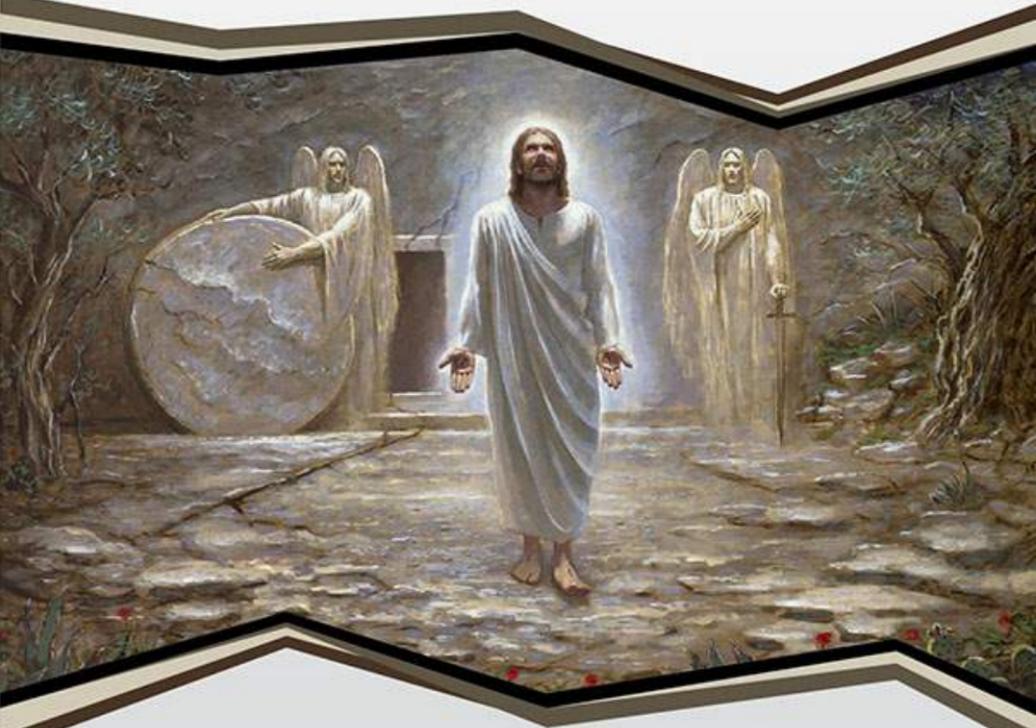


# ON OUR KNEES IN HIS HANDS



**Easter Season**

*17 April - 5 June*

**APRIL 2022** | DAILY READINGS & REFLECTIONS



# ON OUR KNEES IN HIS HANDS

APRIL  
2022

“Do not abandon yourselves  
to despair.  
We are the Easter people  
and Alleluia is our song.”

Saint John Paul II

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**Editors**

Lalith Perera  
Louis Benedict

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## Friday April 1

Fourth Week of Lent

Wisdom  
2:1,12-22

Psalm  
34:17-21,23

John  
7:1-2,10,25-30

God's perfect timing.

We live in an age where we 'think' we are in control of "Time". We say confidently, "we will meet on this day, at such a time to do this or that." But do any of us know if we will actually see it come to pass? When we focus on today's Gospel proclamation, the sequence of events in Jesus' life - his birth, baptism, ministry, his time for the first miracle in Cana, were all centered on an "appointed time" which was known only to Jesus and a time preset by our Father. People could not even lay a hand on Jesus because Abba Father would not permit it at that time. Such is the authority of God over the spirit of man, even of the spirits of people who were plotting evil! We are as precious to our Abba Father as Jesus is - for it is for this very reason that he sent his Son to die such a gruesome death on a cross, for us. We can claim this same verse over our lives too. As long as we remain in Jesus, and his Word that is Spirit and Life remains in us - we too can claim; "no one laid hands on me as the hour had not yet come!"

