



ON OUR KNEES IN HIS HANDS

DAILY READINGS & REFLECTIONS

MAY 2024



Pentecost

19 May



ON OUR KNEES IN HIS HANDS

MAY
2024

“We can study the whole history of salvation, we can study the whole of Theology, but without the Spirit we cannot understand. It is the Spirit that makes us realize the truth; it is the Spirit that makes us know the voice of Jesus.”

Pope Francis

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Editors

Lalith Perera | Louis Benedict | Mario Dabera

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Acts
15:1-6

Psalm
122:1-5

John
15:1-8



Wednesday

01st May 2024

Optional Memorial of Saint Joseph the Worker

Attune your ears to the voice of the Lord

As children we were blessed to be educated in Christian values. As I read the Gospel proclamation I bring to mind with deep gratitude the religious sisters who fashioned and moulded us to love our faith. As rebellious children we may not have appreciated their shepherding at that time but in hindsight, everything Christ-centric we learned makes perfect sense now. The first shepherding we received was the practice of the traditions of the church including prayer, confession and Holy Mass. All these rituals at that time stood in good stead as we grew to return back to a deeper spiritual life with a genuine love for all the traditions. Today we celebrate the memorial of St. Joseph the worker. I have a deep devotion and love for St. Joseph and numerous are his great intercessions for solutions in life with seemingly impossible situations. Known as an 'Unsung hero', we can learn another form of shepherding from St. Joseph: working silently behind the scenes.

PRAYER: Abba Father, let me be known for my shepherding by action rather than my words as the greatest of saints did. Amen.

Acts
15:7-21

Psalm
96:1-3,10

John
15:9-11



Thursday

02nd May 2024

Memorial of Saint Athanasius, Bishop and Doctor of the Church

Loving beyond a feeling

The word LOVE is so diluted these days and is often associated with a feeling; it changes depending on the situation. The biblical truth about love is that, it is not merely a feeling, but an act. 1 Corinthians 13:4-7 teaches us the qualities of love and what love really is. On the Cross, Jesus demonstrated what true love is, and God our Father demonstrated the reward of obedience to true love through the resurrection. When we proclaim love for Jesus is it merely feelings or words? Jesus invites us into his love, but with the requirement that we obey his commandments. Jesus summed up the commandments to two, love your God and love your neighbour. To love Jesus is also to love those around us. We simply cannot say we love a person, but not strive to have the qualities of Love. We are challenged to examine our love for others and ourselves with how Jesus has taught us to love. It is impossible to love anyone the way Jesus loves us, but we can strive with genuineness.

PRAYER: Abba Father, give me the grace to love with genuineness and sincerity.
Amen.

1 Corinthians
15:1-8

Psalm
19:2-5

John
14:6-14



Friday

03rd May 2024

Feast of Saints Philip and James, Apostles

There is power in the name of Jesus

The basic preaching of the early Apostles and disciples was to instil faith in Jesus. St. Paul repeatedly has stated that Christ died, was buried and was raised "according to the scriptures". Nothing would take place that has not been in the Sacred Scriptures. The Passion of the Lord Jesus, his death, burial and the resurrection has been spoken and stated throughout the Sacred Scriptures. Therefore we need to believe that the Lord Jesus is risen and that he lives in us and among us in Spirit, specially in the Holy Eucharist. The Psalm tells us the message of salvation moves from one day to another. How does it happen? Those who have encountered the Risen Lord Jesus Christ experienced salvation and passed on the message to the next generation. In the Gospel proclamation the Lord Jesus makes it clear that the living God is a triune God and the word of God is true. We need only to believe and command in the name of Jesus Christ of Nazareth.

PRAYER: Abba Father, I believe in you. Amen.

Acts
16:1-10

Psalm
100:1-3,5

John
15:18-21



Saturday

04th May 2024

Fifth Week of Easter

The hill I chose to die on

In the west, a metaphor commonly used is: "Is this the hill you want to die on?". It is usually asked of one who pursues an issue with whole hearted conviction regardless of cost to self. For martyrs, the hill they chose to die on was uncompromising loyalty to their faith in Jesus. Stephen, gifted with wisdom and knowledge, filled with the Holy Spirit dies serving the Lord; uncompromising, steadfast and faithful unto death. What of us today in this secular world? How do we serve with the gifts of the Spirit we have been blessed with? Today's attacks destroy our reputation and friendships. The gift of faith we receive comes with the responsibility of service, for Jesus says "From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked" (Luke 12:48). As I circle the hill of faith, the hill I desire to die on, I hold onto Jesus' promise that it would be the Spirit of my heavenly Father working through me.

