

ON OUR KNEES IN HIS HANDS

DAILY READINGS & REFLECTIONS

JUNE 2024



ANNIVERSARY
1984-2024

Journeying from the desert into the promised land



ON OUR KNEES IN HIS HANDS

JUNE
2024

“When Jesus Christ shed his blood
on the cross, it was not the blood of a martyr;
or the blood of one man for another;
it was the life of God
poured out to redeem the world.”

-Oswald Chambers

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Jude
17:20-25

Psalm
63:2-6

Mark
11:27-33



Saturday

01st June 2024

Memorial of Saint Justin, Martyr

Recognize Jesus

The first reading explained to us the importance of giving God the first place in our lives. We should not compromise on this important factor. Giving God first place should be motivated by the unconditional love of God. When we are touched by God we are filled with his love. The Holy Spirit helps us to operate in and through his love. That is what the writer of the first reading said. When we are in the Spirit we would be full of the gifts and fruits of the Holy Spirit. Our hearts will be steered by the Holy Spirit. When the Holy Spirit moves in us we would not question the works of God. Having knowledge about God and experiencing God are two different things. We should have experiential knowledge of God to understand his actions and accept his words. That is what is explained in the Gospel proclamation. The religious leaders and elders knew the Old Testament well but failed to recognize the Lord Jesus as the Messiah.

PRAYER: Abba Father, fill me with your Holy Spirit.
Amen

Exodus
24:3-8

Psalm
116:12-13,15-18

Hebrews
9:11-15

Mark
14:12-16,22-26

Sunday

02nd June 2024

The Solemnity of the Most Holy Body and Blood of Christ

Let us be blessed and broken in the Eucharist

Today as we celebrate the solemnity of the most holy body and blood of Jesus Christ we remember the covenantal relationship our Lord established with us. The Lord said "This is my blood of the covenant, which will be poured out for many".

Therefore the perfect, precious, holy blood of the Lord Jesus has been offered for the sins of many. In our churches, we have two tables: the table of the Eucharist and the table of the Word. We are invited to approach the altar to be nourished and satisfied spiritually, physically and mentally.

When we believe and trust in this everlasting promise we become worthy partakers of the inheritance promised to us. The animal sacrifices offered in the past were replaced with the blood of the Lamb of God. No more do we need a sacrifice other than the sacrifice of our God and Saviour Jesus Christ who is the eternal priest. He is both the priest and the victim. He is the perfect sacrifice: the unblemished lamb. His blood cleanses us from our sins.

How happy must we be when we are called to this table of the Lord? Do we realize the importance of this sacred mystery when the bread and the wine are turned into the body and blood of Jesus Christ? It is the most sublime celebration that we could participate in, although many have not understood it. We become a part of the heavenly banquet, where mercies, blessings and graces overwhelmingly flood us. Therefore let us encourage one another to take part in the Holy Mass with respect and reverence. Let us desire to unite ourselves with the Lord and others.

Many people are chasing after love, acceptance, riches, power, pleasures and validation, not knowing that the answer for their hunger lies in this sacred mystery. As the Eucharistic Celebration is offered free and anyone could walk in to bask in the light of his glorious presence, many have not realized how fortunate we are.

We receive all what we need for life in the Eucharistic Celebration, when taking part in the precious banquet. This meal is free and the effects are endless and inexpressible in words. Let us be thankful and grateful for the soul-nourishing food he offers to us for our eternal salvation. Let us pray using the words of this hymn: "In bread we bring you Lord, our body's labour, in wine we offer you, our spirit's grief."

PRAYER: The chances we have missed, the graces we resist
Lord, in Thy Eucharist, take and redeem. Amen.



2 Peter
1:2-7

Psalm
91:1-2,14-16

Mark
12:1-12



Monday

03rd June 2024

Memorial of St Charles Lwanga and Companions, Martyrs

Sharing Divine Nature

Today's parable was addressed to the leaders of the Jewish nation. The vineyard is God's, having through long history, prepared Israel to be his own. But they rejected him. How about us? Today's reading shows something unbelievable about Christian hope: to share in the divine nature. God's call is such a great favor that we cannot understand it. We have been called to nothing less than to share what God is. To this end the Owner of the vineyard sent his only Son to tell us this Good News, and to empower us through his grace. Have we reciprocated? Have I not in my Christian ministry or vocation in life, unknowingly side lined the Lord taking his glory for myself, having no inclination to allow the Lord to transform my life into the divine? For, "Eye has not seen...what God has prepared for those who love him" (1 Cor 2:9). The Lord pleads to not reject him. He would empower us to escape the moral decay of the world of covetousness, and become sharers of divine nature (2 Pt 1:4).

PRAYER: Abba Father, may your will be done to me according to your word.
Amen.