Prayer: Abba Father, as we remain in you and your Word remains in us - help us to receive each day with a joyful heart. Amen.

## Saturday April 2

Fourth Week of Lent

Jeremiah  
11:18-20

Psalm  
7:2-3,9-12

John  
7:40-53

Taking refuge in God.

In today's first reading, to Jeremiah's surprise, his hometown Anathoth's people were plotting to kill him. They wanted to silence Jeremiah's message for several reasons: Economic - his condemnation of idol worship would hurt the business of the idol makers. Religious - the message of doom and gloom made the people feel depressed and guilty. Political - he openly rebuked their hypocritical politics. And personally, the people hated him for showing them that they were wrong. Jeremiah had two options: run and hide or call on God. Jeremiah called, and God answered. Like Jeremiah, we too have two options; we can either run and hide when we face opposition because of our faithfulness to God, or we can call on God for help. Many years ago in my immaturity, I hid from everything, including God. But the prophets' example have helped me grow into taking refuge in God. Let us not forget that hiding compromises our message; therefore let us call on God and allow Him to reinforce it.

Prayer: Abba Father, help me to be bold like your servant Jeremiah. Amen.

## Sunday April 3

Fifth Sunday of Lent

Isaiah  
43:16-21

Psalm  
126:1-6

Philippians  
3:8-14

John  
8:1-11

The Lord who makes a way through sea and wilderness.

God spoke through the prophet Isaiah, to His people in the 8th century BC, about the new life of abundance He wanted to bring on for them. He reminds them about what He did for their ancestors in the past, namely taking them from slavery to freedom by parting the Red Sea.

The Son of God, the Lord Jesus, makes this same act of wonder, in the life of the woman caught in adultery. She was transformed from a state of being sunk deep in the pit of sin and shame, to the esteemed status of being favored by the Messiah. When she lifted her eyes up from her downcast gaze of being caught and accused, she saw the road to freedom from sin and slavery to grace and freedom, in the person named Jesus.

Can you imagine the amazement and wonder that lit up her face when she heard the words of the Lord Jesus, "Neither do I condemn you; Go now and leave your life of sin." Let us use the gift of imagination God has given us and put ourselves in her place.

We may have things in life that we are ashamed of, may be our past decisions, actions, interactions with others, muddy pits we jumped into, thinking it was a luxurious spa! We might still be neck deep in mud, unable to climb out, taking one step forward and two steps backwards. We might be in the act of being caught and dragged by the world to be condemned and judged, or victims of false accusations. Let us take our focus from our accusers to the One who is the Judge of all.

Are we playing the role of the Pharisees and the teachers of the law, having found out someone else's fault, be it our spouse, child, parent, colleague, clergy, and others? Let us place our accusations at the feet of the Lord Jesus and listen to His words; "Let anyone of you who is without sin be the first to throw a stone." Let us allow His love and compassion to engulf our hearts and minds, washing away all sinful reactions and condemnation, and to empower us to help the fallen person to come to Jesus.

Let us pray for the righteousness that comes from God, through the Holy Spirit. Let us throw all 'garbage' of the world's wisdom and righteousness out of our hearts and place them under the pierced feet of Christ.

The words of St Paul to the Philippians in today's Second Reading, are invaluable. Let us renew our mind to "press on to take hold of that for which Christ Jesus took hold of us." The calling for every Christian is to have the mind of Christ and to be a Christ for the people around us. Our Lord makes ways through seas and deserts. Let us allow God to make a way, where there seems to be no way.

Prayer: Abba Father, thank you for everything You have done in my life. Fill me with Your Spirit that Your love will flow to others through me. Amen.

## Monday April 4

Fifth Week of Lent

Daniel 13:1-9,15-17,19-30,33-62

Psalm  
23:1-6

John  
8:12-20

The Light that people failed to recognize.