PRAYER: Abba Father, open the eyes of my spirit, lead me and guide me.
Amen

Acts
10:25-26,34-35,44-48

Psalms
98:1-4

1 John
4:7-10

John
15:9-17

Sunday

05th May 2024

Sixth Sunday of Easter

Obedience and testimony release God's power

Our God, the "Lord of all the earth" shows no partiality to any group of individuals be they Jew or gentile, rich or poor. If we fear the Lord and do what is right in his eyes, we are accepted by him. If we are sinful and shudder in our weakness he still patiently awaits our return.

In today's first reading which no doubt is one of the most pivotal passages of the new testament, God shows his desire and acceptance of the gentiles coming into faith and community.

Peter had a misconception, that God had called him for the Jews only until the Holy Spirit revealed God's plan for all humankind in worshipping and serving God as previously never done, by saying, "What God has made clean you must not call profane".

Obedient to the voice of the Holy Spirit and without objection, Peter makes the journey north to Caesarea. It was not just Peter's faith in God but also his obedience to God's voice and his testimony of Jesus, that paved the way for such power to flow from him into Cornelius, converting his entire household to faith in Christ. Obedience is key for God's anointing to flow. Disobedience stifles and quenches the move of the Holy Spirit.

In our own walk with the Lord, perhaps we have missed out on something the Lord had required of us. It could be as simple as calling someone and asking how they are or proclaiming hope to a lost soul. Whatever the task, if the Holy Spirit has revealed it and shown God's heart in it, he will empower and anoint us for that task.

All we need to do is love God and love others as the Gospel proclamation mentions and then when we ask anything of God in faith, it will be done for us according to his plan and purpose. If he has called us, he will equip, provide and take us there.

The Lord's healing and deliverance ministries are still alive and active today. A few months ago we were truly blessed to witness some amazing healing miracles in the 'Growing in Christ' program held in Melbourne.

Witnessing people being healed and their faith rising to new levels was amazing. Listening to their testimonies reminded me of the great importance of testifying to what the Lord has done in our lives so others too can build upon such faith. For the testimony of Jesus is the Spirit of Prophecy (Revelation 19:10).

PRAYER: Abba Father, empower and strengthen me to do what you have called me to do and to testify to all you have done in my life. Amen.

Acts
16:11-15

Psalm
149:1-6,9

John
15:26--16:4



Monday

06th May 2024

Sixth Week of Easter

The Lord takes delight in his people

Life does not always follow a logical path, and events do not unfold seamlessly. It undeniably takes a strong faith to navigate through life's challenges. The Holy Spirit, the spirit of truth, is a constant source of strength for us on our journey to eternity. Regardless of where we find ourselves in this journey or the level of faith we carry in our hearts, the Holy Spirit is there to support us through every situation. Whether it is receiving distressing medical news, a job termination, meeting with the boss, the sudden loss of a loved one, or facing the heartbreak of a broken relationship, these setbacks won't bring life to a standstill. If life were a game, the rule is to keep playing, even when it hurts. In today's Gospel, we learn how Jesus empowered his disciples to bear witness to his power. They were empowered to face situations where the unexpected occurred. Let us strive to live in the Spirit as each day unfolds, allowing us to testify like the disciples on their journey.

PRAYER: Abba Father, as we continue this journey with you, may we bear witness to your Son who accompanies us. Amen.

Acts
16:22-34

Psalm
138:1-3, 7-8

John
16:5-11



Tuesday

07th May 2024

Sixth Week of Easter

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, in moments of doubt and uncertainty, give us the grace to immerse ourselves in your unconditional love. Amen.

Acts
17:15,22--18:1

Psalm
148:1-2,11-14

John
16:12-15



Wednesday

08th May 2024

Sixth Week of Easter

The God I know

As I reflect on the God I worship in my heart, I wonder if I too am guilty of religiously worshiping a God of my own created understanding. I fear that in my limited humanness I tend to lose my understanding of the all-encompassing magnitude of God, in whom we live and move, and I tend to lose the purpose of my Christian calling: to worship God through relationship. Though I may not have built statues according to my understanding of his image, I certainly have built my image of God in the limited box I see him in, in my understanding of what he might want and what I should do for him to the point of reducing him into a transactional God. St Paul reminds me that I am blessed to be called to relationship with the one who created all things, and there is nothing I can do for him but to accept his sonship. Conflicting culture wars and ideologies call on us for a Christian response. Jesus has sent us the Holy Spirit to reveal to us the truth of God's heart in all things.

PRAYER: Abba Father, grant me the grace to trust you with all my heart and to not lean on my own understanding. Amen.