2 Peter
3:12-15,17-18

Psalm
90:2-4,10,14,16

Mark
12:13-17



Tuesday

04th June 2024

Ninth Week in Ordinary Time

Unending Miracles

Today's first reading reminds me of an event that made me realise how powerful prayer could be. A few months ago, I was organising my son's birthday party. While I thought everything was under control, ten days prior to his birthday, we fell ill. Few days later, our party vendor cancelled our equipment order due to an unforeseen reason. Two days before the party, we nearly lost our venue due to insurance requirements. Hours leading up to the party, our area was hit by a storm which disrupted the setting up process. These problems made me overwhelmed. I turned to God and I surrendered my efforts and my plans. I felt an instant relief that gave me courage. Just like the first reading, in God's perfect timing, the sky cleared, the gloominess turned into a bright and sunny morning and the celebrations went ahead. This experience showed how wonderful God is. For him, no problem is too big. His love is beyond measure and his miracles are unending.

PRAYER: Abba Father, you gave your Son, to a dishonest and sinful humanity. May I share myself freely. Amen.

2 Timothy
1:1-3,6-12

Psalm
123:1-2

Mark
12:18-27



Wednesday

05th June 2024

Memorial of Saint Boniface, Bishop and Martyr

Are we filled with the Spirit of Power?

What we see and hear in the present times are mostly disturbing news. The media are making more money reporting bad news than good news. News on wars, climate change and natural disasters seem to be a daily reporting. In the natural and physical realms this would instill fear, worry and emotions that are contrary to what God has already given us through his Holy Spirit. We are called to be spiritual beings because we were sealed with the Holy Spirit when we were baptized. He is at work in us, giving us power, love and sound minds. Do we behave as people who are filled with the Spirit of power, the Spirit of love, and the Spirit of a sound mind? If God says we possess all these – then let us make a conscious effort to walk daily with an awareness of possessing these attributes. Let us make our faith journey a practical one, write this on a piece of paper and paste it on our mirrors reminding us that “we are children of power, love and a sound mind.”

PRAYER: Abba Father, thank you that whenever or wherever I fall short, no sooner I seek your assistance – you are ever present to help me. Amen

2 Timothy
2:8-15

Psalm
25:4-5,8-10,14

Mark
12:28-34



Thursday

06th June 2024

Ninth Week in Ordinary Time

Unconditional Love

The two greatest commandments are: to love God and to love our neighbor. The hardest times are to love when it is impossible to love and to love in spite of rejection. Our greatest desire one day should be to be in heaven with the Lord forever, and to be true to our primary calling as Christians to walk in holiness. Therefore, in this teaching of the Lord, we are shown the path to holiness. The word of God says “what good is it that a man gains the whole world but loses his soul”. In his unconditional love, God desires to save our souls. The Lord himself proved this when he gave up his life on the cross, to save our souls. Who are we then to judge our brother, sister or neighbor and put forth conditions in the way we love. Today’s first reading confirms this: “Therefore, I bear with everything for the sake of those who are chosen, so that they too may obtain the salvation that is in Christ Jesus.” Unconditional love through redemptive suffering is the path to holiness.

PRAYER: Abba Father, fill me with your unending love so that I can share the same for the salvation of others. Amen.



Hosea
11:1,3-4,8-9

Isaiah
12:2-6

Ephesians
3:8-12,14-19

John
19:31-37



Friday

07th June 2024

Solemnity of the Most Sacred Heart of Jesus

O take me to your Sacred Heart

Life and love revolve around the heart. Jesus often mentioned the heart. He said that from the heart flows out good and bad. His heart was pierced for our sake till blood and water issued forth to purify and cleanse us from all sin. The first reading is about the Lord wanting to rescue his people from Egypt and take them to the Promised Land. Even when he did it, peoples' hearts were far away from him. His love cannot be compared to human love. The second reading reminds us that everyone is precious to God. Therefore, keeping the Sacred Heart of Jesus at the center of our homes is a beautiful tribute of love. St. John Paul II said, "This feast reminds us of the mystery of the love of God for the people of all times." When we gather around the Sacred Heart of Jesus, we will see the fruits of the Spirit: love, joy and peace will come alive in our homes. Harmony will be restored among family members and the promises our Lord gave to St Margaret Mary would be fulfilled in our lives.

PRAYER: Abba Father, we yearn for the life giving love and blood flowing from the heart of Jesus to wash over our families. Amen.

2 Timothy
4:1-8

Psalm
71:8-9,14-17,22

Luke
2:41-51



Saturday

08th June 2024

Memorial of the Immaculate Heart of the Blessed Virgin Mary

Do we reject truth for sensationalism?

