His Arms tenderly. He is our Father Whom we trust, remembering His Words (Isaiah 49:15): "*Can a woman forget her baby at the breast, feel no pity for the child she has borne? Even if these were to forget, I shall not forget you.*"

Through the Holy Spirit, He will stay with us forever through His Word in the Holy Bible and the Holy Eucharist to strengthen us to accomplish God's Will for every one of us. We believe that having the Holy Eucharist (Jesus Christ Sacred Heart) is a kind of receiving the Holy Spirit. The more we receive the Holy Spirit in the Holy Eucharist, and surrender to its power, the more we become like Jesus Christ, and have His Heart conquer ours. Accordingly, we will see others with His Heart and treat them the same way He would treat them, i.e. with love and mercy. We will be able to talk and act in a wise way to evangelize God's Love & Mercy. After His death everyone who believes in Him will share this sacrifice of praise and thanksgiving to bring forth God's Eucharistic reign and will proclaim that in all ways as a sign of thanksgiving and Glorifying the Lord. After all, in Matthew 6:22, Jesus Christ tells us that "*The eye is the lamp of the body*"; and all actions come from the heart.

On Pentecost, when the Holy Spirit came upon the Disciples:

- ✓ He showed them where their treasure is, so their hearts stayed there.
- ✓ He gave them all what they needed to testify to the Truth leading to eternal life.
- ✓ He attached their hearts to Jesus Christ's Sacred Heart who became their lamp that lightened for them the darkness so that they, in turn, will enlighten to all.
- ✓ They started to see things through this Sacred Heart that hold all the love and mercy for every one of us.
- ✓ He made them commemorate God's Law, speaking things that come from the Sacred Heart and preaching, with wisdom, God's Love & Mercy for all.
- ✓ He made them clean as all their actions (speech or thought) come from such Heart, as Jesus Christ said.

When the Holy Spirit come upon us, God's Love (our salvation through the death of Jesus Christ on the Cross) will be poured into our hearts and a new man will be

created in us worshipping God in spirit and truth (John 4:21-24): A man who walks in justice and speaks what is true; a man whose heart is noble and generous and from its goodness all good will be drawn (Ezekiel 36:26-27).

Jesus Christ is The First and The Last; the Good Shepherd (Ezekiel 34:11-16, John 10:11, 14) holding His Staff and looking at us with tender eyes. And, in His Heart are the souls who rest in peace. In the presence of Jesus Christ, the accuser (Satan) who accuses the faithful before God was hurled down (Revelation 12:10).

A priest once said: It is not important to seek now the particulars of the Face of Jesus Christ, rather to look at His Heart and know its feelings and seek to dwell in it.

My God, Heavenly Father, by the power of Your Holy Spirit lead us to the fullness of Light and Truth and let us taste the sweetness of the true wisdom of Your Word and be embraced always with Your Divine Providence in Jesus Christ Your beloved Son Who reign with You and The Holy Spirit One God. Amen.

The Image of the Christian's Heart: LOVE



*My Lord and my God ... You've said to your prophet Ezekiel: "I shall give you a new heart, and put a new spirit in you; I shall remove the heart of stone from your bodies and give you a heart of flesh instead. I shall put My Spirit in you, and make you keep My Laws." (Ezekiel 36:26-27). Thank You for Your Divine Providence and Graces: "Jesus Christ" who imprinted Your Love in my heart and changed my entity to 'Love' that reflects Your Love to others so that they thank You and extol Your Holy Name. Thank You God for teaching me to love You above all things, and with **prayer** [in speech and deed, in flesh and spirit] I can be nearer to You. Thank You for teaching me to persevere in **fasting** [in speech and deed of body and soul] from impurity and sin which separate me from You, to control myself and its earthly desires as a sign of love to myself that will only be glad with You in Your Kingdom in Heaven. Thank You God for teaching me to have mercy on others through **charity** [in words and deeds for the flesh and spirit] as an indication for my love to them as I love myself. Amen.*

The Bread Of Life

Nowadays, we hear a lot about the term “nutrition” and how people are advised to eat this food and try to avoid others in order to have healthy body and live longer. Amazing how people would do anything in order to live one day longer, yet till now very few know what is the correct food needed to have a healthy soul in relation to knowing God and loving Him, and how does our soul grow.

We can be 50 years old, yet our soul is only an infant and its growth is so slow or even have had gone into a coma. In Luke 2:52, the Holy Bible says: “*Jesus Christ increased in wisdom, in stature, and in favour with God and men*”. So, spiritually speaking, was He really growing? And, what was His food?

We need to understand that for Jesus Christ, He is Divine and Full of the Gifts of the Holy Spirit and He do not need to grow in Wisdom, but as the Holy Bible is written inspired by the Holy Spirit, this would indicate to us God’s great humbleness that He really took our human nature and would spiritually grow as well as bodily to be for us Son-of-Man, i.e. a role model for us and a good teacher by His actions. God have taken our human nature in order for us to be holy and have divine nature.

If we study the paragraph before this verse, i.e. Luke 2:46-51, together with John 4:31-34, we will realize that He, as Son-of-Man, was growing in Spirit as He was busy with His Father’s affairs and doing His Will, since we hear Jesus Christ say: “*My food is to do the will of the One who sent Me*”.

In God’s Eyes, we grow in the same way, i.e. when we do the will of the one who send us; we grow in Love as God is Love, and love is connected/identified in the Holy Bible in so many verses with obedience to God’s Will and surrendering totally to Him, for example in John 14:31 Jesus Christ say: “*The world must be brought to know that I love the Father and that I am doing exactly what the Father told me.*”; and as the Father sent Jesus Christ, so do Jesus Christ send us; He sent us to love God wholeheartedly and love others as one self; He sent us to:

- Be the light to the world, and proclaim God’s kingdom to all and evangelize so that the fire in the heart for God will be flamed in all hearts,
- Proclaim the salvation of all nations through the forgiveness of their sins when they believe in Him,
- Love God by loving His Creation (doing acts of mercy) thus showing God’s love to others; feed the hungry, visit the sick, give alms, ... etc.,
- Teach others about God’s love to them with what His only begotten Son have made on the cross,
- Tell all nations that He is God’s Word and our Saviour, i.e. the Lamb, and we are fed by:
 - (1) His teachings when we listen to Him wholeheartedly and act accordingly, and
 - (2) His Body and Blood in the Holy Eucharist for the forgiveness of our sins,

the miracle that kept our soul alive.

i.e., He is the Bread of Life; our daily bread (John 6:30-35, 47-51).

- Pray to God, praise His Holy Name, and give Him thanks.

Some people might think that it is enough to believe in Jesus Christ without actually working by His Words, well they are mistaken because God want us to be just like Him and His Son, always working the good work for the Heavenly Kingdom (John 5: 17, 2 Corinthians 5:18, Letter of Saint James). The work for this purpose is considered:

1. A treasure that we seek to store up in Heaven (Matthew 6:19-21);
2. An increase of happiness in our Father's Heart whose love for us have no limit and cannot be changed;
3. A food for our soul to grow in the House of our Heavenly Father as it is the food given by Son-of-God (John 6:27).

The Acts of the Apostles is a clear example on the works to be performed by the followers of Jesus Christ as a result of believing in Him and following in the footsteps of God's Work to make Jesus Christ known to all nations (John 6:29) so that everyone is saved.

Some people misunderstand the Letter of Saint Paul to the Romans to be that our Faith in Jesus Christ which is translated in their minds to "Only believe in Jesus Christ without the need to do any work" is considered uprightness, while Saint Peter himself clearly mentioned in the same letter that Abraham's Faith, which in Abraham's actions, was "Belief and Act accordingly" was reckoned to him as uprightness (Romans 4:17-22) [*Abraham believed that God has the power to perform what He promised him, and he acted accordingly before it actually happened, e.g. Abraham obeyed the call to set out for a country that was the inheritance given to him, and he set out*] without hesitation (Hebrews 11:8)]. Having Trust in God and obeying His Word is an essential part of Faith, and obedience lead to working on God's Word for sanctification (Romans 6:15-18).

The Gospel of Saint John begins explaining that Jesus Christ is God's Word and ends with Him being the Bread of Life; and the work of His followers, who really loves Him as Saint Peter, is to feed His Creation (man-kind) with healthy food, take care of them and lead them to where He live. May be we cannot be like Saint Peter (John 21:15-19) but everyone is requested at least to lead the flock that he/she has under his/her care (where 'next of kin/Children' indicated to as 'lamb', and 'others in the community' indicated to as 'sheep') to God, strengthen their faith and let them grow in their relationship with God, according to the role that God gave to each one of us (i.e. priest, parent, leader, ... etc.). We work for God with humbleness and complete surrendering to His Will without looking at others, focusing on our own mission, removing all egos from our heart, and allow The Holy Spirit to dwell in and fill it totally with God's Love. The church, in our heart, that Jesus Christ built on the faith of Saint Peter need to be like Saint Peter who teach and put in action God's Word.

The Bread of Life: “The Word and The Lamb”: Jesus Christ God’s Love: Son Of God, The Incarnated Word (John 6:48-58).

Listening to Jesus Christ talking about His Flesh in John 6:51 to be The Living Bread that came down from Heaven, and knowing that *The Word was made flesh* (John 1:14) and *in the beginning was The Word; the Word was with God and the Word was God* (John 1:1) then we would understand that to eat (continuously chewing) His flesh as the Living Bread would be to listen to His Word and work on it without stopping (Matthew 4:4), in addition to having His Body in the Holy Eucharist. Also, ‘drinking His Blood’ enforce the concept of Him being the Lamb who has flesh (body) that need to be eaten and blood to be drank, so He is asking us to drink the blood that was poured out for our salvation; the blood that ran out of the lamb that God prepared for us in the Passover Feast (Easter) to be used to seal our houses with the sign of the cross. Since we know that the lamb was sacrificed for our sake once, and in order for all generations to participate in eating this lamb, then Jesus Christ gave us His Body and Blood in the form of bread and wine, respectively, in the last supper with the disciples before being captured. He asked His Disciples to do as He did for His Remembrance as the sacrifice offered to God for our salvation, thus the Holy Eucharist is the Bread of Life and a sacrament of forgiveness [a real presence of God’s Heart (Body and Blood, Soul and Divinity) in the Consecrated Bread and Wine].

Among the prophecies that was said regarding Jesus Christ is what is written in Psalm 107 especially verse 9 “*For He satisfy the longing soul, and fill the hungry soul with goodness*”, and how much do we believe this now and forever to be true as we are hungry for the Love of God (to know that we are secured under His Tent through the forgiveness of our sins), and for the knowledge of God in order to please Him. A link of how God would ‘fill the hungry with goodness’ and ‘Jesus the fruit of the womb of Virgin Mary’ is established as Virgin Mary recited the Magnificat when she visited her cousin Elizabeth (Luke 1:46-55).

In the Old Testament, God provided the Israelite with Manna from Heaven (Bread) during their journey to the promised land (Heaven) after passing through the Red Sea (Baptism) fleeing from Egypt (sin), and Prophet Elijah made two miracles: One of feeding the widow and her son and providing them with continuous supply of bread, and the other of raising to life the widow’s dead son, while Prophet Elisha performed many miracles including increasing the oil that was sold and its money freed the children from slavery, and raising the dead, and multiply the loaves to feed many, and curing the one with leprosy (sinner) by immersing him in the Water of River of Jordan (Baptism of Repentance, and fulfilment of thirst from the Living Water). God taught the Israelite and all nations that He can provide them with the everlasting supply of bread; all what they need to survive during their journey on earth. By the power of His Holy Spirit, He provided us, and will provide us always with Jesus Christ who fulfilled

in Himself: The Living Water and the Bread of Life (Word & Eucharistic). With faith, we can see in the Holy Eucharist the Transfigured Jesus Christ standing with a bowl of Living Water in His hands, giving His “Holiness and Love”, “Wisdom, Mercy and Divine Providence”, “Forgiveness, Counsel and Peace”, and “Power over Satan and evil spirits” to each one of us and asking us to give it to others (Isaiah 41:13-20, Revelation 22:17).

Some people believe that the ‘Bread of Life’ is only ‘the work for God’, and cannot believe that Jesus Christ established the Sacrament of the Holy Eucharist in the Passover Feast on the Last Supper with His disciples, and later on during the Holy Mass the bread and wine would turn into real presence of Jesus Christ’s Body and Blood by the power of the Holy Spirit. One can ask himself, if Jesus Christ did not want that Sacrament/Gift to be given to us, then why did He say these words when He gave the bread and wine to His disciples? He could have just explained that His death will be a sacrifice for the forgiveness of sin just like a lamb offered to God without evoking the bread and wine. It is important to listen to every word Jesus Christ said so that no one can make us change what we believe in, and to fulfill Moses’ words: “*Human beings live not on bread alone but on every word that comes from the mouth of God*” (Deuteronomy 8:3), the same words Jesus Christ answered the devil with when he was testing Him (Matthew 4:4).

In the Lord’s Prayer, when we ask our Heavenly Father for our daily bread which is a blessing from God, we can either mean:

1. Our daily bodily needs from food with a content heart, thus staying away from riches or poverty that might lead to forgetting God (Proverbs 30:7-9), or
2. The Holy Eucharist to be taken daily during the Holy Mass where the Word of God is also read and explained, or
3. The chewing process of the daily food (Jesus Christ): The daily work/opportunities that would please God including sanctifying ourselves by sharing the Holy Mass daily.

At childhood, we think of food as what is mentioned in the first point of above. As we grow-up, our understanding moves to the second point, and when we start to mature we reach to the understanding of the third point, and real maturity will be when we accomplish the work with love and gratefulness regardless of any obstacles.

Our Heavenly Father, thank You for the everlasting precious gift that You have provided: “Your Love”; the source of my life and the reason for my being. Thank You Father for creating me with freedom of choice; and I ask You O Sacred Heart of Jesus, as followers of Yours, to imprison my freedom of speech, thoughts and deeds with this love and fill our hearts with the love that You have for Your Father and His Children, and grant that we may please Him as You did. Amen.

The Fruit of The Promised Land

When a farmer grows trees in his field he aims to see a healthy harvest, a delicious fruit; and when parents think of having a child and give birth to one they aim for him/her to be as they are if not better. As the farmer does his best in preparing the soil, adding fertilizers, spraying insecticides so that the fruit will be healthy, similarly the good parents take care during pregnancy, feed the child in infancy and afterwards, provide love and care, teach, train, and be harsh if needed so that: (1) everyone who meets the child will be impressed as his/her actions will show their parents' good character, (2) the child will not harm or disrespect others and (3) he/she will be loved from everyone else so that he/she can be forgiven when doing a mistake as it is not always other people forgive sins as parents do.

When God took the Israelites, 'His Son' (Exodus 4:22-23), by the hand out of Egypt (Hosea 11:1, 3-4), He promised them that they would enter a rich land (their final destination, i.e. Heaven) from whose harvest they would benefit; a harvest that will feed them and feed all the generations to come; a harvest that will be all that they will ask for in order to live happily in the new land, i.e. their Father's House, and all that He asked for is to honour Him as a Holy Father (Malachi 1:6). As a Father, He is always there, waiting for His Children to ask Him for their needs and He will provide (the needs that He know will benefit them and keep them in His House). Jesus Christ in His teachings told us that Our Father will be pleased to give us the Holy Spirit if we asked Him, and we do that when we pray, whether by words or actions, the Lord's Prayer that He taught His disciples to recite (Luke 11:13). God, The Father and The Son, know exactly the benefits of the graces of the Holy Spirit to people as it will turn their hearts into heart of flesh and renew their spirit.