Acts
18:1-8

Psalm
98:1-4

John
16:16-20



Thursday

09th May 2024

Sixth Week of Easter

Discerning the will of God

We need to get into the habit of asking Jesus to lead us and guide us. God is faithful and he will not fail us. He will provide for us according to our needs. Preaching the Gospel is not easy. We will meet with opposition, sometimes from within our family and friends. But we need to be focused and stay faithful to God, who will pave the way for us to continue in our mission. When we run into problems, we should seek God. Learning to trust God is a daunting task: we need to have faith. Married people have an important and responsible place in his kingdom work on earth. We also learn the importance of hospitality, support and compassion. Our mission is to bring Christ to others. Until the disciples saw the risen Lord, they were powerless. After they saw and recognised Jesus through the eyes of faith, they were strengthened. Jesus reassures us that our sadness will be turned into joy because he will always be with us in the power of the Holy Spirit.

PRAYER: Abba Father, may I seek and do your will. Amen.

Acts
18:9-18

Psalm
47:2-7

John
16:20-23



Friday

10th May 2024

Sixth Week of Easter

God will turn our sorrow into joy

When we ponder about St. Paul, we associate him with courage and boldness and not with fear. Yet, in today's first reading we observe that he was filled with fear as he was called to share the message of Jesus. When St. Paul was experiencing fear, our Lord encourages him through a vision to persevere in his calling. Not only does the Lord tell Paul that he will be with him but he also reassures him that he has "many people in the city". When we are feeling afraid and lonely, the Lord promises us that not only will he be there with us, but he will bring support and connection through the people around us. In today's Gospel proclamation, Jesus taps into the human experience and uses the imagery of child birth to invite the disciples to look beyond the painful experience of his forthcoming death and into the joyful occasion of his resurrection. Let us give our pain, fear and rejection to Jesus and gaze on him, the source of our joy. He will turn all our sorrows into joy.

PRAYER: Abba Father, guide me as I seek you in moments of fear and anxiety.
Amen.

Acts
18:23-28

Psalm
47:2-3,8-10

John
16:23-28



Saturday

11th May 2024

Sixth Week of Easter

Depend on God's grace

Jesus longs for our asking, he encourages it in today's Gospel reading. However, it is not always easy to ask. Because, to ask is to act in faith. Specially, if our asking has led to months, even years of disappointment. To keep asking is to keep trusting, keep enduring and keep believing in the goodness of the giver. Sometimes, it is easier to settle and shut out the desires of our heart, rather than risk being let down again. But we are given a promise: "ask and you will receive." Jesus does not instruct us to be strategic or diplomatic in our asking. He places no limits nor conditions on our asking. With people, the more we ask, the less it is welcomed. But the Lord is the perfect Giver. He blesses the hungry, thirsty and poor. Since total dependency on God is the goal, let us lean on him more. Let us do away with self-sufficient living and pursue grace-dependent living. Let us run to him with our needs. Whatever we ask of God he will give, in accordance with his will.

PRAYER: Abba Father, may we seek and rely on your providence and strength, instead of our own. Amen.

Acts
1:1-11

Psalm
47:2-3,6-9

Ephesians
1:17-23

Mark
16:15-20

Sunday

12th May 2024

Solemnity of the Ascension of the Lord

Jesus ascended so the Holy Spirit could descend

Today the church celebrates Jesus' ascension into heaven. He had been arrested, tortured, crucified and killed. Human beings did as much as they could to hurt and destroy the Lord Jesus. However, nothing they did was enough to overcome the power of God, who raised the Lord Jesus from the dead, making him victorious over sin and death.

In today's first reading, Jesus gives his disciples two final instructions before his ascension. Firstly, to wait in Jerusalem for the Holy Spirit and secondly, to bear witness.

Jesus is speaking the same words to us today. We are shocked and horrified of the events which take place in the world today. Our once peaceful and carefree lives have been replaced with sorrow and fear. This sorrow and fear are addressed by the Lord when he says, "Stay here in the city until you have been clothed with power from on high" (Acts 1: 4-5).

He is asking us to come to him with our pain, sorrows and fears. He wants to be the rock and shelter for us. When we come to him and cling to him through his Word, he gives us a promise – we will be filled with the Holy Spirit.

Jesus ascended into heaven to empower us with this Holy Spirit. The power is coming through the Holy Spirit into us, we need to only wait for him. The Lord is asking us to wait on him in expectation of the Holy Spirit. The Lord's love and mercy had changed the hearts of his disciples. Even though they lived with the Lord for three years, when the Lord was arrested, they deserted him. They loved the Lord, but they did not have the strength to stay with him and go through the torture he went through.

When the Risen Lord came in search of them, they received the forgiveness and love of the Lord. They realized they had a Master who was merciful and forgiving. His love for them outweighed anything they had done to him. He loved them even at their weakest point in life. And because of this, the disciples would have been even more encouraged to spread the good news of Christ's resurrection to the rest of the world.

Today's Gospel reading describes the task the Lord entrusted us with just before he ascended into heaven. For this to be possible in our lives, we should be baptized by the Holy Spirit and move from 'with Christ' to 'in Christ' experience.