We should be ready to serve God in any situation, whether or not it is convenient. We need to be sensitive to the opportunities God gives us. Many talk about the pursuit of knowledge. But often we do not want knowledge; but power. We do not listen to sound and wholesome teaching. We reject the truth and chase after myths. Some people claim to have more knowledge than the Bible; others attempt to improve God's words. We do not tolerate the truth. We have no interest or respect for absolute truth or any standard for judgment. We reject truth for sensationalism. We want truth that fits our situation. Our truth is what we feel, what works for us and what seems compelling. Our views suit our selfish desires. Certain preachers have a following because they are telling people "whatever their itching ears want to hear." False teaching can be found in many places. We must "keep a clear mind in every situation" and seek God's Word for the truth.

PRAYER: Abba Father, may we seek the truth to glorify your kingdom all the days of our lives. Amen.



Genesis
3:9-15

Psalms
130:1-8

2 Corinthians
4:13--5:1

Mark
3:20-35

Sunday

09th June 2024

Tenth Sunday in Ordinary Time

All is not what it seems - the beauty beyond suffering

In today's first reading we are taken back to the story of the fall out from the sin of the first man. On the surface of it, it reads of an angry God admonishing and banishing the first couple out of the garden of Eden. Not only will they suffer but they will not have eternal life. Yet the tone of voice I hear of our heavenly Father is more of concern and despair. They are assured of redemption when the offspring of Eve would crush the head of the tempter. They are saved from an eternal life in this fallen suffering human state. Further in this scenario we see God's compassion in clothing them with garments made of skin to mask their humiliation before they are turned out of the garden (Gn 3:21).

Caught up in the misconception of a God who is sometimes angry, we live life in a defeated state, we live in the shadows telling ourselves our human suffering is deserved for our sins.

Just as he did to Adam and Eve, God calls out to us, imploring us not to hide from him when we are ashamed of our broken nature. We are invited to deal with our guilt by coming into God's presence and seeking his grace. Today's responsorial psalm assures us there is mercy and fullness of redemption when we call out to him, from the depths.

The Apostle Paul, through his life's testimony and teachings invites us to look beyond what we see through the presence and power of the Holy Spirit. To not live defeated lives enduring self-justified punishment, but to see Christ present in all these moments.

When my son was diagnosed with a life limiting illness, I was wracked with guilt and embarrassment that the world will know how sinful I was to have this tragedy befall me. Yet with the grace of the Spirit, I have continuously witnessed the beauty of Jesus behind every excruciating heartache along the way. Because of the grace of redemption and forgiveness my broken imperfect life is not a rock that sinks me in shame, but a ledge from which I see the beauty of God.

In today's Gospel proclamation, Jesus demonstrably argues that it is imperative we know the truth about him, that he is truly the son of God, the way, the truth, and the life. Fulfilling God's promise to Eve, he not only crushed the head of the tempter through his lineage to her, but also opened the door for us to join his family.

PRAYER: Abba Father, open the eyes of my spirit
so I may see your glory behind the pain. Amen.

1 Kings
17:1-6

Psalms
121:1-8

Matthew
5:1-12



Monday

10th June 2024

Tenth Week in Ordinary Time

May we live the values of the Beatitudes

The Beatitudes sum up Jesus' teaching about what it means to live as a child of God. They can be described as the manifesto of his Kingdom; the foundations and characteristics of the Kingdom. The poor in spirit, those who mourn, the meek, those who hunger and thirst for righteousness, the merciful, the pure in heart, the peacemakers and those persecuted because of righteousness are those who have pursued God by rejecting pride and self-sufficiency, which is the path of sin and idolatry. They are indeed blessed, because Jesus invites them to respond to his message of the arrival of the Kingdom. The happiness spoken of in the Beatitudes is God's blessing granted to those who choose to be disciples. It is a result of the realization of a person's spiritual poverty and an acknowledgment of one's total dependence on God. We can live out the declarations of the beatitudes by judging less, seeing ourselves in others who are struggling and extending to others the grace we have received.

PRAYER: Abba Father, grant me the grace to reject pride and self-sufficiency, and respond to your call by living the values of the Beatitudes. Amen.



Acts
11:21-26; 12:1-3

Psalm
98:1-6

Matthew
5:13-16



Tuesday

11th June 2024

Memorial of Saint Barnabas, Apostle

Lead, kindly light, amid the encircling gloom

We meet a great Biblical character in the first reading: Barnabas who was an ardent disciple of Jesus. In the first reading, Barnabas is introduced as a person who was filled with the Holy Spirit. We could take the example of Barnabas and be filled with the Holy Spirit and faith. We are called by God for different missions. Therefore, we should not compare ourselves with each other. What I am called to do is not what another person is called to do. Hence it is not proper for us to judge others. Our main goal in life should be to be moved and motivated by the love of God when we deal with ourselves and others. Today's Gospel proclamation states who we are and what our mission is: we are the salt of the earth and the light of the world. When we have the essence within us we could share it with others. We should remain in the light to fulfill the mission. The light within us could light up our surroundings. We need to have light within us to scatter the darkness around us.