Is Jesus the light of our lives? Are we open to this light? We are often tempted to wall off parts of our lives from this light - to let it shine on Sunday, closing off the rest of the week from his radiance. Susannah could not be coerced into sin. How far were these, 'supposed' men of God, from the light. Their hearts were evil, but God was faithful to the one who witnessed for him. His light shines in the darkest moments of our lives if we but follow him. It was too much for the closed hearts of the Pharisees who were scrupulous observers of the law but no relationship with God and therefore they could not see the light. Jesus was the light which was sent from heaven. "The Lord is my light and my salvation, whom shall I fear?" "How great was that servant who knew how he was given light, whence it came, and what sort of a man he was when he was favoured by the light. The light he saw was not that which fades at dusk, but the light no eye has seen. Souls brightened by this light do not fall into sin or stumble on vice." (St John the Serene)

Prayer: Abba Father, may your light shine on us through Jesus, the light sent from heaven. Amen.

## Tuesday April 5

Fifth Week of Lent

Numbers  
21:4-9

Psalm  
102:2-3,16-21

John  
8:21-30

Have I rejected the only means of salvation?

Most of us are going through times of uncertainty. Pandemic, economic downturns and what have we. Patience worn out by this journey of life? Depressed and discouraged by turn of events and trials borne? The Hebrews were asked to look upon the bronze serpent as an antidote. Bronze symbolizes our base and sinful nature receiving transformation, that is imputed in God becoming man and endowing us with His righteousness. Reconciled and consecrated. A new creation in the flesh. However, this comes about only when we realize, "we have sinned against God" when seeking bodily delights and human adulation and not the delight and adulation of the great "I Am". God reveals Himself through His Son. Jesus warns the people that they would die in their sin if they refuse to accept Him. There are two types of people; those who know that Christ is God and those who do not know that He is God. He offers us salvation. "I am the Way, the Truth and the Life." No one goes to the Father and eternal life except through Me.

Prayer: Abba Father, thank you for sending your Son into the abyss of sin and death to rescue us all. Amen.

## Wednesday April 6

Fifth Week of Lent

Daniel  
3:14-20,91-92,95

Daniel  
3:52-56

John  
8:31-42

Jesus sets us absolutely free.

Today's Gospel proclamation reminds me of the time many years ago, how I was invited to the Wednesday prayer meetings many a time but refused to participate. I mainly refused because I thought I was fine and did not need changing. I also did not want to be seen as a religious buff especially to the ones closest to me. But today as I write this reflection I cannot thank God enough for intervening in my life for setting me free from the prison that I thought was a palace, for showing me that even in my pursuit of the adulation and satisfaction in the world, what I was doing was calling out to the Father in Heaven unknowingly, calling to be set free. It would be easy to call the Jews in today's Gospel as foolish and proud, but that can include us as well, hence, it is the appropriate season to repent and seek in our heart what is imprisoning us? Are we refusing change? Are we seeking freedom in the things of the world, from people, apart from Christ? A broken world can give only broken solutions, true freedom can only be found in Jesus.

Prayer: Abba Father, I desire to seek true freedom in Christ alone. Amen.

## Thursday April 7

Fifth Week of Lent

Genesis  
17:3-9

Psalm  
105:4-9

John  
8:51-59

Promise of immortality.

Many people say that they like to live forever. The good news is that we can, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" John 3:16. Am I like some people who say that Jesus is my God yet question everything about God - because I do not know Him or His voice? Or do I want to be like Abraham who believed in God's word and promise? When we believe in God's words and promises, the sting of death is taken away and we realize that death is only a gateway to eternal life. Just like the many Saints of the Church, we will even be willing to give up our lives for God. "Being found in appearance as a man, he humbled himself by becoming obedient to death, even death on a cross!" (Phil 2:8) God emptied himself so that we may have eternal life. We are children of the resurrection (Luke 20:36) and our God is not the God of the dead, but of the living (Luke 20:38). Let us hold on to this promise of immortality - our ambition in life - through the gateway of death.