In His Sermon on the Mount, Jesus Christ blessed the people (meaning: they are happy) whom the Holy Spirit dwell in their heart, who have faith, hope and love; and gave them to eat from the fruits of the promised land (Land of wheat and barley, of vines, of figs, of pomegranates, of olives, of oil, of honey (Deuteronomy 8:8)), the fruits that were watered by the running water coming out of the spring of mercy, the spring of peace and consolation, the spring of adoration, and the spring of love that springs unceasingly out of God's Heart: The Fountain of Living Water (Jeremiah 2:13):

1. **Poor in spirit:** The people who know that God created their flesh from dust and it will return back to dust, place all their trust in God, obey only Him, and never consider themselves as an equal to God and ignore His Word as they know that He will feed them with what they need from the fruit of the promised land to stay alive and live with Him forever: Wheat and Barley (i.e.

The Bread of Life: God's Word written and incarnated: Jesus Christ (John 6:35, 48, 51-58)).

2. **Who mourn:** The people who become aware of their sins, mourn their misfortune at disobeying God's Word, but understanding His Love and Mercy will be given wine from the Vine (i.e., God's Console/Redemption/Power of His Right Arm: Jesus Christ (Isaiah 52:9-10, John 15:1, 5)) of the Promised Land to make them happy forever.
3. **Gentle, Merciful and Pure in Heart:** The people with tender hearts, who are meek and merciful, who love others and do no harm to them but help them in all their needs, and at the time when they are treated badly they would forgive and turn the other cheek, as they know that this is how God will treat them and He will give them shelter under the big fig tree (i.e., God's Providence/Protection: Jesus Christ (Isaiah 53:1-12, Matthew 11:28-29)) of the Promised Land and make them taste the sweetness of its soft fruit (i.e., see/inherit Jesus Christ and accordingly see God The Father).
4. **Who hunger and thirst for uprightness:** The people who have zeal for God's Holy Name so they hunger and thirst for rightness as this is how others would see God's Holiness through them and they will not profane God's Holy Name, and God will feed them with pomegranates (i.e., God's Love/The Truth: Jesus Christ (1 John 4:9-10)), the juicy and healthy fruit of the Promised Land; the fruit that comes out at the end of a branch on the tree, the branch that starts as a thorn and then when the leaves start to grow on it in Spring turns into a branch that will hold the fruit (This resembles the pain that Jesus Christ suffered so that our sins are forgiven and we can be called Children of God for His Glory).
5. **Peacemakers:** The people who have peace in their hearts, and try their best to spread that peace to others by proclaiming God's Kingdom and the forgiveness of sins through Jesus Christ, the olive tree of the Promised Land, and God will make them olive trees just like His Son: They will know Him as their Holy Father. Those people are enlightened by the Light, the outcome of burning the olive oil (i.e., God's Spirit/God's Robe: Jesus Christ (Psalm 104:1-2, Isaiah 61:1-3, John 1:1-4)) and they become children of God; a light to others for God's Glory.
6. **Persecuted in the cause of uprightness:** The people who would give themselves willingly for the sake of God, they do this out of their love for Him with joy knowing that God will give them the sweetest reward, just as the sweetness of honey; the thick juice (namely, Silan) that comes out of the dates which is the fruit of the palm tree in the Promised Land (i.e., God's Glory: Jesus Christ (also Eucharistic) (Exodus 40:34-35, John 1:14, Romans 3:23)).

For these people, their houses (i.e., hearts) are built on solid rock (i.e., The Faith in God's Word and Messiah that was sent to us out of His Heart (1 John 5:1-4)), the iron of the Promised Land, looking towards the hills searching for God; mining for the copper (brass): the Divine part of the bronze alloy from which the snake, that Moses lifted in the desert to cure the Israelites from the bite of the fiery snakes (i.e. a result for abandoning God), was made (Numbers 21:4-9). Amazing how the bronze alloy consists of copper and tin combined in one as Divinity and humanity are combined in Jesus Christ.

Amazing how the fruit of the Promised Land is **Jesus Christ's Heart**, as He was identified to be a fruit when Elizabeth, filled with the Holy Spirit, greeted Virgin Mary and said: *"Of all women you are the most blessed, and blessed is The Fruit of your womb"* (Luke 1:41-42). And how much the saying: *"The tree is known by its fruits"* is true for God when we see Jesus Christ's Heart; i.e. hear His speech and see His actions (Luke 6:43-45). Oh what Promised Land (Psalm 23, Isaiah 30:18-30): A green pasture where cattle graze to produce fatty milk so that curd will be eaten, and bees feed on the flowers of its trees to produce sweet honey for whoever eats it will be able to discern the good from evil and know how to refuse the bad and choose the good (Isaiah 7:14-15, 21-22). For the ones who wander in the Promised Land, they will be like babies who never stop feeding from the breast from which the spring of mercy, the spring of peace and consolation, the spring of adoration, and the spring of love springs unceasingly (Isaiah 66:10-14); they are the children who repented, washed their sins with the Blood of The Lamb, trusted and praised God, and reflected their Father's Holiness to others for His Glory (Isaiah 30:18-26, 60:18-22); they are the new shoots of the Vine that will bear fruit for others (Psalm 1).

In His teachings to the crowd who followed Him (in Matthew's Gospel), Jesus Christ wanted them to know God as a Loving Father Who attend always to our needs and ask His angels to protect us, Just, Merciful, Peace-Maker, Trustworthy and Truthful to His promises, Holy, Loving to all people but dislike wrong-doing, Constant-worker Who hates laziness[as laziness generates lies (Matthew 25:14-30)], and wanted His Children to be like Him by having His Spirit dwelling in them (Matthew 10:19-20). In Matthew's Gospel, Jesus Christ mentioned God as The Father over 24 times, and as any good father:

1. He is the Head of His House where His Will and Word are honoured by His children.
2. He lift-up His children and hold them by His-side so tenderly giving them warmth and love.
3. He accept happily the return of the prodigal son, where repentance is the first step on the road to the Father's House.



Hosea 11:3-4

4. He give His Kingdom to any child who would invest in the wealth of his father for the sake of other children.

Yes, it is Jesus Christ's intention that we know God's Holy Name "Our Father in Heaven" not in the understanding of a 'Name' but in the 'meaning/characteristics behind the name' and act accordingly. Actually, God sent Jesus Christ for us as 'The Son' who is on His Father's side close to His Heart (John 1:18) so that:

- (1) We will know Him better,
- (2) We will live with Him in a relationship that is eternal where the feelings towards a father do not end when the father dies in body; a relationship that is unique where there is only one father to any child and Fatherhood love does not split between more than one person, and
- (3) We will love Him as any child loves his father and accordingly love all His other children as brothers/sisters (1 John 5:1).

We, Followers of Jesus Christ, are the spiritual *House of Israel* to whom God have promised the Spiritual Fruitful Land and His Protection from any harm, and make them fruitful as long as they honor Him as a Father (John 5:24). As the relationship between God and Israel was a Father-Son relationship, so it is with Jesus Christ and all His Followers. By sending Jesus Christ as The Son, God confirmed His Fatherhood to us and His Feelings towards us: One of The Mysteries of God's Kingdom that was incarnated and revealed through the Holy Spirit in the womb of our Mother Virgin Mary. It is God's intention that His Fatherly Love is to be known by all spirits including the blind, the crippled, the sick, the dumb, and anyone who cannot reach Him; He came to them and cured them (e.g., John 5:5-9), and asked whoever knows Him to act on His behalf and do the same. It is God's intention that we know Him through Jesus Christ and all spirits to honor The Son as they honor The Father (John 5:23) so that they will be born of Spirit not of body (1 John 5:1) and be God's Children.

In the beginning, when God created the universe, He took from the soil of the land, made man and blew into him the Breath of Life and man became a living being with a pure heart; an image of Himself (Genesis 1:26-27, 2:7). This creation is seen daily in The Holy Mass: By the Words of Jesus Christ, The Holy Spirit is blown into the bread and wine that are made of the seed-bearing plant and seed-bearing fruit, and an Image of God is made; a Pure Heart: Jesus Christ's Heart; A Heart that will give food for our hearts and make us grow to be God's Children.

O God, some people cannot love You as a Father, so I ask you to let Your Holy Spirit dwell in our heart, so that we can call You with full confidence and with all our heart and say: Father, I love you and look forward to seeing You and living in Your House forever. Amen.

Treasures of the Kingdom

In modern life, they say: “Money generates money”. Spiritually speaking, this proverb is seen and executed in the life of the Saints and all faithful people. When Saint Lawrence, one of seven deacons who helped Pope St. Sixtus and was martyred in the year 258 in Rome, gave the money of the church to the poor and indicated that the poor people are the church’s treasure, he said that taking into consideration that he had already found the first treasure that led to generate the next. His first treasure is the Holy Eucharist; the Sacred Heart of Jesus Christ, with Whom he merged himself totally, and became one in a way he can’t see that Heart as treasure rather it is: *‘the feelings that come out of that Heart for the poor and the needy not only spiritually but also humanly’*. And, these feelings (i.e. love and mercy) and acting accordingly is what separate sheep from goats on judgment day (Matthew 25:31-45). That is why Jesus Christ sent His disciples (to tell the non-believers about the Kingdom Of God) searching for the kind-hearted, knowing that they will accept the call without hesitation. It is the hard-hearted and the money-lover heart that is hard to repent.



In the Holy Mass, when we eat Jesus Christ’s Body and drink His Blood we are actually “Merging ourselves with Jesus Christ Heart to become righteous” (John 6:34-40, 44-58). This act shows us how much God love us: “He loves us as Himself”, guard us as the pupil of His Eyes, and He is so humble, not only by taking our human body in the person of Jesus Christ, but He wanted us to be like Him; shine in glory in His presence in His Kingdom. And for that, God sacrificed His only begotten Son for whoever believes in Him so that they will not perish (John 3:16). As Son of Man (i.e. a symbol for us), Jesus Christ lived God’s Law: (1) Love the Lord your God with all your soul, your heart and your mind as His life was for the purpose to please His Father and show His Holiness, and (2) Love your neighbor as yourself where with His actions He made us God’s children (Matthew 22:34-40).

To His friends Jesus Christ say: *“As the Father loved Me, I also have loved you”* (John 15:9-17); and as He and The Father are one, this will also indicate that Our Father love us as Himself, as His Son. And to show God’s love to others, we need to love one another and do what He did: to lay down one’s life for his friends (thus doing acts according to the power of God’s Love that is poured into our hearts to the brim through the Holy Spirit). God’s Love for us and our love to Him generates our love to others, and God’s Mercy on us generates our mercy on others (1 John 4:7-17).

Dear God, through the actions of the Saints real meaning of Christianity is demonstrated to the lost lambs and non-believers, may You engrave Your Love in our hearts and provide us with true commitment to follow Your Word and proclaim Your Holy Name to all nations. Amen.

The Ark of the Covenant

When someone asks you to carry for him an item and deliver it to someone else who lives in a different area without letting this item slip from your hand, then the first thing that you would ask for is its weight, i.e., whether it is heavy or light. If the item was too heavy then you might refuse carrying this item especially if you are weak and don't have muscles. On the other hand, if you love the person who asked you for this favor then you might think of empowering yourself before you accept doing what is required. If Jesus Christ asked you to proclaim the Gospel to all nations, or if He asked you to carry a cross and follow Him, or if He asked you to carry His Light to others by being light in your actions, then what would your reaction be?

God have given us, in His beloved Son Jesus Christ, the grace to be like Prophet Isaiah where He said to him: "*It is not enough for you to be My servant, to restore the tribes of Jacob and bring back the survivors of Israel. I shall make you a light to the nations so that my salvation may reach the remotest parts of earth*" (Isaiah 49:6). Jesus Christ want us to be a light to the world so that God's salvation may be known to all peoples for God's Glory (Matthew 5:14-16) [Just like Saint John The Baptist who identified Jesus Christ to be The Lamb of God to others]. So, are we a light to others? Are we working according to this "God's Will" in our homes before reaching to other people? Is it a light weight on our shoulders, or is it too heavy?



In the Old Testament, the Tribe of Levi [from whom the priests were selected: From Aaron and his descendants (Leviticus 21:1)] were responsible for carrying and taking care of the Dwelling that has inside it the 'Ark of the Covenant'/Testimony (Numbers 1:48-51, 18:1-7) and other furnishings. God asked Moses to build the Dwelling and its contents as He showed him. The Ark of the Covenant is a rectangular chest (like a coffin) made of wood coated from inside and outside with pure gold, and surrounded by a crown made of gold; inside it the two Tablets having God's Ten Commandments (also named Testimony or Tables of the Law) were put; and a sheet made of pure gold called "Mercy-Seat" was put on top of the chest as a cover, and on the sides of the cover two winged-creatures (Cherubim) were attached (Exodus 25:10-22, Deuteronomy 10:1-5). The Chest had four rings distributed on two sides, where two poles can go through the rings to allow people to hold the Ark without touching it.

Nowadays, were we able to hold the heavy weight of the Ark of the Covenant on our shoulders to move it from one place to another, or did we let it fall and it was given to someone else to hold with all the love, humility, reverence, patience and joy that he/she has in his/her heart? Have we sanctified ourselves [felt remorse, and repented for our sins] and pulled hatred from our hearts before we get closer to God to touch Him without Him being angry with us (Matthew 5:21-26)?

Looking at the symbols of the Ark of the Covenant, we can understand that the Ark of Covenant represent to us the Cross we need to carry [i.e. the Word/ Teachings of God sealed with His Mercy: Jesus Christ, our salvation, atonement/expiation for our sins], which the Lord Jesus Christ wish from all of us to carry on our shoulder with love and humbleness ("*Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, My yoke is easy and my burden light.*" (Matthew 11:29-30)), and follow Him to where God is. As with this cross is our victory over our enemies [our sins] thus having eternal life (John 11:25-26, 16:33), and without it the devil and evil spirits [sin] will conquer us and we will die. We shoulder our cross as the Ark of the Covenant became the yoke to the two milch cows, which never had a yoke before, and walked from the land of the enemy to the land of the people of Israel (1 Samuel 6:7-8).

The Ark of the Covenant was a reflection of the heavenly realities that God wanted to announce to us (Hebrews 8:5, Revelation 11:19): Jesus Christ having two natures: Divine and Human [Coffin made of wood and gold]; being The Word of God [inside the coffin were the Tablets having God's Commandments] and also the Savior and God's mercy to us, where it is only through Him that we can stand before God without blemish, a Grace that is only made by God [The Mercy-Seat was made of pure gold, i.e. "The Atonement", surrounded by the Cherubim and on which the cloud will reside and Moses will speak to God].

In the Old Testament, the Ark of the Covenant was the means of God's presence with his people, i.e. "God with us" (Exodus 25:8). And, the birth of Jesus in the New Testament is the resurrection of the codes mummified and put into the coffin to the end of times; where:

1. 'Truth'/'Word of God' [represented by the Tablets of Commandments] was incarnated,
2. 'The Way' [represented by the bread from heaven that was given by God to the children of Israel on their way that they have taken to cross the desert of Sinai: Manna] was embodied, and
3. 'Life' [represented by the rod of Aaron that budded, and bloomed and gave almonds (Numbers 17:16-25)] was incarnated filled with the Spirit of Wisdom and Understanding, the Spirit of Counsel and Fortitude, the Spirit of

Knowledge and Fear of God (Isaiah 11:1-9, Luke 2:40-52) in order to give life to others by staying watchful over God's Word as God is the Watchful Tree (Jeremiah 1:11-12);

thus was "The Way, Truth and Life" through whom people would go to the Heavenly Father (John 14:6), and there was Jesus: "God with us" (Matthew 1:20-23, John 14:8-10, Psalm 43). This reminds us when the Israelites crossed the Jordan River while the Ark of Covenant, held by the priests, stayed firm on the land of the river as the waters were cut off and stayed still as a single mass (Joshua 3:7-17); in the same way, Jesus Christ (Word and Eucharistic) will keep the effect of sin still until we pass to the promised land. Glory to You, O God, as what You have taught to your people in a thousand year was made in one day.