PRAYER: Abba Father, empower us with the Holy Spirit that we will be witnesses of your love and your offer of eternal life. Amen

Acts
19:1-8

Psalm
68:2-7

John
16:29-33



Monday

13th May 2024

Seventh Week of Easter

God's love is beyond our understanding

Our lives begin to blossom when we accept Jesus as the Lord of our lives. Though Jesus unceasingly spoke to his disciples of the Father who loves us without any boundary, it seems that they were unable to fully understand it. Jesus said that at the crucial moment of facing the battle 'my Father will not abandon me'. It was as if he was indicating to the disciples 'as my followers remember to hold on to the Father when you are persecuted'. Challenges will be a part of our lives yet God's strength is sufficient for us to face them. We are united to the Father and no one can snatch us away from his love. Great and mighty miracles happened through the power of the Holy Spirit as Paul placed his hands on people and preached the kingdom of God with boldness. This same power has been given to us at baptism. The more we discover this heritage which is hidden within us like a treasure, supernatural power will touch the lives of people around us. We are blessed beyond measure.

PRAYER: Abba Father, it is beyond our understanding to fathom your love for us. We love you with all our hearts. Amen.

Acts
1:15-17,20-26

Psalm
113:1-8

John
15:9-17



Tuesday

14th May 2024

Feast of Saint Matthias, Apostle

Love gives true joy

Today we celebrate the feast of St Matthias the apostle who was chosen to take the place of Judas. Our Lord is reminding us that it is not we who chose him, but he that has chosen us. He called us to be his chosen even before we were formed in our mother's womb (Jeremiah 1:5). The reason behind it is to connect us to the Father in heaven and give us the power to bear fruits that last forever. To do this we have to remain in his love and love one another as he loves us. It is only then that we find the true joy of living. Without love we are empty vessels. Jesus says that he does not call us slaves, but friends. What a privilege to have God as our friend. However, in our broken nature we often live as slaves. We obey his commandments out of fear or obligation, instead of seeing his beautiful plan for our lives. Let us take some time to reflect on our relationship with Jesus. Could we be more honest in our prayer times? Could we trust in his goodness? Let us hold onto him in faith, for he cares for us.

PRAYER: Abba Father, thank you for the invitation given to us through Jesus. Help us to love others as you love us. Amen.

Acts
20:28-38

Psalm
68:29-30,33-36

John
17:11-19



Wednesday

15th May 2024

Seventh Week of Easter

Unity among believers

Jesus' prayer speaks of the unity of the Church: "That they may be one just as we are one". Saint John Paul II said: "It stands at the very heart of Christ's mission. It is not some secondary attribute of the community of his disciples". Jesus prays that the Church have unity like the Holy Trinity. Through the Holy Spirit, "we are in connection with the Son" and share with him "his communion with the Father." By God's grace, we are "sharers in his own communion, which is eternal life. Before we forget this vision as impossible, we must remember that with every command Jesus gives, he also gives everything that is needed to follow it. As today's readings remind us, Jesus empowers us in the sacraments, gives us companions to help us and gives us his truth and his Word. He gives himself to us through the Eucharist and he gives us perfect love. Only with the help of the Holy Spirit can we seek to heal whatever divides us as Christians.

PRAYER: Abba Father, draw us further into unity with one another – that we may all be one as you are one. Amen.

Acts
22:30; 23:6-11

Psalm
16:1-2,5,7-11

John
17:20-26



Thursday

16th May 2024

Seventh Week of Easter

Deep abiding love

In today's first reading, we see that Paul spoke as a Pharisee realising there were two groups – Pharisees and Sadducees. Pharisees believed in resurrection, spirits and angels whereas the Sadducees did not believe all three. A debate broke out between them. There was a difference of opinion, a chaotic situation. Jesus prayed that all may be one. We are invited to share the intimacy of Jesus' own prayer and relationship with Abba. Let us be present as Jesus prays, "I have made your name known to them, so that the love with which you loved me, may be in them, so that I may be in them". Jesus is talking about us; wanting to include us in the love relationship he has with Abba. Jesus knows himself as loved before the foundation of the world. Let us recall a time in our own journey when we experienced deep abiding love. Give thanks for this and for the gift of love in our lives. Let us welcome the love of Jesus within us and let us share this love with those we meet.

PRAYER: Abba Father, keep safe the abandoned, the forgotten, the sick, and the lonely, for our hope is in you. Amen.

Acts
25:13-21

Psalm
103:1-2,11-12,19-20

John
21:15-19



Friday

17th May 2024

Seventh Week of Easter

Do we love Jesus?