PRAYER: Abba Father, let me be full of your light. Amen.

1 Kings
18:20-39

Psalm
16:1-2,4-5,8,11

Matthew
5:17-19



Wednesday

12th June 2024

Tenth Week in Ordinary Time

Do we have the courage to live according to God's plan?

The Lord invites us to introspect and discern to see who holds ownership of our hearts. Is it the Lord? Or have we turned our devotion towards the worldly gods crafted by human hands? In our surroundings, numerous idols may demand our worship, promising prosperity. This is a trend in our society. It is our connection to the Church and the sacraments that anchor us. Today's readings urge us to return to God's embrace. Often, we chase after solutions and material gain. However, we must reevaluate our priorities and seek the will of the Father. His divine presence will fill our hearts in the power of the Holy Spirit, enabling us to accept his guidance with unwavering peace. The Gospel proclamation stresses the necessity of discernment, cautioning us against false prophets. It is important to anchor ourselves to the teachings of the apostles. In a world brimming with competing ideologies, the Gospel stands as the strongest pillar for us.

PRAYER: Abba Father, grant us the grace to recognize the beauty of your truths and the courage to live in accordance with your divine plan. Amen.

1 Kings
18:41-46

Psalm
65:10-13

Matthew
5:20-26



Thursday

13th June 2024

Memorial of Saint Anthony of Padua, Priest and Doctor

Let us be steadfast in faith

Today's readings remind us once again, that there is only One True God. At his name every knee will bow and every tongue will confess that he is God. This is the same God the Prophet Elijah believed in too. He chose to stand by his beliefs defying the authorities and proved at the end that our God is supreme and there is none above him. In the same way, today's Gospel Proclamation invites us to live a life of righteousness, where our hearts are moved only by the voice of God the Father echoing in our hearts: a life where we run only after his love and live as the Lord Jesus did in our spheres of influence. Let us follow the example of Saint Anthony, who depended on God alone. Even when circumstances were challenging, he remained steadfast in faith. As we go through this day, let us remember that God is God, he is the Creator and he is our Abba Father. Let this become a reality in our lives through the power of the Holy Spirit and let the perfect peace of Jesus fill our hearts.

PRAYER: Abba Father, I acknowledge and declare that you are my God. Amen.

1 Kings
19:9,11-16

Psalm
27:7-9,13-14

Matthew
5:27-32



Friday

14th June 2024

Tenth Week in Ordinary Time

Let all that is within me. cry: Holy

Today's Gospel proclamation reminds us of our call to live a life of holiness. God has set us apart from the world to be his. "You shall be holy, for I the Lord your God am holy" (Leviticus 19:2) is what God desires for us and his expectations go beyond the parameters of the world. The Gospel proclamation teaches us that not only deeds but even the secret desires of our hearts should be pure. Jesus invites us to choose to live a life of righteousness in obedience to God. Just like a surgeon who may cut off a part of a person's body to rescue him/her from death, Jesus assures us that the sacrifice of detaching ourselves from things that may lead us to disobey God's commands is worth it. Sitting at the feet of our Lord in prayer and worship will enable the Holy Spirit to work in our lives and give us the wisdom to understand the commandments of God. He will give us the strength and courage to live according to his will all the days of our lives.

PRAYER: Abba Father, give me the strength to reject everything that leads me away from you. Amen.

1 Kings
19:19-21

Psalm
16:1-2, 5, 7-10

Matthew
5:33-37



Saturday

15th June 2024

Tenth Week in Ordinary Time

Let our “yes” mean “yes” and our “no” mean “no”

An oath is to call on someone greater than ourselves to assure that our words are true. In the Old Testament God assured the Israelites that he would do what he had promised. After Abraham’s sacrifice, God made an oath to Abraham. He said, “By myself I have sworn” (Gen 22:16). This was to assure Abraham that God would keep his promises, because God is true. In the New Testament, we read that people swore by the gold of the temple, but they did not keep their promises. Therefore, in the Gospel proclamation, Jesus tells the people that everything belongs to the Lord, so if they made an oath by the temple, or by Jerusalem or by their hair, it made no difference because everything belongs to the Lord. Jesus cautions us to be careful about our words and instructs us that it is better to refrain from oaths. He wants us to practice being truthful whenever we speak so that we will not need oaths. Let our “yes” mean “yes” and our “no” mean “no.”

PRAYER: Abba Father, may we seek to honour you in every word we speak. Amen.

Ezekiel
17:22-24

Psalms
92:2-3,13-16

2 Corinthians
5:6-10

Mark
4:26-34

Sunday

16th June 2024

Eleventh Sunday in Ordinary Time

We sow. God makes the seed grow

God is in control of everything in the universe. Nothing is beyond his control. What he says happens. He alone is Lord of death and life. He can bring down the proud and raise up the lowly.