In the Holy Bible, which is inspired by the Holy Spirit, in the Old Testament it is mentioned that God asked Moses to put the jar of Manna in front of the Testimony to be preserved for next generations (Exodus 16:32-34), and after some time to put the rod of Aaron also before the Testimony. Between the two periods, the Ark of the Covenant was made and the Testimony was put inside the Ark inside the Tent of Meeting (Exodus 40:1-3, 16-21); and we also read in "1 Kings 8:9" and "2 Chronicles 5:10" that *"There was nothing in the Ark except the two stone tablets which Moses has placed in it at Horeb, the tablets of Covenant which Yahweh made with the Israelites when they came out of Egypt."* There was no mentioning that the jar and the rod were put inside the Ark of the Covenant except in the New Testament in the Letter of Saint Paul to the Hebrews Chapter 9 verse 4. This would indicate that in the Old Testament God gave His Law to His people, and the Manna was not meant to be food for eternal life rather it is a testament for God's Divine Providence in helping them through their journey from Egypt to the promised land, while with the coming of Jesus Christ, who did not come to abolish the Law but He actually supplemented it as He is "The Word of Life" and "The Real Food" for everyone who wants to live with God. Also, the will of God for people not to know the time when the jar and rod were placed inside the Ark is a confirmation of what Jesus Christ said that not a person will know when the time of the coming of the Son of Man on the clouds will be as it is only God's knowledge (Matthew 24:26-36, Acts 1:7).

Prophet Baruch wondered about "Wisdom": 'The Commandments of Life - A book that pleases God' and the way to reach it and grab it and said: *"Who has ever climbed the sky and seized her to bring her down from the clouds?"* (Baruch 3:9-36, 4:1-4), and perhaps man has forgotten that the word of God has become close to him, in his heart to work by it as God gave His Commandments to Moses (Deuteronomy 30:6-14). Therefore, God completed the meaning of His Commandments and the concept of the way to Him (i.e., the promised land) through the Heavenly Food that He revealed from Heaven, carrying within it the eternal life to whoever believes in it (John 6:48-58). People asked for "Wisdom",

and God gave them an embodied living wisdom through the acts, words and feelings of His beloved Son Jesus Christ. People bended their necks to be disciplined by God, and God showed them "Wisdom" and said "*Listen to Him*" (Luke 9:35), and you will live".

The Ark of the Covenant is a reflection of the heavenly realities: Now, as God wanted us to see His Heart that is burning with the fire of love towards us, so He opened His Heart and show it to Moses who saw the Ark of the Covenant in the temple of God; this Holy Heart that is incarnated in the mystery of the Holy Eucharist. By the work of The Holy Spirit [The golden Mercy-Seat], the bread and wine that is made by human hands turns into the Body and Blood, Soul and Divinity of Jesus Christ; i.e. turns into Sacred Heart of Jesus. This is the Heart that suffered the pain of sacrifice and was surrounded by a crown of thorns, and was lifted on the Cross to give life to its eaters [The crown that surrounded the Ark represents the 'Bond of Peace']. Yes, as if with the Ark of the Covenant, God is telling us: "You who are baptized into Christ, and has obeyed His Word, and has eaten His Body and drank His Blood, and became a fruitful tree that hallow My Name with all humility, reverence and joy: You're in My Heart as My Commandments are in your hearts". With the Mystery of the Holy Eucharist, the people stand before the Ark of the Covenant, proclaiming to God and saying: "Come, and reside on what our hands has made, and stay with us, and bless us to walk behind You as the light to others."



Another truth God revealed to Moses through The Ark of the Covenant is: "The Good News: Salvation is for all". Four Evangelists wrote about God's Word: Hypostasis of "God the Son" by the power of the Holy Spirit [Four golden rings were attached to two sides of the chest]: Two of whom are Disciples of Jesus Christ: St. Matthew the Apostle and St. John the Apostle, and two of them are followers of St. Paul the Apostle: St. Mark the Evangelist and St. Luke the Evangelist. Also, God selected two men to bring the Good News before the Israelites and the rest of nations [Two wooden poles covered with Gold]: St. Peter and St. Paul the Apostles (Acts 9:10-16, 11:1-18). The holders of the Ark of the Covenant know that no one is preferred over the other; one plants and the other waters by the Grace from God, and their work will complement God's Will on earth (1 Corinthians 1:10, 3:5-22).

For the followers of Jesus Christ [The Church/Kingdom of God on earth], the Ark of the Covenant is a coffin for their dead bodies that had put its sins inside the wounds of the Crucified Jesus Christ and let His running Blood wash it away until the Resurrection when the pure hearts with straight spirits that God has created within them through His Son will be resurrected. Those people have washed their sins through Jesus Christ, and attached their hearts with His Word, and have eaten

the Heavenly Manna so they became fruitful trees who with the Cherubim kneel to God and praise His Holy Name saying: "Holy, Holy, Holy is the Lord God of Hosts, heaven and earth are full of Your great glory. Hosanna in the highest". Yes, in the New Testament all believers [Fathers, mothers, priests and other consecrated people to God, as everyone has built his heart as a holy priesthood (1 Peter 2:4-5)] share the responsibility of carrying the Ark of the Covenant and preserving it from falling into captivity, i.e. to carry the glory of God to others without changing His Word. The bearers of the Ark of the Covenant are tied together with the Peace of the Lord Jesus Christ; they are humble, cannot see themselves better than others, and no one longs for other people's blessings or belongings because God is the One who divided these gifts; they love each other without hypocrisy, and carry the weight of each other [i.e. forgiving each other and covering the defects of whoever abused them, and reminding each other about the Commandments of God and abiding by it]; they are meek and patient (Ephesians 4:1-7) in order not to upset the balance and lose control to carry the Ark forcing the one who lost the balance to touch the Ark of the Covenant which he is not qualified to touch [because of the Holiness of the Ark] and because of that he will die, as he did not obey God's Word (2 Samuel 6:1-7).

At all times, once we understand God's Love, we can sing to Him the hymn of thanksgiving that was once said by Jesus Ben Sirach:

I shall give thanks to You, Lord and King, and praise you, God my Savior. I give thanks to Your Holy Name for You have been my guard and support and redeemed my body from destruction, from the snare of the lying tongue, from lips that fabricate falsehood; in the presence of my assailants, you were on my side; you have been my support, you have redeemed me, true to your abounding kindness -- and the greatness of your name -- you liberated me from the fangs of those seeking to devour me, from the clutches of those seeking my life, from the many ordeals which I have endured, from the stifling heat which hemmed me in, from the heart of a fire which I had not kindled, from deep in the belly of Sheol, treacherous denunciations to the king. My soul has been close to death, my life had gone down to the brink of Sheol. I was completely surrounded, there was no one to help me; I looked for someone to help me, there was no one. Then I remembered your mercy, Lord, and your deeds from earliest times, how you deliver those who wait for you patiently, and save them from the clutches of their enemies. And I sent up my plea from the earth, I begged to be delivered from death. I called on the Lord, the father of my Lord, 'Do not desert me in the days of ordeal, in the days of the proud, when we are helpless. I shall praise your name unceasingly and gratefully sing its praises'. And my plea was heard, for you saved me from destruction, you delivered me from that time of evil. And therefore I shall thank you and praise you, and bless the Name of the Lord. Amen. (Ecclesiasticus 51: 1-30)

Behaviour Inside The Church

Through the Holy Mass, God is sending us an **Invitation to Heaven** and asking us to wear the gown that pleases Him and is fit to meet Him One God: The Father, The Son and The Holy Spirit and share His Table in His Kingdom.

So, where is the Transfigured Jesus Christ, where is God: The Father, The Son and The Holy Spirit, and how do we see Him in the church and feel His Holiness?? God has sent us an invitation to His Castle, an invitation in the shape of a cross with His Son's Body and Blood, Soul and Divinity sealed on it; and with His Blessings we come to meet Him and enjoy His Fatherly Love.

We are coming to meet the King of Kings; we are going to see there the Transfigured Jesus Christ whose garment is whiter than snow and reflects all the Light we need to see in the darkness (Just as the whiteness of the snow reflects light at night). So, shall we sit and look, or stand in front of Him, or kneel as His disciples did, or bow as the ancestors did when they were in the temple in front of the Tabernacle (where they believed that God exist)?? Nowadays, we don't even bow when we hear God talking through the readings of the Old Testament, and if we can't see His Glory there, then how can we see the Transfigured Jesus?

In the church, some people would listen to the readings just as a story telling not as the Real Word of God to be understood and act accordingly. Some would go to church in order to fulfil God's Third Commandment "*Bless the Sabbath day and declare it sacred (Remember to keep Holy the Lord's Day)*". Some would go to a certain church because they enjoy the homily of a certain priest, and some would stop going to a church because they dislike how the priest approaches things or because of other parishioners. Who is responsible for that? Everyone has an answer, and most of the time we blame others or the circumstances not admitting our responsibility towards our actions.

Our hearts are the most important thing with our relationship with God, and respect to the King of Kings is a sign of acknowledgement to His presence (knowing that He is everywhere we need to happily act accordingly and keep our hearts pure). People need to go to church with full understanding to "*Rejoice that your names are written in Heaven*" (Luke 10:20), and how this saying came into life.

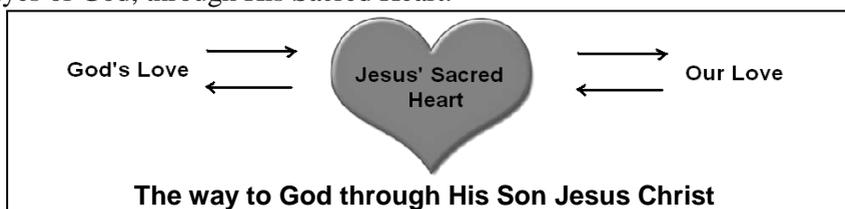
We are all invited, but what we see or hear or how we act varies from one person to another. Some can be like the five thousand people who came to listen and then God gave them food, some would like to be workers in the field, and some feel that the field needs a guard against undesirable practices and they try hard to be one. Parents, for instance, should be a guardian (not only teachers (i.e. workers)) for their children (who at this stage are the ones who want to listen and be fed).

Priests are considered also a guardian with lots of responsibilities if not to be considered a good shepherd. When Jesus Christ used to teach, He sat and people sat around Him to listen to the Teacher; and when Jesus prayed to His Father, He fell on His Face. The people saw Jesus as a teacher (Lord), and Jesus saw God His Father. Yet, in the Holy Bible, when people wanted to ask Him for some kind of mercy, they kneeled and asked. God said every knee would kneel to Him; so why would some people kneel and insist on kneeling in front of the Holy Eucharist or stand when listening to the Word? Because they see the miracle that is greater than Jonah's miracle.

The Liturgy is not a set of actions without meaning. When it becomes like that, we miss the opportunity to see God in the Temple. Come to the Holy Mass as any bride who will go to her wedding wearing the white gown (holiness), then walking the narrow path with a trembling heart full of love for her bridegroom who is waiting for her at the end of the path (Jesus Christ in the Holy Eucharist) to take her hands and welcome her into His kingdom. Both of them make a pledge to be together in good times and in bad times forever.

Come as you are and give thanks to the Almighty One with a Big Heart that can hold all people since creation and till the end of time. A Big Heart full of love to all, waiting for us to love Him as He love us, to give Him a kiss through His Beloved Son when our lips touch His Body, and seal it with His Mercy when His Blood runs into our veins straight to our hearts. Come filled with joy as if you are really going to a wedding or like someone who is going to receive an Oscar, a joy of the peace in the heart that Jesus Christ promised us. A joy to know that God is so Merciful that He have forgiven your sins and there is nothing to fear no matter how heavy that sin is. Note that unless we feel guilty, admit our mistakes humbly, clean our hearts towards others and repent, we will not feel this joy.

Come and enjoy being one of 'The Family', and don't look at how others are coming. Come until you see God's Love & Mercy above any action and become blind by the Light of God so you don't worry about other people's actions as long as their hearts are filled with love to God. Come and start seeing others through the Eyes of God, through His Sacred Heart.



Once, St. Teresa was overwhelmed with God's Goodness and asked Our Lord: "How can I thank you?" Our Lord replied: "ATTEND ONE MASS".

O God, Your Sanctuary is the pride of our strength, the delight of our eyes, and the joy of our soul as You told Your Prophet Ezekiel. Amen.

Sharing the Meal with a Visitor "Our Master"

Where do we stand from the face of Jesus Christ? Do we see Him clearly as Saint Peter the Apostle, inspired by God The Father, saw Him as "Christ, the Son of the Living God" (Matthew 16:16), and as Saint Thomas saw and admitted that He is "My Lord and My God!" (John 20:28)?

Jesus asked us to come near Him and not be afraid, to sit in front of Him and listen to Him, and to look deeply into His eyes and feel the love and compassion that comes out of them to know Him.

Considering Jesus Christ is a visitor from another country and we would like to know Him better while He is in our country (i.e. Jesus Christ in the Holy Eucharist), we need to invite Him to our house (i.e. our heart) more than once and show Him our good hospitality and love in order for Him to invite us to His house when we go to His country (i.e. Heaven). Think about how we would treat a King if he visits our house. Don't we clean the house before he comes? Don't you think we will kneel when he enters the house? Don't you think with our actions we should show him how grateful we are for visiting our unworthy house?

In order to understand Jesus Christ and know Him better (so that we can serve Him better) we need to stay with Him and listen to Him regularly. And, the more we invite Him to our house, the more our hearts will be attached to and the greater will be our love to Him. We invite Jesus Christ to our hearts when we share with Him the meal in the Holy Mass and when we listen to His Word in the Holy Bible. How would we behave when we know that He is not only a King but Our God?

In Matthew 25:30, Jesus said that if a person is spiritually unprofitable (i.e. worthless servant) then he will be thrown into outer darkness, where weeping and gnashing of teeth. And, in Luke 12:39-59, He said: "*And that servant who knew His master's will, and did not prepare himself or do accordingly to His will, shall be beaten with many stripes.*"... "*You shall not depart from there till you have paid the very last*".

The whole Holy Bible teaches about God and obedience to Him; about a covenant with God and attitudes for every worker and its rewards/punishment; and about the love of God and to each others' soul so that no one is lost. And it is because of the punishment's place (Hell) for sinners and God's Jealous Love & Mercy, that God from the beginning has planned and sent us Jesus Christ to be the everlasting pleasing sacrifice for whoever believes in Him from sinners and repent (Isaiah 9:5-6, Colossians 3:1-25, 4:1-2), trust Him, put His yoke on him/her and become His follower/friend, i.e. a child/servant to God (with all that this title entails from passion, acts, sacrifices and responsibilities towards God, to oneself and others).

In Mark 10:24, Jesus Christ told His Disciples that Children of God, including Himself, are all servants/slaves to each other. As followers of Jesus Christ, the best words we can hear from Jesus Himself are what He said to His disciples: “*A student is not above his teacher, nor a servant above his master. ... So do not be afraid of those who kill the body but cannot kill the soul ... Whoever disowns me before men, I will disown him before my Father in Heaven*” (Matthew 10:24-33, Luke 12:4-9). We need to have a Humble Spirit within us just as Jesus Christ is so humble as He is a servant to all while He is the King. And, God is so humble to accept taking our human nature and live with us.

As followers of Jesus Christ, He is our Good Master (The owner of the house, and to Whom we say: Here I am, use me) who came and as He knew that He was going away for some time, He taught us, His servants, how to keep His House clean, tidy and everything in its place according to His Will until He come back again. He did what He had to do, and we have to do what is required of us to do, i.e. what He taught us.