Jesus asked: "Simon do you love me more than these?" As we ponder those words, perhaps we are thinking if we really love Jesus. Our immediate answer might be "Yes Jesus we love you." Then as he goes on to say "more than these" it might raise a question as to how much we love him. Do we love him more than our spouse, child or friend? Can we say, Yes Lord, we love you inspite of the sickness we are experiencing; inspite of the troubles and trials we are going through? Do we love him more than what we think he can do for us? Is our focus on our love for him or the problems we are facing? Jesus knows our hearts, just like he knew Peter's. He knew that, inspite of the struggles, deep in his heart, Peter loved him. He knows that we love him. Jesus is asking these questions of us not to trip us up, but to get us thinking about the current condition of our hearts. He knows the answer but perhaps we need to remind ourselves of our answer.

PRAYER: Abba Father, may I experience your unending love. Amen.

Acts
28:16-20,30-31

Psalm
11:4-5,7

John
21:20-25



Saturday

18th May 2024

Seventh Week of Easter

Witness to a limitless Christ

St Paul began his preaching to the Jews even through rejection and persecution; this opened the door to the gentiles. As Isaiah says, this too is the work of God; this rejection of Jesus by the Jews is what opened the door to the gentiles. St John on the other hand was the witness of Christ. He was able to say, 'I saw these things and I know they are true' There is a purpose for everything; in all things, is the hand of the unseen steersman – God. Let everyone serve Christ where he or she has been sent. Never mind the task given to someone else. Our mission is to follow him. In the annals of history and in the homes of families throughout the ages, God has always been at work. Now through faith and baptism into his death and resurrection, we can become yet another testimony to the love and power of God. This is the powerful witness of the Christian experience. Can we say with conviction, as powerful witnesses of his love: 'I know Jesus Christ and I know that these things are true.'

PRAYER: Abba Father, you are the author and perfecter of our faith, let us be witnesses of your limitless love. Amen.



Acts
2:1-11

Psalms
104:1,24,29-31,34

1 Corinthians
12:3-7,12-13

John
20:19-23

Sunday

19th May 2024

Pentecost Sunday

There is a longing only the Spirit can appease

As we celebrate the Solemnity of Pentecost, there are some striking facts we come across. The day on which Jesus stood up and declared his global invitation to new life and salvation was the Feast of Tabernacles. The 2023 attack on Israel coincided with Simchat Torah, coming toward the end of the weeklong Jewish festival of Sukkot, which is also known as the Feast of the Tabernacles and is a time of autumnal thanksgiving.

The message of the Feast of Tabernacles is about the future – the second coming of the Messiah, which will be a joyous day for those who know him. When the Messiah comes, he will collect the harvest for the Father's Kingdom.

In the synagogues, people often read from the Book of Zechariah, specially chapter 14 that foreshadows the return of the Messiah. It speaks of the Messiah's reign, God's exaltation of Jerusalem, overcoming Israel's enemies, and all nations pilgrimaging to God's Holy City. During the Festival of Booths, the Jewish people also pray for other nations, inviting them to come to Jerusalem to celebrate together, since God already commanded Moses and the Hebrews to include the foreigner in their feasts (Deuteronomy 16:14).

Coming back to that day in time when our Lord made this important declaration; the word tells us that on the last and greatest day of the feast, Jesus stood up and exclaimed, "Let anyone who thirsts come to me and drink. As Scripture says: Rivers of living water will flow from within him who believes in me."

The question to ask is, "Would anyone have been hungry after such a joyous feast." While the physical body was being appeased with food and drink the spiritual body was languishing. We yearn for the life giving Spirit. We who have the first fruits of the Spirit, also groan within ourselves as we wait for adoption, the redemption of our bodies. Until we are filled with the Holy Spirit we experience a sort of orphan spirit where no matter how much we practice and are preached to, we still feel far away from God.

Jesus has to speak over our lives and when we are filled with the Holy Spirit, the lights are turned on and we begin to see things the way God sees them. We are gifted with a new heavenly perspective. Praise and worship are a natural outcome. Springs of living water begin to flow from within our hearts. Indeed the real feast begins. We are satisfied and renewed in the Spirit.

PRAYER: Abba Father, we yearn for the life giving Spirit to flow into our being and give us new life. Amen.

Genesis
3:9-15,20

Psalm
87:1-3,5-7

John
19:25-34



Monday

20th May 2024

Memorial of the Blessed Virgin Mary, Mother of the Church

In the Cross - there is victory!

Today's Gospel proclamation brings into mind the image of Divine Mercy: the blood and water that gushed out of the side of Jesus out of love for us. We are reminded of this sacrifice during the 40 days of Lent. With Easter, we rejoice and go back to our ways of living. We fail to keep reminding ourselves of the blood that was shed on the cross, the price that was paid for our salvation, we fail to look at the cross in moments of crisis and know there is victory. We need not hide or be ashamed of our sins since the price has already been paid by the sacrifice of Jesus on the cross. Jesus is inviting us to keep gazing at the cross and be reminded of his victory so that in moments of crisis we have the assurance to leave our struggles at his feet. The battle has been won and the blood has been shed, so no longer are we defeated but victorious. Let us seek the intercession of the Blessed Mother in times of struggle, when we have lost our way and she will lead us back to her Son.