God promised to restore the people of Israel from being an enslaved and despised nation to a free nation, restoring them to their own homeland. God fulfilled that promise to Israel.

God sent his Son to redeem us from our enslavement to sin, establish his kingdom on earth and open the way for us to go into our heavenly homeland. Jesus is the tender shoot that God the Father planted to establish his kingdom on earth. That young shoot grew into a sturdy tree that towers over and above all other trees where all kinds of birds are able to build their nests and find shelter.

Jesus brought the nations into his kingdom by his death and resurrection. Because of Jesus' death on the cross and resurrection, he has redeemed all humanity. God's salvation is open to all who wish to become part of his kingdom, no matter who we are or where we are from. God has spoken this promise and we can be confident that he will fulfil it.

The growth of God's kingdom is mysterious and cannot be controlled by us. We can contribute to developing it, but we cannot control it by our efforts. Like the farmer, our task is to sow the seed - the Word of God. It is the teacher's responsibility to teach. The farmer cannot force or cause the seed to grow. The seed grows as nature intended, taking time.

Once the Word of God is sown in a person's life, it will take time to grow. It will be in God's timing, not ours. After sowing the seed the farmer went about his normal activities. He shows no anxiety about the seeds' growth. He plants the seed with the hope of an eventual harvest at the right time and has patience while the seeds grow.

The growth of the kingdom of God comes from him and not from human effort. The seed will fulfil its destiny and produce the expected harvest. In the same way the growth of God's kingdom will reach maturity at his appointed time. God's kingdom will be established on earth by God himself. The sowers of the seed should not become discouraged if they do not see immediate results of their work. Reaping the harvest is God's work. He alone knows when and how to do it.

PRAYER: Abba Father, may I patiently share your Word with others. Amen.

1 Kings
21:1-16

Psalm
5:2-7

Matthew
5:38-42



Monday

17th June 2024

Eleventh Week in Ordinary Time

Where there is hatred let us sow love

Today's Gospel proclamation tells us how to treat our opponents. We may face opposition, enmity and rivalry on a daily basis. It can be from our family, workplace, school or society, yet the challenge and oppression is hard. The Lord tells us how to handle such situations. The Lord replaces retaliation with reconciliation. In our sinful nature we often fight and hurt the ones who hurt us. It may appear to be a solution or a method to solve issues. The Lord takes it to a deeper level where he treats the root cause of the problem. He guides us to fight evil with good, to mend the brokenness of others. Often this is a struggle, but with the Holy Spirit we can do the needful. That is what our Lord did on the cross, he forgave without measure and ended the vicious cycle. When we are forced to carry a burden a mile can we go another mile? Can we give more than the world is demanding from us? With the Lord's grace everything will be possible. Let us trust God and live surrendered lives.

PRAYER: Abba Father, use me for your glory and to heal the world. Amen

1 Kings
21:17-29

Psalm
51:3-6,11,16

Matthew
5:43-48



Tuesday

18th June 2024

Eleventh Week in Ordinary Time

Love for Enemies

Our God is love. He loves the good and the bad alike. In today's first reading king Ahab who was a murderer is forgiven by God as he repents. If we examine our depths we see the many times we have gone against Jesus by being hard-hearted, angry, revengeful, jealous and critical. But everytime we realize our sinfulness and turn to God, his mercy and love covers our hearts and we are set free. He wants us to allow that mercy and love to overflow to others. As Jesus said, it is easy to love those who love us, accept us, help us, admire and appreciate us. But it is difficult to love when we are rejected, percecuted, cheated and hurt. Let us remember daily when we sit at his feet the multitudes of sins forgiven by our Lord by his suffering and death. Then through his grace we will be able to love, pray, bless and forgive the people whom we call our enemies. This is the core of his Kingdom values. When we live in this way, we will bear witness as Christians.

PRAYER: Abba Father, let me be merciful to others as you are to me. Amen.

2 Kings
2:1,6-14

Psalm
31:20-21,24

Matthew
6:1-6,16-18



Wednesday

19th June 2024

Eleventh Week in Ordinary Time

Whatever you do, do it with love

To receive God's favor we need to be motivated only by the love of God. As the Word tells us, this new law is the law of love. All our actions will be infused by the Holy Spirit who is the love of God. This love sets us free from ritualistic observances. When our good works performed in secret become a constitutive part of our life, we receive the Father's approval which is the only thing that matters. We are accredited with the righteousness of God. Prayer, fasting and almsgiving lead us to the glorious fate of Elijah - to be taken up into heaven. It is a good time to look deeply into our hearts. How honest are our motives in what we do? Unless we have a personal relationship with Jesus and have access to the infinite resources of divine grace, we cannot experience true piety. Saint Teresa of Calcutta said, "We must be aware of oneness with Christ, as he was aware of oneness with his Father. Permit him to work in us and through us with his power, with his desire and his love."