Followers of Jesus Christ, the servants who wait for their master to come, will:

- Reflect the glory of Christ (i.e., His Love, Mercy, and Righteousness), who is the Image of God (Colossians 1:15) by loving and treating others as God loved us and servicing them with a meek and humble spirit (John 15:12-17).
- Enlighten others with the knowledge of God’s glory, the glory on the face of Christ; thus renewing human nature day by day (2 Corinthians 4:1-7).
- Proclaim the message of reconciling the world to God through Jesus Christ (Luke 9:60).
- Stand firm to every kind of hardship guided by the same Spirit of Faith (James 1:22-27).
- Wash themselves clean of everything that pollutes their body and spirit (i.e., turn the desire of heart and eye towards Heaven, fill their hearts completely with God’s Love, give themselves to God and His Children, and become spiritually profitable), bringing their sanctification to completion in the fear of God (Romans 6, Ecclesiastes 12:13-14, Mark 7:20-23, Matthew 12:33-35).
- Be filled with encouragement and overflowing with joy (Colossians 1:9-12).

And by doing so, they will have their belts done up and their lamps on (Luke 12:35-40, Matthew 25:1-13), and become a fruitful tree (Luke 13:6-9).

As in any organisation, there are different positions in order to collectively achieve the goal of the organisation, so is our spiritual work in the Kingdom of God that can be either simple (living the rules and spreading the harmony between individuals in simple ways) or initiative where it requires more effort and sacrifice for the sake of all. In order to know whether we are working efficiently, we require a good monitoring system and feedback to compare between what is achieved and what is required, and a rectifier to improve on what is achieved to

eliminate/prevent the differences (make it nil!). The monitoring system is our conscience, the feedback is our relationship with the people surrounding us whether it is good or bad, plus our actual relationship with God, and the rectifier is God's Providence. Confession, admitting mistakes, repentance, and reparation are the best way to improve our relationships. Our goal is to sanctify ourselves.

For some followers, God gave them the grace to understand that Jesus Christ's Sacred Heart is God's House that have many mansions where the dead in body are asleep in peace enjoying the warmth of such compassionate Heart (John 14:2). Jesus Christ is the servant who came and cleaned our hearts (made it holy) to be ready to invite God and His love for His children to come and stay in our heart (God's Kingdom) while we are on earth and reign on it and change our love to be 'the love of a child to his father' or even 'the love of a faithful wife to her husband', so that when we go to His Kingdom in Heaven, He will invite us to His House (heart). Just as in life on earth, people invite their friends and the people they love to their houses to share a meal together. When Jesus Christ felt the desire of Zacchaeus to see Him, He called him and told him that He wanted to stay at his house that day, and what happened?? Jesus Christ stayed in his heart and changed him (Luke 19:1-10); and from that moment God will see in him His Son and will love him as His Son because Zacchaeus will love God now as Jesus loved Him: "A Father, Upright One" and act accordingly (John 17:25-26).

This new heart will make us repent, give away everything considered earthly riches, and follow Jesus to be servant for others. Our actions shall be a reflection for His goodness, an image of God's Love to be seen and felt by others. This new heart will make us as new born children who put all their trust in their Father.

Just like Jesus Christ, a servant will never say "what about me?", but surrender totally to his Master's Will, and give himself willingly always for his children, and have perseverance to fulfill God's call to him and say "Here I am".

O Blessed Mother Mary, your "I am the Lord's servant" is my first lesson from you in teaching me how to give Glory to My Father in Heaven, My God. Your act of obedience to His call and actually fulfilling His will in you resembles what you said "My soul glorifies the Lord" as His Word and Commands are to be obeyed above all considerations.

As the author of the Book of Wisdom asked, we also ask You: "O God grant us to speak as You would wish and conceive thoughts worthy of the gifts we have received, since You are both guide to Wisdom and director of sages; for we are in Your Hand, yes, ourselves and our sayings, and all intellectual and all practical knowledge. O God of our ancestors, Lord of Mercy, grant us Wisdom, consort of Your Throne, to be Your children, Your servants; we ask this through Your Son Jesus Christ. Amen"

On the Cross ... Feelings ... Sin ... Redemption ... New Birth

What happened on the cross?? On the cross:

1. That is when Jesus Christ, Son-of-Man, son of Joseph (as it was thought), of King David's descendant, of Adam, son of God (Luke 3:23-38), had took on Himself (on His own body) to represent the sinful nation of Israel (i.e., they would represent any sinful person) as described in Isaiah 1:5-6: "*The whole head is sick, the whole heart is diseased, from the sole of the foot to the head there is nothing healthy: only wounds, bruises and open sores not dressed, not bandaged, not soothed with ointment*". That is when He asked His Father, on behalf of the nation: "*My God, My God, why have You forsaken me?*" (Mark 15:34) as King David asked in his prayer (Psalm 22:1), and then, again on behalf of the nation, He cried: "*Father, into Your hands I commit My Spirit*" (Luke 23:46), trusting that His Father love this repented nation and in what He is doing His Father is telling them that their souls will resurrect and have eternal life as their sins will be forgiven as long as they repent and come back to Him through Jesus Christ.
2. That is when Jesus Christ fulfilled for the second time what was spoken by the prophet Isaiah: "*He Himself bore our sicknesses away and carried our diseases*" (Isaiah 53:4) where our diseases here are the sins that deformed His Body. During His life, He fulfilled this prophecy when He cured the sick as sickness is the result of the original sin of Adam and Eve (Matthew 8:16-17).
3. That is when Jesus Christ became the easy catch (Revelation 3:20), the big fish (Tobit 6:2-9), that was caught by Tobias on the request of Angel Raphael; caught with full strength so that it will not go back to the Tigris river, caught and:
 - a) Part of its flesh was used as immediate food, and the rest was reserved by salting for future feed just as Jesus Christ's flesh that was given to His disciples in the form of bread while He was on earth and later on, after His death, given to anyone who believe in Him through the Holy Eucharist; also His flesh being God's Word was heard by the people at His time and after His death.
 - b) Its gall was used as ointment to remove the white spots on the eye of a blind person to give him back his sight, in the same way the bitterness of the passion of Jesus Christ has cured our blindness (sinful state) and gave us our sight to see God's Glory.
 - c) Its heart and liver were burnt so that the smoke would remove any affliction caused by evil spirits or demons, in the same way Jesus Christ's

Heart suffered (Psalm 22: 14) and His Blood was poured out as if He was offered as an incense to God (prayer) and a sacrifice for the forgiveness of sins so that the weary will find rest in Him (i.e. remove the pain due to sinning and its eternal consequences).

And as both organs are important to the human body so is Jesus Christ to our soul. Where:

- As the heart is the key to life and an instrument that pumps blood to the whole body, so is Jesus Christ's Heart with His Love towards all and join all in one body to God; and
 - As the liver produces red blood cells at infancy and childhood, and then in adults and later on it is a major factory in the body that (1) regulates the metabolism, (2) produces immune complex that fight infection and increase body resistance, and (3) detoxifies the body from toxic, so does the Blood of Jesus Christ that do not perish and give healthy life to all generations throughout their life till end of time. Amazing, how if the liver is affected by a disease then it will not function properly and the person becomes inactive; and in the same manner if our faith in Jesus Christ as Savior is not solid and it is affected by other believes then we will not be able to function properly as light to the world.
4. That is when the pain caused by people towards God by hurting His Feelings (by not loving Him as they should, not obeying Him and turning into worshiping false gods) is transformed into actual pain. And accordingly, that is when the words of Psalm 22, though spoken by King David, but actually inspired by the Holy Spirit, are fulfilled by Jesus Christ, Son-of-God, in His Passion and crucifixion.
 5. That is when Jesus Christ took on Himself all this pain as:
 - (a) Physical pain all over His Body caused by: inserting the crown of thorns into His forehead, struck with fists, struck on the head and in the face with a staff, scourging Him all over His body, bearing the heavy cross on His shoulder, inserting nails into His hands and legs, and
 - (b) Emotional pain caused by: the insults He heard, stripping Him from His clothes, mocking and the spit He received on His Holy Face and Body.
 6. That is when Jesus Christ covered and washed away all these causes of pain (sins) from the top of His head till the bottom of His legs with His Precious Blood that came out from His Wounds. It is Jesus Christ's second baptism (Luke 12:50) with His own Precious Blood, where blood ran on His Body as water runs when it is poured on the top of the head.

7. That is when He asked His Father to forgive us, forgive our actions that hurt His feelings, forgive what we call a sin, forgive our selfishness in not loving Him as we should and walking away from Him and not listening to Him, forgive our hurting other people's feelings as all souls belong to Him.
8. That is when Jesus Christ became the Lamb sent from God to us (as a sign of love) to shed His Blood to:
 - a. Be the "Sacrifice for Sin", i.e. take away our sins, sanctify us and give us life (Leviticus 6:17-23, 7:1-6).
 - b. Inaugurate and authenticate the Covenant between God and Mankind for their salvation through the forgiveness of their sins (Hebrews 9:15-28, Jeremiah 31:31-34, Matthew 26:27-28). The New Covenant that will not be broken by God if we believed in the One whom He sent and obeyed His Word (Matthew 17:5, John 17:3-8), as this Covenant is sealed with Jesus' Life where God said that the "*blood is life*" (Deuteronomy 12:23). A Covenant that is everlasting as Jesus is Immortal God in Heaven (Mark 16:19).

In other words, that is when God showed His Love to us; and when we acknowledge this love we will become Children of God as we were given a share in His Spirit (1 John 4:7-17).

9. That is when God showed His true love to us, the love that He spoke about to Hosea; a compassionate forgiving love of a husband who will never desert his disloyal wife but came to her tenderly and stayed in her midst (Hosea 11:8-9), and on that day the Canticle of Isaiah (Isaiah 12:1-6) was sang, and every time we look at the cross we can sing it, remembering the water and blood that ran out of Jesus Christ's pierced heart after His death as a fountain of Mercy to all humanity who are thirsty for God's love.
10. That is when He fulfilled what He said in the Last Supper about His Body and Blood, and gave us for the first time the eternal Korban (and later on through the Holy Eucharist by the power of The Holy Spirit) to be offered always to God for the forgiveness of the sins that we commit.
11. That is when God, The Father, splash His anger on our enemy Satan (by forgiving our sins) and tell him that he and his evil spirits are no more the one who have dominion and power over humanity, and handed this power to His Son Jesus Christ so that whoever trust in Him, repent and start drinking from the fountain of His Love and Mercy shall never die but have eternal life even though he/she committed earlier deadly sins (John 12:31-32, 1 John 5:19-20, John 3:35-36).
12. That is when Jesus Christ, a traveler on earth (Matthew 8:20), became the Good Samaritan who bandaged the wounds of the sinners, pouring oil and

wine on them and looked after them in an inn (earth) and asked the innkeeper (Jesus Christ's followers) to look after them with what He gave us in the Old and New Testament (His Word and His presence in the Holy Eucharist), and He will give us our wages on the last day. That is why, as Children of God, we need to imitate Him and have His tender Heart to feed His creation so that everyone will be cured and saved (Luke 10:33-37).

13. That is when Jesus Christ gave us an utmost example of the unity between Him and the Father and He ask us, as Christians, to have the same unity with The Father and His Word [Jesus Christ (The Son)]; i.e., a unity of love and holiness (John 17:20-26), a unity of obedience based on faith (Letter of Saint Paul to the Hebrews). Such unity is not just words on paper but is lived through perseverance/fortitude which is a gift/grace of the Holy Spirit that we need to ask God to fill our hearts with.
14. That is when the prophecy of Simeon is fulfilled and *a sword pierced Mary's soul so that the secret thoughts of many may be laid bare* (Luke 2:34-35) for God's Glory as inspired by the Holy Spirit, The Paraclete, who is sent to Jesus Christ's disciples and His followers by the Father, upon His request, after His Resurrection.
15. That is when Virgin Mary, Mother of Jesus, became the first person who would see and understand God's Love for all of us in the pain her Son endured silently in His painful passion. That is when she understood what her Son used to tell her and the other disciples about God's Love and His death to be given as a sacrifice (a lamb) for the forgiveness of our sins.

These sins though they do not cause physical pain to God, still cause emotional pain and need to be covered with Jesus' Blood to be forgiven. A pain similar to the deep pain caused by the betrayal of the loved ones to us after giving them all that we have; but how soon we forgive, forget and rejoice when they come to their senses and ask for forgiveness. Jesus Christ endure these pain just like a mother enduring the pain of giving birth; and how soon these pains are forgotten once she hears her baby's cry as a sign of life into him/her. Oh how happy is Our Father Who rejoice with the return of the lost child and how pleased He is with Jesus Christ Who give us life and reconcile us to Him (i.e. prepare us and put on us the dress worthy for the wedding we are invited to where we will meet Him; preparing us to be God's Bride).

On the cross, our redemption was fulfilled from God's side for all nations as Jesus Christ died naked without clothes to identify Him from which tribe or nation He came from; He died and His Holy Face was without features ("*Without beauty, without majesty, no looks to attract our eyes*" Isaiah 53:2-3). It is a Gift that was given to us freely but with lots of pain; a Gift that gave us the chance to be born

of the Spirit and be part of God's Kingdom. In John 3:1-21, Jesus Christ wisely explained to Nicodemus who came to Him at night (not because he was scared but as he had thirst for knowing God, he wanted **to be alone** with Jesus and ask Him about God without any interference from other people) that in order to be born of Spirit, we need to fulfill our thirst through the Living Water that kindles God's Love, shown in His Son's sacrifice, in our heart and fill it with joy (similar to the joy of the widow woman whose son Jesus Christ rose from the dead (Luke 7:11-17) and the joy our Mother Virgin Mary felt when she saw her Son's resurrection). This love, i.e. God's Love will be poured into our hearts and sealed through the Holy Spirit (Romans 5:5) and give us power to love others as God loved us for God's Glory because God is Love. This love (when 'our thirst for it' is fulfilled through the Living Water) will give us power to surrender totally to God's will and put our trust in Him, repent wholeheartedly, reject sin, and do acts that will reflect God's Holiness to others by loving and forgiving others, doing charitable work towards the needy, and leading others to God's Love, i.e. we will be God's witnesses to others (Acts 1:8) as children imitating their Father. The Living Water that quenches the thirst is the same Living Water that washes and cleanses sins to show the purity of the heart. The Living Water is God's Word, God incarnated as Jesus Christ, Son of Man, The Redeemer who said: "*No one who drinks the water that I shall give him (i.e., believes in me) will ever be thirsty again; the water that I shall give him will become in him a spring of water, welling up for eternal life*" (John 4:14, 6:35). The Living Water that was held by the man (representing Jesus Christ) who led the disciples to the house (i.e., God's Kingdom) where the Passover is to be eaten (i.e., God's Table) (Luke 22:7-13) [Jesus Christ will show the way To God The Father; he/she who follows Him will reach Heaven (i.e., the upper room) and share His Passover Table]; and it is the same upper room where the Holy Spirit came upon the disciples and they became His witnesses. And, the Living Water that flows from God's Heart is the Holy Spirit that we would receive from Jesus Christ when we believe in Him (John 7:37-39), and give us a new heart to be children of God (Ezekiel 36:26-27).

On the cross, Jesus Christ asked His Mother, Virgin Mary, to be a mother for the disciple whom He loved, and He asked that disciple to make His Mother as his own. By doing so, Jesus Christ, entrusting His Mother for a great role, is asking His Mother to be a mother for all of us who would like to be disciples/followers of Him and even to be loved by Him as much as He loved that disciple, and accordingly we will love Her as our own mother and she will have that role in our life.