Prayer: Abba Father, as I obey your word, may my eyes be fixed on eternal life. Amen.

## Friday April 8

Fifth Week of Lent

Jeremiah  
20:10-13

Psalm  
18:2-7

John  
10:31-42

Every rejection can be a reunion with the Father.

There are moments in life when we face rejection. It may be due to some misunderstanding on our part or due to various circumstances. We are bound to face persecution or misunderstanding at some moment in our lives. How do we deal with these moments of persecution? In today's readings the opposition faced by the Prophet Jeremiah and our Lord Jesus were real. Both had enemies who were out to get them with stones in their hands. Today when we are up against opposition, most often the threat is so real. The enemy becomes larger than life and bigger than God. Prophet Jeremiah mentions the threats and he adds, "the Lord, a mighty warrior is with me". We are called to get right with God to the best of our ability and we can be assured that God is with us. "The Lord will fight for you; you need only to be still" (Exodus 14:14). His plan will be accomplished. When we are faced with rejection let us remind ourselves that the Lord is dwelling within us. We are held in the arms of love and God is bigger than our enemies.

Prayer: Abba Father, I turn my gaze away from those who reject me, to the one who receives me with love and mercy. Amen.

## Saturday April 9

Fifth Week of Lent

Ezekiel  
37:21-28

Jeremiah  
31:10-13

John  
11:45-56

Who is Jesus to me?

In today's Gospel proclamation, Caiaphas the high priest condemning Jesus, foretold like a prophet that "Jesus is the one who should be sacrificed to save many". In the first reading, Prophet Ezekiel prophesies about the Messiah. St. Paul writing to the Corinthians says that "Christ died for our sins according to the scriptures". St. Peter in his first letter says "Christ died for sins once for all, the righteous for the unrighteous, to bring you to God". We are redeemed by the sacrifice of Jesus on the cross. We who are finite and fallen have been restored and raised at Baptism to share in the eternal life of God himself. Let us not forget that we are already redeemed. Who is Jesus to me? Is he someone who has to give me my wants? Does our prayers consist mostly pleading for what we think is important? Let us not forget to give thanks with a grateful heart for the victory that Jesus has won for us and the price he paid. Let us spend time with Jesus daily and be filled with his love, listening to his voice and surrendering to his will.

Prayer: Abba Father, give us the grace to live the life that your Son Jesus has won for us on the cross. Amen.

## Sunday April 10

Palm Sunday of the Passion of the Lord

Isaiah  
50:4-7

Psalm 22:8-9,  
17-20,23-24

Philippians  
2:6-11

Luke  
22:14--23:56

He humbled himself and God raised Him on high.

Palm Sunday gives a dramatic start to the Holy week. As we celebrate the triumphant entry of Jesus into Jerusalem, we hear the joyous chorus of praise from the disciples and the crowd gathered, hailing Jesus as king. Immediately after that we hear the contrasting cry 'Crucify him!'. As disturbing as it may sound, it is a reminder that acceptance and rejection are like two sides of a coin. We may find ourselves in both situations no matter what walk of life we are in.

Today, we may be praised, but it may not be the same tomorrow. We may be loved one day and hated the next. The same people who appreciate us today, could turn their back on us to go a different way. There is often an element of unpredictability hanging around the corner. This reality confuses us and sometimes makes us bitter, but we are reminded that there is a better way to face this dilemma: humility is the key, and Our Lord Jesus Himself sets us a great example throughout the scriptures.

Today's readings highlight humility on many different levels. Starting from choosing to ride on a donkey instead of a horse to enter Jerusalem and then choosing to keep calm at the knowledge of the looming betrayal, until willingly surrendering to the hands of His oppressors to be put to a shameful death on a cross, our Lord's response to appreciation as well as condemnation was that of humble resignation. In a special way, we are led to contemplate on our own responses to the many events that come our way, good and bad alike.