PRAYER: Abba Father, may your love alone, spur us to action in what we do. Amen.

Sirach
48:1-14

Psalm
97:1-7

Matthew
6:7-15



Thursday

20th June 2024

Eleventh Week in Ordinary Time

To err is human, to forgive divine

Prayer is divided into three parts: seeking God's will, his provision for our needs and forgiveness. Jesus provides a model prayer, commonly known as the Lord's Prayer. This prayer is a guide for us to approach God. It emphasizes acknowledging God's holiness, seeking his kingdom and will, asking for daily provision, seeking forgiveness for sin, and asking for protection from temptation and evil. Prayer is a meaningful communication with God, recognizing that God already knows our needs. Many times we think that God is not aware of our needs. Jesus links God's forgiveness to our willingness to forgive others. Those who seek God's forgiveness should also extend forgiveness to others. We often ask for forgiveness from God but do not forgive others. It is a part of our discipleship call. Many times we struggle to forgive others since we are unable to forgive ourselves. We are called to make our prayers not as an obligation, but willingly and gladly from our heart and soul.

PRAYER: Abba Father, help me to forgive others as you forgive me. Amen.

2 Kings
11:1-4,9-18,20

Psalm
132:11-14,17-18

Matthew
6:19-2



Friday

21st June 2024

Memorial of Saint Aloysius Gonzaga, Religious

Give the first place to God

In today's Gospel proclamation Jesus is reminding us to not store up treasure on earth. However, we may think that it is not practical in this present world because many things are based on money and if we do not store up for our future we may lose our future plans. The Lord wants us to depend on him, because he has the best plan for our lives. We need to check our attitudes, like our pride, our jealousy and our anger. If we focus only on worldly things, our pride will build up because we feel that we are strong enough to control things and we may start to compete with each other. Because of these weaknesses we fall into sin and lose the connection with the Lord. Therefore, we need to be more mindful. We need to be more prayerful in our journey. While earning our keep, let us give first place to God. We need to be aware of his presence, because ultimately we have to say farewell to everything in this world. Let us focus our mind on the eternal One and surrender our lives to him.

PRAYER: Abba Father, take your rightful place: be the first in my life. Amen.

2 Chronicles
24:17-25

Psalm
89:4-5,29-34

Matthew
6:24-34



Saturday

22rd June 2024

Eleventh Week in Ordinary Time

Are we too busy to pray?

We get caught up in today's fast pace world and find ourselves busy. Sometimes we are overwhelmed with work that we feel even 24 hours are not enough for a day. What have we achieved or gained by being so busy? When life becomes too hectic we make some sacrifices to keep up, to make ends meet, to achieve goals. One of those sacrifices would be our time. When we sacrifice our time the first thing that gets eliminated is our time for prayer. We want to have a spiritual life while keeping abreast with the world. No one can serve two masters. My busy schedule at one time overtook my time for prayer. I had to learn my lesson the hard way to realize that without my relationship with Jesus nothing matters. I would rather serve God than the world. If I choose to serve only God and give him the ownership of my life he takes care of all the aspects of my life. We need to trust in God and hold on to him and he will take care of us. Are we ready to put our trust in the one true God?

PRAYER: Abba Father, help me to place my complete trust in you. Amen.



Job
38:1,8-11

Psalms
107:23-26,28-31

2 Corinthians
5:14-17

Mark
4:35-41

Sunday

23rd June 2024

Twelfth Sunday in Ordinary Time

“With nothing I came, with nothing I shall leave”

In today's first reading, we read about God addressing Job out of the storm demonstrating his overwhelming power (v1). This is a reminder to us that God is in control even when it appears as if he is not in control.

We see this clearly in the Gospel Proclamation when Jesus' disciples face a violent storm (v38). It appeared as if Jesus was either unaware or did not care. They did what we would have done. They woke him and said to him, 'Teacher, do you not care that we are perishing?' (v.39). Waking up, the Lord Jesus rebuked the wind and said to the sea, "quiet", the wind ceased and there was great calm (v40). By calming the storm, Jesus demonstrated that he had power over storms just as his Father had told Job.

We prefer our lives to be ones that are smooth sailing. However, we often experience storms. Some are the results of choices we have made or they may also be spiritual attacks. Either way, Jesus wants to get us through our storms. We hear the words of Jesus to his disciples echo in our ears "Why are you terrified? Do you not yet have faith?" (v40). These are the times when we find it difficult to "cast all our anxieties on him, for he cares about us." (1 Pt 5:7).

It is understandable to be anxious or worried when storms overwhelm us. However, we should not think that God does not care. We may be afraid that we are not worthy as those who in the past cried to the Lord in their distress. We want God to get us out of the terror so that we do not have to experience distress or anxiety. However, we forget God's promise, "In its time, I will do it swiftly." (Is 60:22)

Our panic is born of our sense of helplessness when we are not in control. But we are Jesus' disciples, surviving storms is the will of God, "For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it." (Mk 8:34-35).