On the cross, "The Immaculate Conception", the name Virgin Mary gave Saint Bernadette Soubirous of Lourdes, France (in one of Her Apparitions) to indicate to herself, came to life not only to mean that she is The One who was conceived

at birth without original sin, but also she is a symbol for holy souls who are God's Children and Bride in His Kingdom; a symbol for the Church as a communion of Saints; a symbol for the Kingdom in Heaven; the New Jerusalem that was conceived by the Blood of Jesus Christ, The Lamb. In other words, "The Immaculate Conception" signifies also her role as the Mother of the Church as she is the Mother of the First-Born-Child of this Church; the Church who are born new through Water and The Spirit; who are born of The Spirit. This birth through an immaculate conception will make them Children of God; be part of the Kingdom of God in Heaven. This Kingdom that though its People's Holiness will shine in God's Glory to praise God with the angels, but it was through the earthly Jesus Christ, God's Love and Mercy, the Son of Mary, and what He did on the cross, that it is conceived. All her children, purified by The Son, loved God as a Heavenly Father, trusted Him and surrendered totally to His Will, carried their cross with joy and became His children on earth, thus creating God's Kingdom in their hearts (Luke 17:20) and souls before reaching Heaven. This Church with its Queen and Mother is robed with the sun to give light to other creatures on earth (Revelation 12).



*“A pure heart create in me O Lord,
and a resolute Spirit renew within me” (Psalm 51:10)*

O Jesus Christ, when I take Your Holy Body and drink Your Sacred Blood please put my sins onto your Body, cover them with Your Blood, baptize me and wash them away. Then, please put me as a seed into Your Heart and feed me with the water and blood that came out from Your Heart and create in me a pure heart (having the power of God's Love that The Holy Spirit pour into our hearts), just like Yours worthy to call My God “My Father”, please Him and do His Will. Just as Your flesh was formed from the pure water and blood in Immaculate Mary's womb (as she was conceived without sin) by the power of The Holy Spirit, My Lord, let Your Holy Heart be the womb that give me new birth. Amen.

“Lamb of God, You take away the sins of the world, have mercy on us and give us peace. Blessed be God! Blessed be His Great Holy Name! Glory be to The Father, and to The Son and to the Holy Spirit One God for evermore”. Amen.

The Narrow Gate

Jesus Christ has summarized His teachings into the following: “*Enter through the narrow gate*” (Mathew 7:13). This Gate of Holiness and Justice (Psalm 118), where: *Jesus Christ’s Heart with its feelings of Love & Mercy is the only way to the Kingdom of God.*

In order to enter through the narrow gate (i.e. become righteous and just, be clothed in the garments of salvation and wrapped in the cloak of integrity (Isaiah 61:10)) we need to imitate Jesus Christ. In order to make our hearts as meek and humble as Jesus Christ’s Heart, we need to build our house (i.e. our heart) on His teachings (the rock) and do God’s Will as He did on the cross when He sacrificed His life for all of us thus showing us God’s Love & Mercy.

We need to engrave His teachings into our hearts and work on it (His Teachings is ‘the cross of our soul’ that we need to nail ourselves to and never let fall from our heart). A simple way to do that is to come nearer to God and ask Him and He will provide us with the peace our soul is longing for.

For the faithful, they should pray for the repentance of sinners, and work on this, as they should work on loving for others (including their enemy) what they love for themselves, i.e. ‘Eternal Life with God’.

The sinners, whose sins are God’s enemy, are the ones who become disobedient to God’s Word and allow the evil spirit to work in them and harden their hearts towards the needy. Everyone can be a sinner at anytime; no one is holy by his own.

Before trying to correct other sinners, every person should:

1. First correct himself, and
2. Armour himself with the virtues of the Holy Spirit (i.e., have Christ’s Spirit in his heart) in order to be strong to stand in front of Satan at the time of trial and defeat him so that he will become fruitful and worthy to be called Child of God, by:
 - ✓ Prayer: (1) Verbally; and (2) In action including but not limited to sanctifying his actions, forgiving and praying for his enemies, receiving the Holy Eucharist, and doing acts of love and mercy for the sake of God’s Love as God’s love is above everything.
 - ✓ Fasting: (1) On sin; and (2) According to the way that pleases God: To be merciful and just towards others and love them as he love himself, i.e., doing for others (towards their body and soul) what they cannot do for themselves and help the needy (Isaiah 58:1-14).

“The Lord’s Prayer” in action is fulfilled by attending the Holy Mass as Children of God filled with the Gifts of the Holy Spirit to work in “*God’s Kingdom of Service to Others for God’s Glory*”: Praising and glorifying God’s Holy Name, listening to God’s Word and having the Holy Eucharist (Jesus’ Sacred Heart: Body and Blood, Soul and Divinity) as food for our soul, and for the forgiveness of sins keeping in mind that we should have forgiven whoever has sinned against us before asking for forgiveness as that is God’s justice (unless we forgive we cannot be forgiven) and an indication of our love to Him. We leave taking God’s Love to spread it to others.

O Jesus Christ, come and fill our hearts with Your Unconditional Love. Amen.

The Life of Jesus in the Holy Mass

In the church, there is the presence of God in His Word and in the Holy Eucharist. The Tabernacle is His Home; the Altar is His Dining Table, His Tomb and His Footstool. The Holy Mass, where the Holy Eucharist is celebrated, represents two of Jesus Christ's gifts for us: (1) Jesus' life on earth, and (2) the prayer that He taught us (i.e., The Lord's Prayer), as explained below:

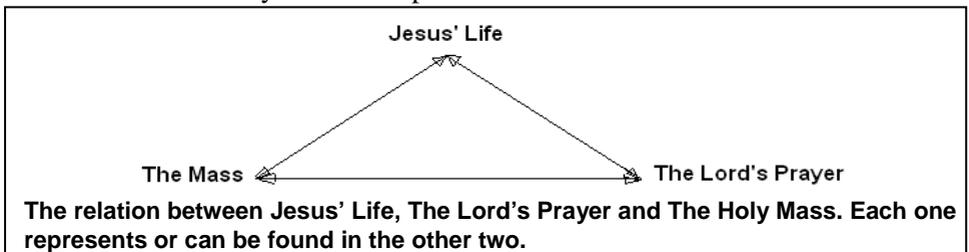
1. **Jesus' Life on earth:** Events in the following sequence:
 - (1) His coming to the world and the announcement of the angels to the shepherds → The priest enters the church holding the Holy Bible and/or the icon of the Cross, and later on the people sing "*Glory to God in the Highest, and peace to His people on earth ...*",
 - (2) His announcement regarding the Kingdom Of God → Both the sick (in flesh and in spirit) and healthy people gather to praise and thank God, to be healed and filled with the Gifts of the Holy Spirit to work in His Field, i.e. the assembly of the believers,
 - (3) His teachings → People surround Him and listen to what He is saying when the Holy Bible is read,
 - (4) Palm Sunday → People welcome Him into the Holy Eucharist before the actual transformation of the bread and wine with the same words "*Blessed is He Who comes in the Name of the Lord*" that were said when He entered Jerusalem,
 - (5) The Last Supper with the Disciples → People confess their sins and ask for forgiveness and forgive others from their hearts, Jesus wash the people's feet (as a sign to ease the pain of sinning during their pilgrimage on earth) and offer them His Body & Blood for the forgiveness of sins, i.e. purifying their hearts and making it humble & meek in order to be able to stand in front of God sinless, since God asked Moses: (1) before coming near the Bush of Fire, "*to take off his sandals as it is holy ground*", i.e. should stand there with no dust on his feet (i.e., sinless and forgiving heart) (Exodus 3:5), and (2) to wash their hands and feet before entering the Tent of Meeting or approaching the Altar (Exodus 40:30-32),
 - (6) Defeat of sins with His death → Our sins are washed away by touching and taking the Holy Eucharist (Jesus' Body and Blood, Soul and Divinity) to conquer and feed our hearts, and this will lead us finally to
 - (7) His Resurrection and ours.
2. **The Lord's Prayer:** All of Jesus Christ's teachings, i.e. to love God with all our hearts and to love others as ourselves, are implied within the prayer He taught us. He himself lived it all His life: (1) Glorifying and loving His Father by sanctifying His actions thus reflecting His Father's Holiness to others, (2)

Surrendering with complete trust to His Father's will, (3) Proclaiming the Kingdom of God; a Kingdom of Service to others for God's Glory, (4) Loving us to the point that He sacrificed Himself so that we will be holy and perfect as He is, (5) Asking His Father to forgive our sins, and (6) Putting His Sacred Heart with all its feelings towards His Father and towards us in the Holy Eucharist to be our daily bread for both our bodies and souls.

As all things are done in thought, speech and deeds, so is this prayer. This prayer is prayed in the Holy Mass once by actions that represents the words of the prayer, the sequence of the actions is more or less as follows:

- (1) Come to church (acknowledge God: *Our Father in Heaven*) as members of one family with one Father filled with His graces to be His heirs/children (*Kingdom of God*),
- (2) Praise and glorify the Holy God with hymns and prayers (*Holy is His Name*),
- (3) Stand and kneel humbly with pure hearts in front of Him inside the church as the angels and holy souls do in Heaven (*His will be done on earth as it is in Heaven*),
- (4) Admit our mistakes and be sorry (implied within: *God forgive our sins*),
- (5) Listen to God's Word and receive the Holy Eucharist (*God give us our daily bread, that is our offering for the forgiveness of our sins*),
- (6) As Jesus Christ taught us that before coming to the temple with our offering, we should forgive the trespasses of others and their sin, and ask for forgiveness from those whose feelings we have hurt (*we have forgiven who has sinned against us*),
- (7) Receive God's blessings from the priest at the end (*protect us from trials and save us from evil for the Power, Kingdom, and Glory are all His*) in the Name of The Father, The Son and The Holy Spirit (Amen).

Whether said in words or in the Holy Mass, Jesus Christ is asking us to acknowledge God as our Father, and live our life daily in holiness and unity with each other for the Glory of God as He did, and so that everyone else would understand Christianity as Jesus explained it.



Dear God, teach us, in Your Wisdom, how to live our life in continuous prayer as Your Beloved Son did: in words, thoughts and acts that please Your Heart. Amen.

Jesus Christ: The Light of the Universe

What does it mean that Jesus Christ is the Light of the Universe, and how can we, as His Followers, be a light to others?

It is a fact that human beings cannot see with their eyes unless there is light surrounding them, and the brighter the light the clearer is the vision; as for God, the light that God need to see things with is **within Him**; i.e. His Son Jesus Christ, His Heart and The Light whom God sent to us so that we can see.

- Jesus Christ is the Light of His Father's Eyes (Son of God) sent to us to lighten our way to the Kingdom of God, and change us to be light for others. The Book of Tobit (in the Old Testament) tells us that **'the child is the light of his/her father's eyes'** [this is a very common nick name for a child in the Arabic world]; and how much this statement is true for Jesus Christ, Son of God.
- Jesus Christ is the light to our hearts/eyes; through Him we can see how God see His children and accordingly feel what He feel for His children and act accordingly (Ecclesiasticus 17:7-10). This Light will give us the necessary strength to walk the path of salvation with perseverance and without fear or care for oneself.

When Jesus Christ said that His Followers are the light of the earth, and asked them to love others as they love themselves, He wanted them to be the light of their Father's eyes (i.e. to become God's Children) and spread His love to everybody else in order for them to believe, and establish God's Kingdom on earth.

In actual life, scientists discovered and proved that when the white light breaks through a prism, it will generate the rainbow colour gamut, i.e. show the true colours and beauty of the white light. They also say: The whiter the white light is, the more colours the prism will produce, i.e. wider and brighter colour gamut. The same concept is true in our life: The light within us (i.e. the knowledge of God's Love within our heart, soul and mind) requires actions (Prism) to show God's Holiness (Rainbow Colour Gamut). The more sincere our Love to God is, the better are our actions that will witness to Him. So, how white is the light of our lamp?? How well do we know "God's Love" to us?? And, how much of our actions reflect God's Holiness?? Do we really understand His Love, Sacrifice and Forgiveness in order to love, sacrifice ourselves to others and forgive them when they make a mistake?? Do we really understand that The Crucified/Resurrected Jesus Christ is the Bow (Bright White Light) in the Clouds God gave us as a sign for His Covenant with all creatures (Genesis 9:12-17)?? How do we increase the Whiteness of our light??

Jesus Christ came to witness to us God's Holiness and Divinity, and His will to make us God's Children and be perfect (Transfer our weak humanity into divinity and conquer sin) and become the light to others on earth as He is. **As witnesses, we will be able to show God to others through our speech, thoughts & deeds.**

A Follower of Jesus Christ is a person who sees the needs of himself and others (body & soul) and acknowledging the power of Jesus Christ (Lord and God) ask for help with full trust. A Follower is the one who has God's Spirit dwelling in him (i.e., in his heart) so he becomes the light and the salt of the earth. At baptism, or Pentecost (i.e. receiving the Holy Eucharist through the Holy Communion), The Holy Spirit will attach our heart with Jesus Christ's Sacred Heart who become our lamp that lighten for us the darkness so that we, in turn, will enlighten to others. We will start to see things through this Sacred Heart ("*The eye is the lamp of the body*") that hold all the love and mercy for every one of us.

All people need to go through their lives from sinful stage to holiness and the way is Christ Jesus; the Light that enlightens the way is Christ Jesus; the Spirit of Truth is in Christ Jesus; and our souls are eternally alive through Christ Jesus. In Psalm 80, people prayed and said: "*God of hosts, bring us back; let your face shine on us and we shall be saved*". And God listened to their prayer through Jesus Christ.

When Jesus Christ appeared to Saint Paul, or when He transfigured at Mount Tabor, His garment was whiter than snow and reflected all the Light we need to see in the darkness (Just as the whiteness of the snow reflects light at night). The Light is so bright, and we will follow the light blindly without hesitation.

Unfortunately, for some followers, 'Freedom' has put a dark screen between the light (we are supposed to have as Christians) and others. It made them:

- (1) Stop seeking God's Will,
- (2) Fear from telling people what's right and what's wrong (it would interfere with their personal rights and accordingly with the new understanding of democracy and human rights), and
- (3) Love ourselves more than loving God.

O God, give us the courage to witness to Your Light and evangelize the Good News (Our Salvation through Jesus Christ) to the end of the earth. Amen.



The Lover... The Teacher

When we love someone, we start memorizing every single word that he speaks; and when we want to understand someone, we start analyzing every single word that he speaks. With Jesus Christ, some people start loving Him and then this love will lead them to look forward to understanding Him, others start with wanting to understand Him which hopefully will lead them to loving Him. Among the things that we need to search for in order to understand Jesus Christ is ‘What were His first words to people?’ and ‘What are His last words?’

In Matthew’s Gospel [Righteousness], the first words spoken by Jesus Christ were: *“It is fitting that we should, in this way, **do all that rightness demands.**”* (Matthew 3:15), and His last words were: *“All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all nations; baptize them in the name of the Father, and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And look, I am with you always; yes, to the end of time.”* (Matthew 28:18-20). So, Jesus Christ came to do everything that is in God’s Plan for us, and through His actions He teach us how rightness is fulfilled in all aspects:

- Forgiveness of Sins: Through Baptism of Water and Holy Spirit first (Forgiving original sin and other sins at the time of baptism), and second through baptism of Blood and Holy Spirit (Crucifixion of the Lamb that led to the Holy Eucharist) for the forgiveness of all sins.
- Loving The Father: Through surrendering to The Father’s Will and obedience to all His commands till death including proclaiming the gospel.
- Love and Mercy of the Father: Through doing for others what they cannot do themselves, i.e. His sacrifice on the cross for the forgiveness of sins and curing souls.
- Thirst and Hunger for the Living Water and Bread (Righteousness): Through listening to the written Word and burning it in the heart, and having the real presence of Jesus Christ in the Holy Eucharist into our hearts.
- Meekness and Humbleness: Through pleasing God above all things where heavenly riches are the desire of the heart, thus accepting whatever God provide and do His Will.

