

Reflection for Saturday 12 June

The gospel readings at Mass this week have been about the Sermon on the Mt. from St Matthew's Gospel. The reading we had at Thursday's Mass stood out for me. It was about how we should behave as Christians. Jesus reminds us that our daily lives should reflect the words we say and what we do in the Mass. In other words we should not leave the Jesus we've received in Holy Communion and the words we've spoken at Mass at the door of the church and then go out and live out our lives contrary to Jesus's teaching.

Jesus reminds us that if we engage in the kind of critical conversation with a friend in which we start running somebody else down and tearing them to pieces it is tantamount to killing. We must be careful what we say and remember that we are all made in God's image and he loves the one whom we criticizing as much as he does us. We should pray for those whom we don't like and for those who have upset us in some way.

Before coming to Mass in our preparation we should ask God for his forgiveness for any wrongs we might have done so that we can receive the message of God's word into our hearts with a good conscience and be fully ready to receive into our lives the love of Jesus he gives to us in the Blessed Sacrament of his precious Body and Blood.

In order that we may be helped in all this the Church gives us the sacrament of reconciliation in which we can be assured of help and God's forgiveness. Perhaps we should avail ourselves of this sacrament more frequently.

May God bless us in our Christian lives as with his help we try and live out our lives according to his will.

The passage of scripture I have been referring to can be found in St Matthew chapter 5 vs 20-26.

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