In fact, when we reflect on them one by one, we realise that it takes all the courage we have to keep our calm when someone simply talks to us in an accusing tone. Our instincts push us to react to prove our innocence. We find no peace in keeping quiet. Many a times the trials that come our way rarely pose a threat to our life, still we get so disturbed. But our Lord endured suffering and rejection through and through without letting them affect Him, and this is the same invitation we are being given today. Strong and mighty as He is, our Lord became weak and humble and died on a cross, earning the right to be exalted above all else. We too are invited to follow in His ways. Let us celebrate this Palm Sunday of the Lord's passion, praising Jesus our King:

All glory, praise, and honour  
To You, Redeemer, King!  
To whom the lips of children,  
Made sweet Hosannas ring.

Prayer: Abba Father, clothe us with humility and obedience so that the many challenges that come our way may cease to have control over us. Amen.

## Monday April 11

Monday of Holy Week

Isaiah  
42:1-7

Psalm  
27:1-3,13-14

John  
12:1-11

The heart of Jesus is our safe place.

Mary does not hold back her worship, she is seen offering the most costly thing she owns at the feet of the Lord Jesus. A pound of Spikenard; easily worth a year's wages, but Mary does not hesitate to pour this upon the feet of the Lord Jesus. In 2 Samuel 24:24 King David exclaims "I will not sacrifice to the Lord my God burnt offerings that cost me nothing". Worship is not meant to be easy, it involves sacrifice. It declares that the person being worshiped is worth the cost of the sacrifice and more.

The first reading gives us a glimpse at the heart of the Lord Jesus towards us. Our weakness and our inability, do not make him reject us, our brokenness does not scare him. Our faith may be a wavering wick, yet he will not snuff it out. The heart of Jesus is our safe place. Mary has experienced this safe place before in her journey of faith. This Holy Week may we also experience this safe place and like Mary may we also desire to offer extravagant worship to God.

Prayer: Abba Father, I come to you today, you are my light and my salvation. I trust in you! Amen.

## Tuesday April 12

Tuesday of Holy Week

Isaiah  
49:1-6

Psalm  
71:1-6,15,17

John  
13:21-33,36-38

Be a light unto the world.

Today's Gospel proclamation shows us the distressed heart of Jesus just before He was to enter into His passion and death. He was distressed because He knew that there was one among His chosen disciples, who was going to betray Him. Has anything changed over 2000 years? Don't we still grieve the Lord when we are so weak to say yes to His will? Or when we are too busy to spend time in prayer, that we may continually hear him and obey Him? We are called to be His disciples from the time we were baptized. Jesus waits for us to continue to love Him and share Him with the world and not abandon Him. In the first reading, the Lord is making a promise, "I will make you the light of the nations, that my salvation will reach to the ends of the earth". We are called to be a light to our nation, to our families and to our societies and not a cause for dissension. The first reading reminds us of this calling. It reminds us that we were chosen even before we were formed in our mother's womb, to be a light to the world.

Prayer: Abba Father, thank you for perfectly knitting me. Keep me unchanged, so that I may continue to be attuned to the purpose of my calling. Amen.

## Wednesday April 13

Wednesday of Holy Week

Isaiah  
50:4-9

Psalms 69:8-10,  
21-22,31,33-34

Matthew  
26:14-25

### Responding like Jesus.

At the beginning of this season of Lent, we selected life with God over death in the world. As we come to the Easter Triduum, where we commemorate the passion and resurrection of Christ, we can see how Jesus Christ responded to the world. He was fully aware that He was going to be betrayed by a person He chose as His disciple. If I imagine myself in a similar situation, I would have ears full to say to this person and make him/her understand that whatever they are going to do is wrong. But Jesus chose to be silent. He did not react but responded to everyone with love. We may also go through many trials and tribulations caused by our loved ones. We may want to confront them or teach them a lesson. However, Jesus shows us how we should deal with things in life. Be it Judas or Peter, He only took His thoughts to the Father. He was sure that His help comes from God. His ears and heart were opened and connected with the Father. He surrendered His life to Him totally.