In Mark’s Gospel [Repentance], the first words spoken by Jesus Christ were: *“The time is fulfilled, and the kingdom of God is close at hand. Repent, and believe the gospel.”* (Mark 1:15), and His last words were: *“Go out to the whole world; proclaim the gospel to all creation. Whoever believes and is baptized will be saved; whoever does not believe will be condemned. These are the signs that will be associated with believers: in My Name they will cast out devils; they will have the gift of tongues; they will pick up snakes in their hands and be unharmed should they drink deadly poison; they will lay their hands on the sick who will*

recover.” (Mark 16:15-18). So, Jesus Christ came so that He and His followers will be the light to the blind and sick souls to bring them salvation and everlasting life in Heaven in the presence of God; He came for the harsh-heart people and asked them to repent, wash their hearts and tender it towards the needy to live in harmony in one Kingdom: The Kingdom of God where there is no existence for sinners; He came to tell us that in His Name all evil spirits are rebuked and cast out so there is no need to be afraid of what might happen if we sin, just put all our trust in Him, repent and follow Him.

In Luke’s Gospel [God’s Promise], the first words spoken by Jesus Christ were: *“Why were you looking for me? Did you not know that I must be in my Father’s house?”* (Luke 2:49), and His last words were: *“So it is written that the Christ would suffer and on the third day rise from the dead, and that, in His Name, repentance for the forgiveness of sins would be preached to all nations, beginning with Jerusalem. You are witnesses to this. And now I am sending upon you what the Father has promised. Stay in the city, then, until you are clothed with the power from on high.”* (Luke 24:46-49). So, Jesus is God’s Christ who came to fulfill God’s promise to us (all nations) in the manner indicated in the Old Testament for our salvation. There was no power that stood in the way of His accomplishment as it is God’s will because God love us and He want us to be clothed (i.e., our hearts are filled with God’s Love that is poured by the Holy Spirit) with the power of His love to be His followers and witnesses. Jesus Christ came so that man-kind will love God and become nearer to Him; and on earth, to find Him in the Temple where He exist in the Word and the Holy Eucharist.

In John’s Gospel [God’s Love & Mercy], the first words spoken by Jesus Christ were: *“What do you want?”* (John 1:38), and His last words were: *“If I want him to stay behind till I come, what does it matter to you? You are to follow Me.”* (John 21:22). So, Jesus Christ came to tell us that He would like to provide us with all our needs, and at the same time He want us to know that all we need is to have the desire to follow Him and do so without looking at other people’s actions; He came to call us to be God’s Children as He is, at the same time He is the One who can make us God’s Children (i.e., by loving Him, listening to Him, working for Him and be the light and shepherd to others to show God’s Love and Mercy to them).

Throughout the written Gospel, Jesus Christ want us to know God and come nearer to Him by becoming like Him: Holy. In Luke 12, Jesus Christ teach everyone how to be His friend and not to fear any evil spirit as long as their belts are done up and their lamps are lit; as long as their purse for the journey contains God’s Word and Love. In a special gift to Saint John, the Apostle, in a revelation, Jesus Christ spoke to us (Followers of Jesus Christ, living at anytime any place from any nation; all the people of the New Jerusalem who form the whole Body of Jesus Christ (Letter of Saint Paul to the Ephesians)) through the seven churches

where the pure heart of each one is a symbol for one of His own characteristics [collectively form the basis of God's Kingdom] and a gift that He can give as a grace through the Holy Spirit to each one of us (we need to examine ourselves, repent and ask for the grace that we lack). Preaching from Patmos to the seven cities on the facing shore of the island is like Jesus Christ preaching from the boat to the people gathered on the shore in front of Him; amazing is what He said at the first time to the people on the shore, as He is repeating it again but in different words; amazing that His message is to tell people to make sure that they hear with their heart the Word of God, understand it, and yield the harvest through perseverance (Matthew 13:1-23, Mark 4:1-20, Luke 8:4-15).



The churches in the seven cities and what gift either it has or lacks are:

Church Of Ephesus [Wisdom: *The importance of understanding God's Word from the heart* (The parable of the Sower (Matthew 13:4-9, 19-23))]: This church has a discerning heart and does not accept false teachings, and used to work hard with perseverance to spread the Word of God and proclaim the salvation for all through Jesus Christ. They love God but they forgot the basis of Jesus Christ Mission and that is to give hand for the needy, to love and forgive their enemies, i.e. to help the poor [who has a spiritual poverty] of all nations without the fear of anyone (Galatians 2:1-14), to put God's love before anything else. This church has part of God's Wisdom but lacks real love to other souls who belong to God as He live among all souls as God the most merciful (Luke 6:27-38).

Church Of Smyrna [Understanding: *The element that will keep the hearts faithful without despair* (The parable of the good seed and the darnel (Matthew 13:24-30))]: This church is spiritually rich and really understands God's love and mercy that was clarified and took on a new meaning with the incarnation of the Word of God that existed from the beginning. This church, to be victorious, needed to empower itself with God's Word and the understanding that through repentance and Jesus Christ's Body and Blood that sins can be forgiven so that sinners can have life and never die. This church though the evil spirits can affect them and make them forget God for a short period but it is through their loyalty and faith in God's Love that they will repent and God will reign again in their heart and they will be part of God's Kingdom. This is the church of the sinners and the people who are weary and worried; the church that is represented by the boat that was swamped by the waves but through the faith and trust in Jesus Christ will reach safely to the shore (i.e. eternal life with the Glory of God) (Matthew 8:23-27). Through faith they understand that each one of them can act as Jesus Christ; a servant to others in cleansing and helping them with a gentle and humble spirit (Galatians 6:1-2).

Church Of Pergamum [Counsel: *The food that will allow small souls to grow to be teachers to others* (The parable of the mustard seed (Matthew 13:31-32)): This church listen, believe and follow God's Word and Love (i.e. the two edges of the sword (Ephesians 6:17) (Isaiah 2:1-5)): Jesus Christ the One who will come to judge the world and need to be feared. This fear (the Head of Wisdom (Sirach 1:12)) should not allow them to have a double-face hypocritical heart otherwise they will be punished as they will be wicked in God's Eyes. Their actions should be based on God's Love and the desire to please Him, as they mourn His sadness, by their complete surrender to His Will without justifying their acts according to their own will, which is led by Satan, even at a time of hardship. This church is guided by Jesus Christ, and by its actions can become a faithful witness to Him and good counsellor to anyone in time of trial and to the non-believers.

Church Of Thyatira [Fortitude: *The yeast that is mixed with God's Love and Word given to us by Moses, The Prophets, and Jesus Christ* (The parable of the yeast (Matthew 13:33)): This church, like Their Leader (i.e. Jesus Christ), walk the pilgrim on earth with courage, strength, endurance, patience and perseverance but they lack the zeal to His and their Father as they accept Satan's work to be done without taking any action or care for other people's souls. Their zeal to God would have power against these evil spirits that aim to destroy souls and take them away from God's Kingdom; their zealous love will make them light to others as Jesus Christ was to them. People, who want to stay away from this church, i.e. adhere to false teachings, will live in darkness forever.

Church Of Sardis [Knowledge: *The core of our wealth* (The parable of the treasure (Matthew 13:44)): To say that we know God is not enough without actual actions that reflect this knowledge (The fruit of knowledge is work; we need to have a good intimacy with God based on love as the love of the wife to her husband, The King). This church might think that they know and love God, but without actions or adhering to what He say is like loving someone vaguely and not wholeheartedly. Their heart has no real feelings of love towards God and His Word; as a result they cannot distinguish God's Word so they do things only according to their desire. This situation can be a result of feeling fullness in knowing God so their hearts stop seeking Him, and with pride the feeling of being sinless can conquer the mind. Hearts need always to be humble (i.e. a poor spirit) in the knowledge of God, and since no one know The Father better than The Son, then people need to come nearer to Jesus Christ, listen to Him and work on His Word with a steadfast heart. Feeling richness and not using the gifts given by God can cause eternal death (Ephesians 2:1-10, Luke 12:13-21).

Church Of Philadelphia [Piety: *The precious jewel we need to wear* (The parable of the pearl (Matthew 13:45-46)): The house that God build can never be destroyed, and he who walk always with God in this faith and depending only on God's Holy Providence, i.e. God's Word and Love, can never be put to eternal

shame and his sins (enemies) will die cause the One who raised the dead will make him live forever. Trusting that Jesus Christ “God’s Word, God’s Love and Mercy, God’s Light, God’s Heart: The Eye of God’s Wisdom” have opened wide for us the narrow gate of the New Jerusalem will bring a new birth into our hearts and lead us to strive to live a life in faithfulness and devoutness to become God’s Children and be perfect as He is. For people who put all their trust in Jesus Christ and surrender totally to Him, at times of trials He will come and save them [Our Lord’s Prayer]. At times of trials which can vary from listening to false teachings or sinning or having a certain hardship in life, our trust in Jesus Christ and putting our heavy burden on Him (including our sins as He is our Salvation) will save us.

Church Of Laodicea [Fear of the Lord: *The distinguisher between the upright from the wicked* (The parable of the dragnet (Matthew 13:47-50))]: This church represents the souls that are born from flesh not from Spirit though they think that they are born from Spirit (they have self-righteousness) as they are blind from seeing the truth and their inner-self by their self-confidence of what they know and their self-indulgence, i.e. a materialistic earthly soul. They lack the fear of the Lord and have no consideration of God’s Word though He is the Amen, The Truth and through Him they were created. Somehow, they are similar to the souls of church of Sardis. Souls of this church have a proud, arrogant and self-important behavior that needs to be adjusted and reminded that God exist, He is the Creator of all beings, and has asked His people to look after each other in pure tenderness, meekness and humbleness. They need to move away from their own thinking and look again at Jesus Christ’s actions on earth and imitate the true riches that His Spirit have; imitate His actions that witnessed to God’s Love, Goodness, Mercifulness and Justice; imitate His actions that witnessed that God is Holy.

On the cross, Jesus Christ said that He is thirsty, actually He is thirsty for all souls of the seven churches (i.e. all souls) and do not want any soul to be thrown outside His Kingdom; He want them to listen to what He had to say to the seven churches and try to purify themselves for God’s sake.

Near the cross, there are two kinds of people: (1) The people who have insulted, scourged and crucified Jesus Christ, and (2) The people who have washed away His Sacred Blood after His death as preparation for His burial. Though at that instant of crucifixion these two kinds were different people, but nowadays we understand that it is very rare to see someone live in holiness all his/her life, but rather we move from an innocent heart (at childhood) to live an earthly life (as of the people of Church of Laodicea or Sardis), and it is through God’s Providence including (but not limited to) the people who have wisdom, understanding and knowledge to proclaim God’s Love and Mercy to others (as of the people of church of Ephesus and Philadelphia) that we start to understand how to come nearer to Jesus Christ (Who descended from Heaven to earth) and buy from Him Heavenly gold; all that we need in our life: His Love with total obedience to God

our Father and His redeeming love to all people (Psalm 19). This transformation happens in so many steps depending on the people surrounding us and on our faith, so at a certain stage we can be a soul of any of the seven churches (Ephesians 4, 5, 6). With true repentance and perseverance in Faith, we (parents, children, priests, missionary, people in power, etc) move from the side of the people who crucified Jesus Christ to the people who wash His wounds and build/restore His Body (First and second letters of Saint Paul to Timothy). Keeping God's Law and Commandments and observing them will show others our understanding and wisdom (Deuteronomy 4:6).

In some cases, when we sin, a fear shadows our heart and makes us stray away from God whether by neglecting Him or by having self-righteousness. This fear can be compared to our feelings when while on a road, a thief comes and steals our bag that has all our money and papers that show our identity, e.g. our passport, our picture and our address; then after a short time, another fear will arise as we will be scared that the thief will come to our house to harm us even more; we will live in a fear that will make us hide our face so that he will not recognize us among the crowd in any street or any place, and we will end up living in darkness away from every other person and away from the light. This is what Satan does to us; once we commit a sin, our fear makes us prefer to stay in darkness. This is also what 'Individual Freedom' does to our soul; our fear to evangelize or even to follow God's Word, especially if the consequences are losing friends or martyrdom, making us stay in darkness forgetting that all power was given to Jesus Christ and He is the light that all people should not be scared to live in as He is God's Love to us and He love us. We accept blindness, but which blindness? Let it be the blindness that is caused by having Jesus Christ's Hands on our eyes. Yes, Jesus Christ is the Hand of God that cover our eyes and we, trusting Him fully, allow Him and His Word to be our eyes that will lead us into eternal happiness, eternal life with God in His Glory (Psalm 2, 23 and 27).

My Lord, Your crown of thorns is a crown of flowers with beautiful aroma as the aroma of the Myrrh on my sinful body. Thank You. Amen.

O God, Heavenly Father, from whom every fatherhood, in heaven or on earth, takes its name, I kneel before You as Saint Paul did and pray to You as Saint Paul prayed for the Ephesians: In the abundance of Your Glory may You, through Your Holy Spirit, enable us to grow firm in power with regard to our inner self, so that Jesus Christ may live in our hearts through faith, and then, planted in love and built on love, we will have the strength to grasp the breadth and the length, the height and the depth; so that, knowing the love of Jesus Christ, which is beyond knowledge, we may be filled with the utter fullness of You.

Glory be to God whose power, working in us, can do infinitely more than we can ask or imagine; glory be to God from generation to generation in the church and in Jesus Christ for ever and ever. Amen. (Ephesians 3:14-21).

Payment In Advance: "Peace"

Imagine your employer paying you in advance for the time you should work next week to help you in your daily life, what would you do?

- Be grateful and work harder to show him your way of appreciation for what he did, or
- Work without gratitude or care because you've already received your wages.

O Dear God, when You sent Your Beloved Son Jesus Christ and He taught us to call You 'Holy Father', You gave us a new contract with Your new terms and instructions used for working in Your field, and showed us in advance the payment that whoever signs this contract and fulfills its terms will receive: The sight of Your glory in new bodies that shine in Your everlasting Kingdom (1 John 3:1-3). Your love to us as Your children will make You so happy to see us actually signing and living, and on the other hand, it will break Your Heart if we don't follow Your way and die in sin. Your kindness, would allow us to start working efficiently (when making our body work for the benefit of our soul guided by Your Spirit) at any time even in the last minute of our lives.

*O Dear God, after signing and understanding the terms of the contract, and since we don't know the hour of our death, we will always be prisoners to our acts (a living conscious doing acts of mercy towards others), and trying our best not to do what might upset You. And its through Your Love and Mercy (Jesus Christ living within us, feeding us and forgiving our sins through the Holy Eucharist) we trust that You even give us Your word of having '**our wages in advance**'. This payment is the peace given to us by Your Beloved Son, our salvation, knowing that our souls will live with You in Heaven; and through the Holy Spirit we will be Your children on earth. This peace (The gifts of the Holy Spirit) fills our hearts because Your Son said in John's Gospel 11:25-26 **{I am the resurrection and the life. Anyone who believes in me, even though that person dies, will live, and whoever lives and believes in me will never die}** and we believe that He is the Christ, Your Beloved Son whom You have sent into this world to take away our sins for our salvation; and after Whom Your Holy Spirit is given to us to engrave Your Love into our hearts. And for this, may we all be grateful and thankful, and work harder to show You our way of love and appreciation for what You did for us.*

"We give You thanks, O Lord of all; we glorify You O Jesus Christ, for You are the giver of life to our bodies, and the Savior of our souls". Amen.

From the Holy Mass according to the Chaldean Rite

Temple for God

God through his teachings invite us to be His children:

- *"Do you not know that you are the temple of God and that the Spirit of God dwells in you?"* (1 Corinthians 3:16).
- *"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new"* (2 Corinthians 5:17).
- *"He who has the Son has life; he who does not have the Son of God does not have life"* (1 John 5:12).
- *"Now if anyone does not have the Spirit of Christ, he is not His"* (Romans 8:9).
- *"Most assuredly, I say to you, unless one is born of water and the Spirit, he can't enter the kingdom of God. That which is born of the flesh (human nature) is flesh (human), and that which is born of the Spirit is spirit"* (John 3:5-6).
- A person whose spirit has not been born of God is spiritually dead (Ephesians 2:1, 5).