PRAYER: Abba Father, in moments of struggle, help us to look at Jesus on the cross and know there is victory. Amen

James
4:1-10

Psalm
55:8-11,23

Mark
9:30-37



Tuesday

21st May 2024

Seventh Week in Ordinary Time

God will support us

Today's Gospel encourages us to listen and reflect on our attitudes in considering ways to help and serve others. We are God's children who long to follow him, and he wants us to be in service to others selflessly and with a genuine commitment to care for those around us. Jesus' significant teaching is love, which is vital in the kingdom of God. He uses an example to say that we can embrace humility with a childlike attitude. This also shows that he loves us unconditionally. We are equal in his sight, and no one is greater or smaller. When we see things go wrong in our day-to-day journey, may our response be like that of the Psalmist: "Throw your cares on the Lord, and he will support you". So, let us stay with him, be positive, and put all our trust in him, who is the source of compassion and joy. Let our daily song be a song of humility. "I am your child, Abba Father. I am your child every day and every hour. I still need your healing power. I am your child, Abba Father, I am your child".

PRAYER: Abba Father, I place my trust in you, protect me. Amen.

James
4:13-17

Psalm
49:2-3,6-11

Mark
9:38-40



Wednesday

22nd May 2024

Seventh Week in Ordinary Time

Enter the heart of God

What motivates our actions and influences our decisions? Many of us have some idea of what our lives would look like day to day and even into the future. Some of us may have well planned 3, 5, 10 or even 20 year plans written out. But where does God fit in to our plans? Perhaps we have forgotten to factor our God into our plans? The Psalmist reminds us today, that the truth is, it does not matter whether we are born into wealth or good status. Because we have to loose all the worldly possessions and our worldly identity to seek God. We do not need to strive to secure our future or be perfect but we are called to come as we are, hopeless, sinful, broken, addicted because the Kingdom of Heaven is for us. God has given us the promise: come, blessed are the poor in spirit, for the kingdom of heaven is theirs. The Gospel acclamation declares and seals the promise that the Lord Jesus gives us: we are to enter the heart of God.

PRAYER: Abba Father, we claim the name of Jesus over our lives.
Lead us back to yourself. Amen.

James
5:1-6

Psalm
49:14-20

Mark
9:41-50



Thursday

23rd May 2024

Seventh Week in Ordinary Time

Potential in the Powerless

The full effect of a true disciple of Christ is not in being powerful. Vulnerability is the foundation. The Lord embraced meekness, humility and became defenseless. Is that not what spirituality is all about? Anything that robs us of that has to be drastically gotten rid of. There is potential in being helpless, defenseless and vulnerable. Because that is the criteria to be transformed into the likeness of the Father. I remember studying martial arts in my youth. We were taught to use the strength of the opponent to our advantage. Likewise our weakness too was used to our advantage. Society puts obstacles in the way of those who do not want to be corrupt or dishonest. The worldly values feed selfish lifestyles. Because of that we play dirty. Not wanting to lose out. The motivating force is the fear of not being accepted. In Jesus we need not compromise our weaknesses with immoral worldly systems. Our weaknesses unleash potential to live as victorious children of God.

PRAYER: Abba Father, forgive us for the times that we failed to be sincere. Empower us to live truthfully. Amen.

James
5:9-12

Psalm
103:1-4,8-9,11-12

Mark
10:1-12



Friday

24th May 2024

Seventh Week in Ordinary Time

Hardness of Hearts

Wickedness has seeped into human hearts. I realized that I could not love and coexist with family. Even marriage became strained, unable to be coped with. God's original plan for man and woman to become one flesh takes a beating: adultery, divorce and other issues spring up. God knowing our predicament comes to our aid. "A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh." Marriage certificates and family platforms are where we learn the art of loving. It is a process, not a state, a beginning, not an end. It is a learner's permit, not a diploma. So let us not give up when we struggle or fail occasionally. Let us draw divine grace from the Paschal Mystery. The Lord died and rose to give a new heart and mind to sinful humanity. Pattern of dying to rise to new life. May we too die daily that our spouse and family members may rise and live.

PRAYER: Abba Father, thank you for you love. Help me to love others. Amen.