Let us remember that Jesus is with us each time we face a crisis. He may just be waiting for us to bring it to his attention that we recognize our circumstances and that we are unable to do anything about them by ourselves. Jesus may be waiting for us to recognize his power and to place our trust in him.

PRAYER: Abba Father, help us to recognize our utter dependence on you. Amen.

Isaiah
49:1-6

Psalm
139:1-3,13-15

Acts
13:22-26

Luke
1:57-66,80



Monday

24th June 2024

Solemnity of the Nativity of Saint John the Baptist

“He must increase. I must decrease”

Today we celebrate the nativity of John the Baptist. At the moment of the fall of humanity, God promised his Messiah and the final sign of that promise is the birth of John the Baptist; the one who paved the way for the Messiah to be born according to the salvific plan of God. God knew John before he was born. Similarly God knew us before we were born. The Psalmist portrays the omniscience of God. There is one thing that consoles us in this troubled world; that God knows us by name. He knew us even before we were born and he knows our last days too. The second reading confirms to us that God is faithful to his promises. He walks his talk. God did it in the past and he still walks his talk. We could trust him. The Gospel proclamation confirms that, what God says would never change. The world would try to change us according to the worldly standards but God would not allow such changes. What God desires takes place and we need to trust him and relax.

PRAYER: Abba Father, I know that you know me. Help me to trust you. Amen.

2 Kings
19:9-11,14-21,31-36

Psalm
48:2-4,10-11

Matthew
7:6,12-14



Tuesday

25th June 2024

Twelfth Week in Ordinary Time

Trusting God's supernatural power in crisis

Threatened of war and destruction by the King of Egypt, King Hezekiah turns to God in prayer. He identifies the true nature and power of God to be his strength rather than dwelling on fear of man. Hezekiah's faith and trust, pleased God and he defended the city of Jerusalem. Similarly, we too experience much despair and brokenness in our life's journey. We have choice of response; despair and fear, or turn to God in prayer, for his intervention. Recently, I had such chaos in my life. Yet, I trusted in my true identity and the creative nature of God. I cried to him in prayer. He carried me on eagle's wings. Chaos reigned, yet peace within. The Gospel reminds us about the duality of our nature and the choices we face. The world attracts us to the broad and easy path leading to destruction. God's Spirit leads us through the narrow path that leads to eternal life. Let us examine our hearts: What is the choice we make today?

PRAYER: Lord Jesus, you are the way, the truth and the life.
Guide me to follow you. Amen.

2 Kings
22:8-13; 23:1-3

Psalm
119:33-37,40

Matthew
7:15-20



Wednesday

26th June 2024

Twelfth Week in Ordinary Time

Bearing good Fruit

In today's Gospel proclamation Jesus is warning his disciples to be aware of false prophets. The disciples were a selected group who had decided to follow Jesus. One step taken in the wrong direction or one false message embraced can lead a disciple astray. Similarly, our worldly desires, worldly attachments and sinful nature, can give us false messages and become false prophets that control and guide us. Our minds are influenced with disinformation and misinformation pushing us to embrace power, money and lust. How can a disciple of Christ recognize and defeat this darkness? Jesus gives us the answer: "If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." The fruits he is speaking about are the fruits of the Spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. We can bear these fruits by remaining in him, receiving the Sacraments and having a committed prayer life.

PRAYER: Abba Father, give me discernment,
that I may observe your law and keep it with all my heart. Amen.

2 Kings
24:8-17

Psalm
79:1-5,8-9

Matthew
7:21-29



Thursday

27th June 2024

Twelfth Week in Ordinary Time

Are we captives?

The Lord Jesus gives us guidance to lead our lives wisely. As Christians, we are baptized into a threefold mission. Thus, we are priests, prophets, and kings. We are called to prophesy, heal the sick, and perform miracles. Exercising these gifts is necessary to bring the kingdom of God among the people. The Lord Jesus is giving us a warning. If we take the glory that is due to God in exercising these gifts given by the Holy Spirit, it is sinful. We need to exercise them in humility and in love. In the first reading, we see that living an evil life led the king of Israel and the people to captivity and slavery. Though we may not have realized it, we too may be living in captivity in some areas of our lives such as anger, reactions, jealousy, pride, and greed for material things, leading us to be slaves to sin. Let us examine ourselves: are there any areas of captivity in us? If so, let us give that truth to the Lord Jesus and claim his forgiveness and salvation.

PRAYER: Abba Father, empower us with your Holy Spirit to build our lives on your Word.. Amen.