Eureka, Eureka. Any person who would reach the conclusion that in order to:

- keep Jesus Christ's teachings and fulfill them;
 - carry the cross and follow Him;
 - put on him Jesus Christ's yoke because it is easy and His burden is light,
- then he must have "Jesus' Sacred Heart" with all His feelings: "The Love to His Father and doing what pleases Him (which includes the love to God's children)" instead of his heart.

This new heart will make our bodies a temple for God and lead to a living conscience that will provide:

- words of thanks and praise to God, wisdom, consolation and comfort to others, ... etc that comes out from the mouth,
- sinless thoughts that come from the mind, and
- love from the heart through all actions.

This new heart will make us repent, give away everything considered to be of earthly riches, and follow Jesus to be servant for others. Our actions shall be a reflection of His goodness, an image of God's Love to be seen and felt by others. This new heart will make us as new born children who put all their trust in their Father. This new heart is born at the time of Baptism in The Name of The Father and The Son and The Holy Spirit.

O Lord, turn our hearts towards Your love and make us surrender to You as it is through Your Sacred Heart we will go into Heaven. All praise and thanks is Yours now and forever. Amen.

Jealous Love of God



*THE HOLY EUCHARIST IS A SACRIFICE-SACRAMENT
THE HOLY EUCHARIST IS A COMMUNION-SACRAMENT
THE HOLY EUCHARIST IS A PRESENCE-SACRAMENT*

*O Heavenly Father, because of Your “**Jealous Love**” for Your Holy Name and for our souls (Ezekiel 36:22-23, Hosea 11:3-4), You humbly took our flesh in Jesus Christ, suffered and died on the cross to forgive our sins and give us life (Isaiah 9:5-6, John 3:16-17). You accepted with all humbleness not only to be remembered by the Cross, the sign of humiliation, but also for Your Glory that shone in Heaven (Ezekiel 43:1-7) to be hidden in the Holy Eucharist. “Humiliation”, a word if You gave it the smallest thought then You would not have done what You did for us. Instead, all Your thoughts were motivated by this “Jealous Love” no matter what it requires. Your beloved Son, filled with the Holy Spirit (Isaiah 42:1, Romans 5:5) and zeal to Your House, was humiliated on the cross, and as He gave us His Body and Blood, Soul and Divinity on the cross, He chose to give Himself in the Holy Eucharist knowing that even then there will be people gathering around Him who will adore Him and others who will humiliate Him. What matters to Him is that He give Himself for the sake of Your “**Jealous Love**”.*

May You allow us to understand Your great love to all that fill the humble heart of Yours and be worthy of this Love. May we have a meek and humble heart just like Yours. May we kneel in front of Your Sacred Heart and praise You with the Cherubim, Seraphim and the angels in Heaven and say: “Holy, Holy, Holy is the Lord God, God Sabaoth, Who was, and is and is to come. Heaven and earth are full of Your Glory. Hosanna in the Highest. Blessed is He who come in the Name of The Lord. Hosanna in the Highest”. Amen and Amen.

Adoration and the Witness to God's Love

One of the youth pilgrims, who attended World Youth Day (WYD) 2008 gathering held in Sydney because he had a thirst for Jesus Christ and wanted to know Him and increase his love to Him, wrote the following testimony:

I have always used the word “adore” for that special person but never exactly knew its meaning. I found that to adore someone is to Worship him; and ‘Adoration’ is the action of worshipping. So the adoration is the least thing we can do to give thanks and love to the Lord. From WYD2008, I learnt that adoration is not just kneeling in front of the Body of Christ, but it should be taken out from the church to adore one another as Christ is in every single person.

I’ll share a story about Mother Teresa that I have heard in one of the Adorations in WYD2008:

Once there was a poor ill man in hospital, he was very ill which even the doctors and nurses have given up on his case. He was discharged from hospital with nowhere to go. He found himself a ditch on the street to sleep in until his time has come. His back got very rotten and even the maggots started infesting it. One day Mother Teresa came across him, she helped him up and took him for care. While she was cleaning his back and wounds he asked her “why are you doing all of this for?” she replied, “It’s because I love you”. He surprisingly asked again “you don’t even know me, how can you love me?” She paused and thought to herself! Then after a while she answered him “I Love the Christ inside you that’s why I helped you” he was shocked and said “I want to love the Christ inside you too”.

This story had touched my heart in so many ways: the fact that she didn’t know him but yet helped him; the fact that he didn’t have hope yet she restored his hope; and the fact that she showed him Christ through her love to him.

Jesus Christ has left us with “*love one another as I have loved you*”. He loved us with no limits and big sacrifice, so we should love one another the same way Christ loved us, and by doing so we will be witnesses to Christ our Lord. We need to “**Bless one another with words of peace, merciful thoughts and actions of love**”.

I thank you Lord for what you have given me of fruits, I thank you for easing my way into you, and I thank you and adore you for all the love that you have granted us. I pray for those ones in darkness may you show them your light, and may you use me Lord as your tool to witness to you to the ends of the earth. Glory be to God the Father, the Son and the Holy Spirit as it was in the beginning, is now and forever shall be. Amen.

O Come Let Us Adore Him

On the first Christmas night, that Silent Night, when the little Lord Jesus came to dwell on this earth,
the shepherds were some of the first to hear of His birth,
To adore on humble knee was the call,
of the angels of heaven for them and for all ...

This call continues even today:

John Paul the Great, through Ecclesia de Eucharista 25:

“The worship of the Holy Eucharist outside of the Mass is of inestimable value for the life of the Church ...

the practice of Eucharistic adoration, and exposition of the Blessed Sacrament in particular.

How can we not feel a renewed need to spend time in spiritual converse,
in silent adoration,
in heartfelt love before Christ,
present in the Most Holy Sacrament?

How often, dear brothers and sisters, have I experienced this,
and drawn from it strength, consolation and support.”

Mother Teresa of Calcutta, achieved a great deal for the Lord, in practical terms, but the motivation, energy and support came through the hours she spent with the Lord quietly Son-bathing her soul!

The author of “Miracles do Happen”, Sr. Brieger McKenna (A Poor Clare Nun) found the value of soul bathing in the Son of God. She said:

“I’d like to share a teaching that came to me one day as I sat before the Lord.

I was looking at the Blessed Sacrament and adoring Jesus
and telling Him I didn’t have much to say except that I loved Him.

I felt as though the Lord said to me, ‘Well, don’t you know that you don’t have to say anything to me? Just be with me. Come into My presence. It’s not what you do for me; it’s what I want to do for you.’”

Then I got an image of a person going out of his house and sitting in the sun.

As he sat in the sun, he didn’t do a thing, but he started to change colour.

People who saw him knew he had been in the sun because his skin showed it.

The man knew it, too, because he felt the effects of the sun: the warmth and the light.

I heard the Lord saying, ‘So it is when you come into my presence. You will experience the effects of your time spent with me.

People will see it in your actions.’

It was a great teaching to me, knowing that I didn't always have to be saying things, but all I had to do was be there with Jesus."

Adoration is not something we do to feel good, it is completely a "gift to heaven".
The Lord of heaven and earth know just how to thank you!

Meditation goes a step further, to contemplate God's presence in us, the temples of His Presence.

St. Theresa of Avila said we can leave God at the front door of our soul, or let Him in completely.

So, come let us adore Him there, listen to Him there, and be moved by Him to do His important work in the world.

Hymns of Adoration

The Old Rugged Cross (Text: George Bennard, 1873-1958)

On a hill far away stood an old rugged cross,
the emblem of suffering and shame;
and I love that old cross where the dearest and best
for a world of lost sinners was slain.

Refrain:

So I'll cherish the old rugged cross,
till my trophies at last I lay down;
I will cling to the old rugged cross,
and exchange it someday for a crown.

O that old rugged cross, so despised by the world,
has a wondrous attraction for me;
for the dear Lamb of God left His glory above
to bear it to dark Calvary. (Refrain)

In that old rugged cross, stained with blood so divine,
a wondrous beauty I see,
for 'twas on that old cross Jesus suffered and died,
to pardon and sanctify me. (Refrain)



To that old rugged cross I will ever be true,
its shame and reproach gladly bear;
then he'll call me some day to my home far away,
where His glory forever I'll share. (Refrain)

Soul of My Savior

Soul of my Savior sanctify my breast,
Body of Christ, be thou my saving guest,
Blood of my Savior, bathe me in thy tide,
wash me with waters gushing from thy side.

Strength and protection may thy passion be,
O blessed Jesus, hear and answer me;
deep in thy wounds, Lord, hide and shelter me,
so shall I never, never part from thee.

Guard and defend me from the foe malign,
in death's dread moments make me only thine;
call me and bid me come to thee on high
where I may praise thee with thy saints for ay.



Sweet Sacrament Divine

Sweet Sacrament Divine,
Hid in Your earthly home
Lo! 'round Thy lowly shrine,
With suppliant hearts we come
Dear Lord, to Thee our voice we raise
In songs of love and heartfelt praise
Sweet Sacrament Divine!
Sweet Sacrament Divine!

Sweet Sacrament of Peace!
Dear Home of every heart
Where restless yearnings cease
And sorrows all depart.
There in Thine ear all trustfully
We tell our tale of misery
Sweet Sacrament of Peace!
Sweet Sacrament of Peace!



Be Still And Know

Be still and know that I am God
Be still and know that I am God
Be still and know that I am God

I am the Lord that healeth thee
I am the Lord that healeth thee
I am the Lord that healeth thee

In Thee oh Lord, do I put my trust
In Thee oh Lord, do I put my trust
In Thee oh Lord, do I put my trust



Jesus, My Lord, My God, My all

Jesus, my Lord, my God, my all!
How can I love Thee as I ought?
And how revere this wondrous gift,
So far surpassing hope or thought?

Refrain:

Sweet Sacrament, we Thee adore!
Oh, make us love Thee more and more.
Oh, make us love Thee more and more.

Had I but Mary's sinless heart
With which to love Thee, dearest King,
Oh, with whatever fervent praise,
Thy goodness, Jesus, would I sing!
(Refrain)

Thy Body, Soul and Godhead, all!
O mystery of love divine!
I cannot compass all I have,
For all Thou hast and art is mine!
(Refrain)

Sound, then, His praises higher still,
And come, ye angels, to our aid;
For this is God, the very God
Who hath both men and angels made!



O Saving Victim

O saving Victim, open wide
The gate of heaven to us below,
Our foes press on from every side;
Your aid supply, your strength bestow.

To your great name be endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days
In our true native land to be. Amen.



Down in Adoration Falling

Tantum Ergo

Down in adoration falling,
Lo! The sacred Host we hail;
Lo! Over ancient forms departing,
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

To the everlasting Father,
And the Son who reigns on high,
With the Holy Spirit proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.

Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum,
Sensuum defectui.

Genitori Genitoque
Laus et jubilatio,
Salus, honor, virtute quoque
Sit et benedictio:
Procedenti ab utroque.
Compar sit laudatio. Amen.



“O Sacrament Most Holy, Sweet Sacrament Divine, all praise and all thanksgiving be every moment Thine. Amen”

Prayers for Sacred Heart of Jesus and Adoration

Act of Consecration to the Sacred Heart of Jesus by St. Margaret Mary Alacoque



O Sacred Heart of Jesus, to Thee I consecrate and offer up my person and my life, my actions, trials, and sufferings, that my entire being may henceforth only be employed in loving, honoring and glorifying Thee. This is my irrevocable will, to belong entirely to Thee, and to do all for Thy love, renouncing with my whole heart all that can displease Thee.

I take Thee, O Sacred Heart, for the sole object of my love, the protection of my life, the pledge of my salvation, the remedy of my frailty and inconstancy, the reparation for all the defects of my life, and my secure refuge at the hour of my death. Be Thou, O Most Merciful Heart, my justification before God Thy Father, and screen me from His anger which I have so justly merited. I fear all from my own weakness and malice, but placing my entire confidence in Thee, O Heart of Love, I hope all from Thine infinite Goodness.

Remove from me all that can displease or resist Thee. Imprint Thy pure love so deeply in my heart that I may never forget Thee or be separated from Thee.

I beseech Thee, through Thine infinite Goodness, grant that my name be engraved upon Thy Heart, for in this I place all my happiness and all my glory, to live and to die as one of Thy devoted servants. Amen.

Daily Prayer to the Sacred Heart of Jesus recited since Pope Leo XIII consecrated the world to the Sacred Heart

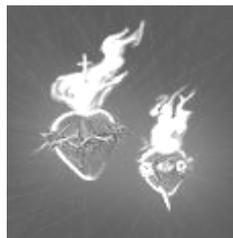
Lord Jesus, Redeemer of the human race, look down upon us humbly prostrate before your Altar. Yours we are, and Yours we wish to be; but, to be more surely united with you, behold we freely consecrate ourselves today to Your most Sacred Heart. Many, indeed, have never known You; many, too, despising Your precepts, have rejected You. Have mercy on them all, most merciful Jesus, and draw them to Your Sacred Heart. Be king, O Lord, not only of the faithful who have never forsaken you, but also of the prodigal children who have abandoned You; grant that they may quickly return to their Father's House lest they die of wretchedness and hunger. Be king of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbor of truth and unity of faith, so that soon there may be one flock and one shepherd. Grant, O Lord, to Your Church assurance of freedom and immunity from harm; give peace and order to

all nations, and make the earth resound from pole to pole with one cry: Praise to the Divine Heart that wrought our salvation; to Him be glory and honor for ever. Amen.

Sacred Heart of Jesus Consecration of Priests Prayer - The Raccolta

Lord Jesus, our most loving Redeemer and a priest forever, look down with mercy upon us Thy supplicants, whom Thou have deigned to call Thy friends and to make partakers of Thy priesthood. We are Thine, and Thine we wish to be forever. Therefore to Thy Most Sacred Heart, which Thou hast shown to toiling humanity as its only refuge and salvation, we dedicate and surrender ourselves today. Thou who hast promised to priests who are devoted to Thy Sacred Heart copious fruits in their divine ministry, make us, we beseech Thee, fit laborers in Thy vineyard, truly meek and humble, filled with a spirit of devotion and patience, so aflame with love of Thee that we may not cease to enkindle and keep burning this same fire of love in the hearts of the faithful.

Renew our hearts, therefore, in the fire of Thy Heart, so that henceforth we may strive for nothing other than to advance Thy glory and to win to Thee the souls whom Thou hast redeemed by Thy Precious Blood. O Good Shepherd, have mercy most of all upon Thy priests, our brothers, if such there be, who, walking in the vanity of their own mind, have saddened Thee and Thy Beloved Spouse, the Church, by their lamentable defection. Grant us grace to lead them back to Thine embrace, or at least to expiate their sins, to repair the damage they have done, and, by the consolation of our love, to lessen the sorrow with which they have afflicted Thee.



And lastly let each of us pray to Thee in these words of Augustine: O sweet Jesus, live Thou in me, and let the living coal of thy love glow within my spirit and blaze up into a perfect fire; let it burn forever upon the altar of my heart; let it give warmth to my inmost parts; let it flame up in the secret places of my soul. In the day of my consummation let me be found consumed by Thee, who, with the Father and the Holy Spirit, live and reign God, world without end. Amen.

Prayer to the Wounded Heart of Jesus by Lanspergius, the Carthusian

O my Most Loving and Gentle Jesus, I desire with all the affections of my heart, that all beings should praise Thee, honor Thee and glorify Thee eternally for that sacred wound wherewith Thy divine side was rent. I deposit, enclose, conceal in

that wound and in that opening in Thy Heart, my heart and all my feelings, thoughts, desires, intentions and all the faculties of my soul. I entreat Thee, by the precious Blood and Water that flowed from Thy Most Loving Heart, to take entire possession of me, that Thou may guide me in all things. Consume me in the burning fire of thy holy Love, so that I may be so absorbed and transformed into Thee that I may no longer be but one with Thee. Amen.