James
5:13-20

Psalm
141:1-3,8

Mark
10:13-16



Saturday

25th May 2024

Seventh Week in Ordinary Time

The Power of Praying in Faith

In the first reading we are encouraged to pray together as a community to bring healing and salvation to those who are sick and suffering. As a community this should be of paramount importance to all who serve, to exercise their spiritual gifts and engage in intercessory prayer. However, we are sinners, and we need to confess our sins and forgive others. Invite the Holy Spirit to order our steps and help overcome our weaknesses. In the Gospel proclamation, why does Jesus say that we should accept the Kingdom of God like a child? Children tend to display innocence and trust their parents. As adults we should talk to them about Jesus from a young age, encouraging them to pray every day, and praying together with them to believe that Jesus is real and answers prayer. He is not Santa Claus who is a character who appears once a year. It is conditioned in the brains of young children that they will only receive a gift if they are not naughty but nice. Jesus however loves everyone.

PRAYER: Abba Father, increase our faith to believe in the power of prayer. Amen.

Deuteronomy
4:32-34,39-40

Psalms
33:4-6,9,18-20,22

Romans
8:14-17

Matthew
28:16-20

Sunday

26th May 2024

The Solemnity of the Most Holy Trinity

Blessed the people the Lord has chosen to be his own

Recently I visited an elderly lady who had limited mobility. Despite her restricted movements, she was in great spirits. All she could talk about was about her only daughter and the grandchildren, the times they were visiting her and all the fond memories she had of them. She went on to share with me how these memories keep her alive and hope-filled amidst her physical challenges.

In today's first reading, we see Moses, going along a similar path, reminding the people of Israel of all the marvels God has done for them through the ages and offering them hope for the future. He was encouraging them to fix their gaze on the one true God and hold onto his commandments so that they may prosper.

As we celebrate the solemnity of the most Holy Trinity, it is another reminder of one fundamental truth that we believe in, the greatest mystery of our God's love that comes to us in a three-fold union. God has chosen to reveal himself as Father, Son and Holy Spirit. The many instances that we have experienced the faithfulness of the Father, the saving grace of Jesus and the guidance of the Holy Spirit can shed light for us through dark times.

Just like the happy old lady who found joy in the recollections of fond memories from her past, our own encounters with the Triune God are to be remembered, preserved and savoured time and again, so that we may never grow weary in the face of hardships.

In a special way the Holy Trinity provides us with a model for our lives here on earth. Just as St. Paul affirms, 'we are children of God', hence 'heirs of God and co-heirs with Christ' and our role is to live a life of unity with our brothers and sisters, reflecting our true identity.

Just as the Holy Trinity is characterized by love, our own relationships, friendships, families and communities are to be driven by love as we bear the same image of the Triune God. We are called to hold this truth as a mirror to guide our way of life.

Do our actions reflect the love that our Father lavished upon us by choosing to live in us through the power of the Holy Spirit? Do we appreciate the fact that we are chosen by the Mighty One to be his own? Blessed indeed are we when we live in the awareness of this beautiful truth.

PRAYER: Abba Father, thank you calling us your own and making your home in us.
Amen.

1 Peter
1:3-9

Psalm
111:1-2,5-6,9-10

Mark
10:17-27



Monday

27th May 2024

Eighth Week in Ordinary Time

Surrender Everything

Today's Gospel proclamation talks about the rich young man who wanted to follow Jesus. Our Lord's response was simple; follow the commandments. The rich young man said he had been following the commandments all his life, but yet he did not know how to follow Jesus. Aren't we also the same? We follow the commandments but yet there is something lacking. We do not seem to know how to follow Jesus. Our Lord asked the rich young man to sell all he had, give it to the poor and then follow him. This was not the response this young man expected. How could he give up everything he had worked hard for? After all aren't they fruits of his labor? This is the problem we face today as well. We love Jesus, we follow the commandments but are unable to surrender all that we are and all that we have to the Lord. Peter, Andrew, James and John left their boats to follow the Lord. In the same way are we willing to surrender our lives to follow the Lord?

PRAYER: Abba Father, help me to surrender all to you. Amen.

1 Peter
1:10-16

Psalm
98:1-4

Mark
10:28-31



Tuesday

28th May 2024

Eighth Week in Ordinary Time

Give up what you cannot keep to gain what you cannot lose

We are God's children, chosen by God and sanctified by the Spirit. Through the power of the Spirit, the words of the apostles are addressed to us. The ones who do not see but believe and love through faith. We are called to be holy, to walk in faith and trust in what we do, speak and think. Years back, I heard someone warn "Be careful of consecrating yourself to the Sacred Heart. He asks for a heavy price." For those who are willing to pay that price, for those who are deemed losers, fools and last/least in society for having given up all that we value; our family that gives us roots, our careers that give us purpose, our accolades that give us pride and credibility, so that we can live steadfastly in Jesus' ways, he assures us that we will be set apart in the kingdom of Heaven. Through his death Jesus gave us hope of an inheritance that can never perish: Salvation. "He is no fool who gives up what he cannot keep to gain what he cannot lose" (Missionary Jim Elliot).