2 Kings
25:1-12

Psalm
137:1-6

Matthew
8:1-4



Friday

28th June 2024

Memorial of Saint Irenaeus, Bishop and Martyr

Come to Jesus, and be Healed

A person with leprosy faced isolation from their community during Jesus' time and even now. In today's Gospel proclamation the person with leprosy is confident that Jesus is able to heal him but he is not sure if the Lord is willing. He approaches Jesus and utters his request and receives the healing. What is our "leprosy", that keeps us from getting close to Jesus and others. We feel unclean in our sinfulness and steer away from people and God. We have no other hope except in the Lord. Jesus is willing to heal us spiritually, physically, emotionally and psychologically if we come to him. He loves everything about us, including our flaws. Jesus loved the "untouchables," he sought them out and made them whole again. Let us go to Jesus despite our "leprosy" and no longer stay separated from him because of our shame and fear. After we receive his healing, we should show ourselves to others to testify to the goodness of God. What God did for us, he wants to do for others.

PRAYER: Abba Father, may I have the faith to reach out to you and ask to be healed. Amen.



Acts
12:1-11

Psalm
34:2-9

2 Timothy
4:6-8,17-18

Matthew
16:13-19



Saturday


29th June 2024

Solemnity of Saints Peter and Paul, Apostles

The Lord never leaves us

As we celebrate the solemnity of two giants of our faith, Saint Peter and Saint Paul, we cannot but think of the adventurous lives they led. They had many brushes with death prior to their martyrdom. In their close to death encounters, the prayers of the people and the grace of God sustained them. In St. Peter's experience, while he was closely guarded, the angel of the Lord stood by him and rescued him supernaturally; while St. Paul declares that the Lord stood by him and rescued him from the lion's mouth each time. Both these stalwarts knew that God was with them and for them even in the worst of circumstances. When it felt like the world had abandoned them, songs and psalms graced their lips. We may go through such experiences in life, which may not be as extreme, but we can rest assured that the angel of the Lord will be encamping around and comforting us in our daily struggles as we surrender in prayer and praise.

PRAYER: Abba Father, we choose to claim your protection, power and saving grace, each time we encounter any sort of danger. Amen.



Wisdom
1:13-15; 2:23-24

Psalms
30:2,4-6,11-13

2 Corinthians
8:7,9,13-15

Mark
5:21-43

Sunday

30th June 2024

Thirteenth Sunday in Ordinary Time

In Christ, the power of death is broken

In the First Reading, the book of Wisdom tells us that God created us in his own image, to be imperishable. In chapter 3 of the book of Genesis, we are told the story of the sin of the first man Adam, that led to our fall which brought death into the world.

Often we blame God for the causes of death in this life, whether it is through forces of nature, a war, a chronic illness or a road accident. We have called it God's punishment, or judgment on this world or a life being sacrificed for God. We have cried out to God asking why he allowed it to happen, especially about the death of a loved one.

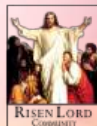
We know of the tragic events of the Easter Sunday attacks in April 2019 that killed hundreds of innocent people which resulted in the loss of whole families and loved ones. Why would God allow such a tragic event, especially on the day we were celebrating the resurrected Christ? The answer is he did not. Instead, he was crying with us at the loss of innocent lives, while the love of God, his passion for life, was rising inside of us.

If God does not delight in the death of the living, then we must look at death differently and not through the eyes of fear. When Jesus conquered death through his resurrection, he enabled us to face death with boldness rather than fear. We need to talk about death instead of being a society of death-deniers or avoiders, because death is inevitable and unavoidable.

When we speak of death, it is not limited to our physical end in life. It also refers to internal dying to ourselves, either when we sacrifice something for a greater good, or when we put to death, something that is not in accordance with God's will, such as our addictions. Some lead purposeless, empty, and lonely lives without genuine human relationships. They would say that they feel as if they are dead already.

In the Gospel proclamation we see Jesus saving Jairus' daughter from death by telling her to "get up!". In Christ, the power of death is broken. The evidence of scriptures is that in God, we learn not to deny death but to face its reality. In Jesus we embrace the power to live unbound by death. Learning to live unbound by death means being encouraged that in Christ, we can live purposeful lives, in a deep relationship of love with him. It equips us to develop flourishing relationships with others. We are the people of the resurrection, so let us live boldly in God's strength.

PRAYER: Abba Father, creator of the universe, thank you for our lives on this earth. Help us to appreciate and nurture your creation. Amen.



REMEMBERING **WITH** THANKSGIVING MOVING FORWARD **WITH** PRAISE

On Our Knees - In His Hands is a book of reflections and an aid to prayer, based on the daily readings of the Holy Mass. Its purpose is to help Catholics and other Christians engaged in the normal hustle and bustle of life to discover God's presence and direction in the practical situations they are placed in.

This is made possible by a group of writers who are lay people living at the heart of busy day-to-day life.

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