The Daily Offering to the Sacred Heart of Jesus (1)

O Jesus Christ, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and suffering of this day in union with the Holy Sacrifice of the Holy Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sins, the reunion of all Christians; I offer them for the intentions of our Bishops and of all Apostles of Prayer and in particular for those recommended by our Holy Father this month. Amen.

The Daily Offering to the Sacred Heart of Jesus (2)

O most Holy Heart of Jesus, fountain of every blessing, I adore Thee, I love Thee and with a lively sorrow for my sins, I offer Thee this poor heart of mine. Make me humble, patient, pure and wholly obedient to Thy will.

Grant, good Jesus, that I may live in Thee and for Thee. Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Thy blessing on all that I do, and the grace of a holy death. Within Thy Heart I place my every care. In every need let me come to Thee with humble trust saying, Heart of Jesus help me. Amen.

Prayer of Reparation

O Most Holy Trinity, Father, Son and Holy Spirit, I adore thee profoundly. I offer thee the most precious Body and Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus, and the Immaculate Heart of Mary, I beg of thee the conversion of poor sinners. Amen.



Prayer to Lord of the Harvest, as Jesus Christ asked us, to send more laborers

“Heavenly Father, Almighty and everlasting God, Lord of the harvest Who desires that all may be saved, the harvest is plentiful but laborers are few. Oh Sacred Heart of Jesus Who is full of love for the children, we humbly ask You to increase in the whole world the number of faithful and zealous laborers from young boys and men. Please kindle their generous and pure hearts by the Power of Your Holy Spirit with Your Divine Love so that they may yield unconditionally to Your Divine service. Provide them with Your Divine help so that no earthly desires will stop them from Your service till their death. Amen.”

The Divine Praises

Blessed be God. Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His most Sacred Heart. Blessed be His most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Praises To Divine Work

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His angels and in His saints.

Sacred Heart A Salutation Prayer by St. Margaret Mary Alacoque

Hail, Heart of Jesus, save me!

Hail, Heart of my Creator, perfect me!

Hail, Heart of my Savior, deliver me!

Hail, Heart of my Judge, grant me pardon!

Hail, Heart of my Father, govern me!

Hail, Heart of my Spouse, grant me love!

Hail, Heart of my Master, teach me!

Hail, Heart of my King, be my crown!

Hail, Heart of my Benefactor, enrich me!

Hail, Heart of my Shepherd, guard me!

Hail, Heart of my Friend, comfort me!

Hail, Heart of my Brother, stay with me!

Hail, Heart of the Child Jesus, draw me to Thyself!

Hail, Heart of Jesus dying on the Cross, redeem me!

Hail, Heart of Jesus in all Thy states, give Thyself to me!
Hail, Heart of incomparable goodness, have mercy on me!
Hail, Heart of splendor, shine within me!
Hail, most loving Heart, inflame me!
Hail, most merciful Heart, work within me!
Hail, most humble Heart, dwell within me!
Hail, most patient Heart, support me!
Hail, most faithful Heart, be my reward!
Hail, most admirable and most worthy Heart, bless me!

The Litany of the Sacred Heart of Jesus

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Christ, graciously hear us.

God, the Father of Heaven, have mercy on us.

God, the Son, Redeemer of the World, have mercy on us.

God, the Holy Ghost, have mercy on us.

Holy Trinity, one God, have mercy on us.

Heart of Jesus, Son of the Eternal Father, have mercy on us.

Heart of Jesus, formed in the womb of the Virgin Mother by the Holy Ghost, have mercy on us.

Heart of Jesus, united substantially with the word of God, have mercy on us.

Heart of Jesus, of infinite majesty, have mercy on us.

Heart of Jesus, holy temple of God, have mercy on us.

Heart of Jesus, tabernacle of the Most High, have mercy on us.

Heart of Jesus, house of God and gate of heaven, have mercy on us.

Heart of Jesus, glowing furnace of charity, have mercy on us.

Heart of Jesus, vessel of justice and love, have mercy on us.

Heart of Jesus, full of goodness and love, have mercy on us.

Heart of Jesus, abyss of all virtues, have mercy on us.

Heart of Jesus, most worthy of all praise, have mercy on us.

Heart of Jesus, king and center of all hearts, have mercy on us.

Heart of Jesus, in whom are all the treasures of wisdom and knowledge, have mercy on us.

Heart of Jesus, in whom dwell all the fullness of the Divinity, have mercy on us.

Heart of Jesus, in whom the Father is well pleased, have mercy on us.

Heart of Jesus, of whose fullness we have all received, have mercy on us.

Heart of Jesus, desire of the everlasting hills, have mercy on us.

Heart of Jesus, patient and rich in mercy, have mercy on us.

Heart of Jesus, rich to all who invoke Thee, have mercy on us.

Heart of Jesus, fount of life and holiness, have mercy on us.

Heart of Jesus, propitiation for our sins, have mercy on us.

Heart of Jesus, saturated with reviling, have mercy on us.
 Heart of Jesus, crushed for our iniquities, have mercy on us.
 Heart of Jesus, made obedient unto death, have mercy on us.
 Heart of Jesus, pierced with a lance, have mercy on us.
 Heart of Jesus, source of all consolation, have mercy on us.
 Heart of Jesus, our life and resurrection, have mercy on us.
 Heart of Jesus, our peace and reconciliation, have mercy on us.
 Heart of Jesus, victim for our sins, have mercy on us.
 Heart of Jesus, salvation of those who hope in Thee, have mercy on us.
 Heart of Jesus, hope of those who die in Thee, have mercy on us.
 Heart of Jesus, delight of all saints, have mercy on us.
 Lamb of God, who take away the sins of the world, spare us, O Lord.
 Lamb of God, who take away the sins of the world, graciously hear us, O Lord.
 Lamb of God who take away the sins of the world, have mercy on us.
V. Jesus, meek and humble of Heart. R. Make our hearts like unto Thine.

Let us pray:

Almighty and everlasting God, look upon the Heart of Thy well-beloved Son and upon the acts of praise and satisfaction which He renders unto Thee in the name of sinners; and do Thou, in Thy great goodness, grant pardon to them who seek Thy mercy, in the name of the same Thy Son, Jesus Christ, who live and reign with Thee, world without end. Amen.

The Divine Mercy Chaplet

What is the Chaplet of Divine Mercy?

Saint Faustina was born Helena Kowalska in the village of Glogowiec west of Lodz, Poland, on August 25, 1905. In the 1930s, Sister Faustina received from the Lord a message of mercy that she was told to spread throughout the world. She was asked to become the apostle and secretary of God's mercy, a model of how to be merciful to others, and an instrument for reemphasizing God's plan of mercy for the world. Through Saint Faustina, Jesus also revealed special ways to live out the response to His mercy—one of which is the Chaplet of Divine Mercy. The Chaplet of Mercy is recited using ordinary rosary beads of five decades.

Optional Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

Begin with the Our Father, the Hail Mary and the Apostle's Creed.

Then, on the large bead before each decade:

Eternal Father, I offer you the Body and Blood, Soul and Divinity, of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

On the ten small beads of each decade, say:

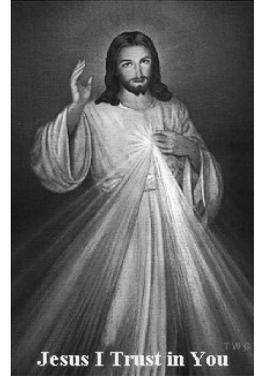
For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Conclude with (Say 3 Times):

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.



Our Lord said to Saint Faustina:

“Encourage souls to say the Chaplet which I have given you ... Whoever will recite it will receive great mercy at the hour of death ... When they say this chaplet in the presence of the dying, I will stand between my Father and the dying person, not as the Just Judge but as the Merciful Savior ... Priests will recommend it to sinners as their last hope of salvation. Even if there were a sinner most hardened, if he were to recite this chaplet only once, he would receive grace from my infinite mercy. I desire to grant unimaginable graces to those souls who trust in My mercy ... Through the Chaplet you will obtain everything, if what you ask for is compatible with My will.”

Prayer of St. Faustina to Our Lady

O Mary, my Mother and my Lady, I offer you my soul, my body, my life and my death and all that will come after it. I place everything in your hands, O my Mother, cover my soul with your virginal mantle and grant me the grace of purity of heart, soul and body. Defend me with your power against all enemies and especially against those who hide their malice behind the mask of virtue. Fortify my soul that pain may not break it. Mother of grace, teach me to live by God’s power. O Mary, a terrible sword has pierced your holy soul. Except for God, no one knows of your suffering. Your soul does not break, it is brave, because it is with Jesus. Sweet Mother, unite my soul to Jesus, because it is only then that I will be able to endure all trials and tribulations and only in union with Jesus will my little sacrifices be pleasing to God. Sweetest Mother, continue to teach me about the interior life. May the sword of suffering never break me. O pure Virgin, pour courage into my heart and guard it. Amen.

The Holy Rosary

The word Rosary means "Crown of Roses". Our Mother Virgin Mary has revealed to several people that each time they say a Hail Mary they are giving her a beautiful rose and that each complete Rosary makes her a crown of roses. The Rosary in its present form was given to the Church by St. Dominic, who had received it from the Blessed Virgin as a means of converting sinners, a powerful weapon against evil, and to bring us to true peace through a change of heart.

Within the Holy Rosary lies the awesome story of our salvation. With the Rosary in fact we meditate on the mysteries of joy (i.e., the Incarnation), of sorrow (i.e., the Redemption), of light (i.e., Living in God's Kingdom) and of the glory of Jesus and Mary (i.e., Eternal Life).

The whole Rosary is composed of 4 mysteries, each has five decades, and each decade consists of one bead (Our Father in Heaven ...) followed by 10 beads (Hail Mary ...) and ended with glorifying God (Glory be ...). Within each decade we meditate "bead by bead" with every 'Hail Mary' on an event from Jesus' or Mary's Life and ask God to give us the grace that we need to learn from it. The Holy Rosary starts with the sign of the cross followed by the Apostle's Creed, Our Father, Hail Mary (3 times) and Glory be; after that the five decades.

Mystery	Event (Decade)	Fruit of the Mystery
Joyful   	The Annunciation of the Blessed Virgin Mary	Obedience to God; Humbleness; Humility
	The Visitation	Love of relative and people in need
	The Nativity of Our Lord	Poverty of Spirit and denial of earthly riches; Humbleness; Humility; Love to the poor
	The Presentation of the Lord in the Temple	Obedience to God's Word (Law); Purity of mind and body
	The Finding of Jesus in the Temple	Zeal for God; Seek Jesus in the Church; Thirst for God's Word
Luminous  	The Baptism of Jesus Christ in the Jordan	Openness to the Holy Spirit; Repentance
	The Wedding at Cana	Fidelity; Reaching Jesus Christ through Mary; Glorify God by obedience to Jesus' Word
	The proclamation of the Kingdom of God	Desire for Holiness, i.e. become one body in Christ; Love, help and forgive each other; Trust God

 	Transfiguration of Jesus Christ on Mount Tabor	Spiritual courage; Holiness; Obedience to Jesus (Lord & God)
Sorrowful  	The Agony in the Garden	Repentance; Surrender to God's Will; Prayer to others
 	The Scourging at the Pillar	Mortification; Purity of the senses; Repentance and feel of pain of sin
 	The Crowning with Thorns	Reign of Jesus Christ in our heart; Courage to deny ourselves; Humility
	The Carrying of the Cross	Perseverance; Acceptance of trials with patience (God's Will)
	The Crucifixion and Death	Forgiveness, Offering oneself to God, God's Love and Mercy
Glorious  	The Resurrection	Faith
 	The Ascension of Jesus Christ to Heaven	Hope in eternal life
 	The Descent of the Holy Spirit on Pentecost	Love of God and others; Courage in proclaiming the Good News
	The Assumption of Blessed Virgin Mary into Heaven	Holiness; Steadfast to our believes; Love Mary and imitate Her
	The Coronation of Mary	Trust in Jesus and Mary

At the end of the Rosary, people would pray:

"O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal salvation; grant, we beseech you, that meditating upon these mysteries in the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ our Lord. Amen."



Prayer of Thanksgiving to God

Almighty God and Merciful Father, we give You humble and hearty thanks for all Your goodness and loving kindness to us and to all people. We praise You for creating and sustaining us and for all the blessings of this life; but above all for Your amazing love in redeeming the world by our Lord Jesus Christ, giving us grace and the hope of glory. Give us such a sense of all your goodness, that we may be truly thankful and may praise You not only with our lips, but in our lives, by serving You in holy and righteous ways; through Jesus Christ our Lord, to Whom, with You and the Holy Spirit, be all honour and glory, now and forever. Amen.

Act of Adoration

Jesus, my God, I adore You, here present in the Blessed Sacrament of the altar, where You wait day and night to be our comfort while we await Your unveiled presence in heaven.

Jesus, my God, I adore You in all places where the Blessed Sacrament is reserved and where sins are committed against this Sacrament of Love.

Jesus, my God, I adore You for all time, past, present and future, for every soul that ever was, is or shall be created.

Jesus, my God, who for us has endured hunger and cold, labour and fatigue, I adore You.

Jesus, my God, who for my sake has deigned to subject Yourself to the humiliation of temptation, to the perfidy and defection of friends, to the scorn of Your enemies, I adore You.

Jesus, my God, who for us has endured the buffeting of Your passion, the scourging, the crowning with thorns, the heavy weight of the cross, I adore You.

Jesus, my God, who, for my salvation and that of all mankind, was cruelly nailed to the cross and hung there for three long hours in bitter agony, I adore You.

Jesus, My God, who for love of us did institute this Blessed Sacrament and offer Yourself daily for the sins of men, I adore You.

Jesus, my God, who in Holy Communion became the food of my soul, I adore You.

Jesus, for You I live. Jesus, for You I die. Jesus, I am Yours in life and death. Amen.

"O God, my soul is my heart, my inner self, please make it and keep it Yours. Amen and Amen"

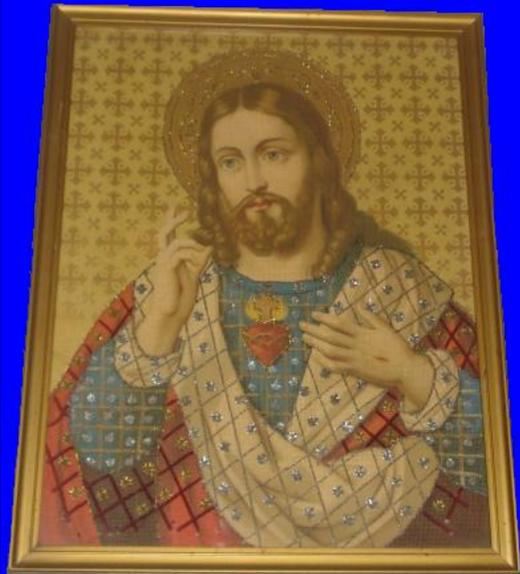
Inspired by Luke 7:6-7, we can all pray during the Holy Mass and say:

“Lord, I am not worthy to have You under my roof, but say Your Word and I am cured. And, thank You for the trouble You took for my sake. Amen and Amen.”

Heavenly Father, thank You for the Precious Gift You gave us on Christmas Day. A Gift that we have started unwrapping when Your Beloved Son was born, and day after day we come to see its beauty and enjoy the unending springs of Living Water that came out of it; day after day we are amazed and delighted by receiving the promise You gave to Isaiah (41:13-20). As, with faith, we can see in the Holy Eucharist the Transfigured Jesus Christ standing with a bowl of Living Water in His Hands, giving His “Holiness and Love”, “Wisdom, Mercy and Divine Providence”, “Forgiveness, Counsel and Peace”, and “Power over Satan and evil spirits” to each one of us and asking us to give it to others (Revelation 22:17).

Amen and Amen. Alleluia 





"O Pure Heart, You are my narrow gate
to Heaven. Amen"