PRAYER: Abba Father, give me the grace and wisdom to let go of all that distracts me from your grace. Amen.

1 Peter
1:18-25

Psalm
147:12-15,19-20

Mark
10:32-45



Wednesday

29th May 2024

Eighth Week in Ordinary Time

All glory to God alone

In today's Gospel proclamation we see James and John asking for places of glory and honor from Jesus and not receiving them. An extreme example of seeking glory, is a politician who would kill another to secure his place. There may be times where with a good intention we help someone materially, give psychological support, pray for deliverance and healing or bring someone to the Lord. After doing good, we may long for glory. The desire to do good works, comes from Jesus and we cannot take the glory. All that we have and are, are blessings from him. If we want to be great, be servants, if we wish to be first, be the last. Are we seeking honor and glory? If our hearts are bitter after doing good, then we need to examine and see if we are seeking recognition. We need to recognize that our talents are given by God and when our prayers are answered by God, we need to glorify him. Let us bring the truth of our hearts to Jesus, he will set us free.

PRAYER: Abba Father, give us the grace not to seek glory and honor but to be humble and praise you always. Amen.

1 Peter
2:2-5,9-12

Psalm
100:2-5

Mark
10:46-52



Thursday

30th May 2024

Eighth Week in Ordinary Time

What do we yearn for?

Newborn babies cannot have anything other than milk. No other food or beverage, not even water would do although our bodies consist of 70% water. Newborn babies can only digest and grow with milk. In this light imagine what St. Peter is asking us to do. He is asking us to seek all things spiritual just as newborn babies yearn for milk. When they are hungry, their only course of action is to cry till their need is met. They are so dependent on that milk to grow. Similarly, we are called to have a single focus - to desire the spiritual sustenance that we were created to survive on. What is spiritual food? All things that cause our faith to grow. The flesh opposes spiritual things. 1 Peter 2:11 says "As strangers and refugees in this world do not give into the bodily passions which are always at war against the soul." Are we there yet? Are we where St. Peter invites us to be? If not, what baby steps can we take to be focussed on our journey with the Lord and seek spiritual food as newborns desire milk?

PRAYER: Abba Father, as we desire spiritual food, guide us in all wisdom to draw our sustenance from it. Amen.

Zephaniah
3:14-18

Isaiah
12:2-6

Luke
1:39-56



Friday
31st May 2024

Feast of the Visitation of the Blessed Virgin Mary

My Soul Magnifies the Lord

As the Holy Spirit inspired Elizabeth to cry out "Blessed are you among women, and blessed is the fruit of your womb," we too are filled with awe as we follow Mary's footsteps in magnifying the Lord. Mother Mary believed that what the Lord spoke would be fulfilled. God's promises will surely come to pass. She had great faith, humility and obedience and was highly favoured by God. Thus, the event of the visitation speaks volumes to us. Mother Mary in her kindness and generosity spent three months with her cousin, helping and caring for her. It would have been an immense blessing to have Mary, the Mother of the Lord to assist her. Thus, Elizabeth was truly privileged to be visited by the Blessed Mother. We too are blessed and fortunate today, because the Lord Jesus entrusted to us on the cross the gift of his mother. Thus, like the beloved disciple, let us invite her and take her in to our homes and lives that we may also experience her care and intercession.

PRAYER: Abba Father, thank you for the gift of our Blessed Mother, who is your highly favoured daughter. Give us the power to be like her. Amen.



Where the Spirit of the Lord is, there is freedom

Consequences in Christian life when we let work within us not the spirit of the world but the Spirit of Christ:

1. With prayer animated by the Spirit we are enabled to abandon and overcome every form of fear and slavery, living the authentic freedom of the children of God.

2. When the relationship with God becomes so profound, no other reality or situation affects it.

3. Opens us to the dimensions of humanity and of all creation, in the expectation that "creation waits with eager longing for the revealing of the sons of God" (Rom 8:19).

The answer of God the Father to the Son, to his loud cries, was not freedom from suffering, but a much greater fulfillment: the Resurrection. The Holy Spirit leads us to a journey of life with its trials and sufferings, with the fullness of hope, with trust in God who answers us as he answered the Son.

The Spirit of Christ becomes the strength of our "weak" prayers, the light of our "darkened" prayer, the fire of our "barren" prayer, giving us true inner freedom, teaching us to live facing the trials of existence, in the certainty of not being alone. (Pope Benedict XVI, 2012)

PRAYER: Abba Father, send forth your Spirit. Amen.



**BE STRONG
AND COURAGEOUS.**

**FOR I
THE
LORD
YOUR
GOD
WILL GO FORTH
WITH YOU**

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.

📍 36/1, Pepiliyana Road, Dehiwala, Sri Lanka

☎ 0112 722 220, 070 5 722 220

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