Prayer: Abba Father, may I see you as Jesus saw You. The same comfort and security is my longing. Amen.

## Thursday April 14

Holy Thursday

Exodus  
12:1-8,11-14

Psalms  
116:12-13,15-18

1 Corinthians  
11:23-26

John  
13:1-15

### New Covenant by His blood

Today we renew our faith in the most Holy Eucharist, instituted by the Lord as a memorial of His passion and death. Christ comes to live inside of us as we receive His presence in the Holy Eucharist. I have seen my own brokenness dealt with and inner wounds healed as I sit with the Lord at the Blessed Sacrament. "The Lord having loved them to the end, knowing that the hour has come...washed their feet and gave them the commandment to love. In order to leave them a pledge of his love...never to depart from his own...he instituted the Eucharist as a memorial of His death and resurrection and commanded His apostles to celebrate it until His return." (CCC 1337). The Last Supper gives the ultimate meaning to the Jewish Passover. When we apply Christ's precious blood over our lives in submission to the Lord, we are redeemed, saved and protected and then we are called to demonstrate servant leadership, reflecting the Father's heart, where we first came from and are journeying towards.

Prayer: Abba Father, as the Lord did, take me, bless me, break me and give me to others. Amen.

## Friday April 15

Good Friday

Isaiah  
52:13--53:12

Psalm 31:2,6,  
12-13,15-17,25

Hebrews  
4:14-16; 5:7-9

John  
18:1--19:42

I will cling to the Cross of my Saviour.

Today we remember the greatest sacrifice the Lord Jesus offered — his life. Isaiah prophesied about the suffering servant; the one who put God above everything: even above His own life. Isaiah 53:3 says, “He was despised and rejected by humankind, a man of suffering, and familiar with pain.” Jesus faced crisis and pain so that He would understand and know what we go through. He faced this pain and overcame it through His relationship with the Father. The author to the letter to the Hebrews says, “We do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet did not sin.” (Heb 4:15) He went through pain so that He can empathize with us. Today, as we gaze upon the cross and remember the greatest sacrifice ever made, let us draw near to our Saviour and place our troubles at His feet. As we continue to gaze on Him, He will turn our curses into blessings, just as God the Father turned His death into the resurrection and eternal life for us.

Prayer: Abba Father, I lay my life at Your feet. May I be able to walk the ups and downs of life knowing that You are the solution to my problems. Amen.

## Saturday April 16

Holy Saturday

Hopeful patience.

A day of waiting, full of uncertainty, doubts and fears. Imagine the disciples who left everything to follow Jesus. They had now lost their Master as well. They were fearful of being persecuted, despairing that they would not have a future. How about us on this Holy Saturday? Some of us may feel like life is at a standstill, a pandemic is still wreaking havoc across the world. Economic crises, climate change, it seems like in most places we only see bad news. However let us not forget the event we will be celebrating tonight. Death was essential for the resurrection to take place. Whatever we are going through today, will help us to face a better tomorrow. It is never too late with the Lord. Along with creation, as we prepare to celebrate Easter, let us also examine our hearts, make an honest examination of conscience. Let us surrender our doubts and fears at the feet of the Crucified Lord, so that on Easter Sunday we may also rise with him, empowered, strengthened and blessed to become a blessing to others.

Prayer: Abba Father, your Son Jesus descended to the realm of the dead, and rose from there to glory. We recall that we were buried with him in baptism. May we obtain eternal life through the power of his resurrection. Amen.

## Sunday April 17

Easter Sunday

Acts  
10:34,37-43

Psalm 118:1-2,  
16-17, 22-23

Colossians  
3:1-4

John  
20:1-9

### Out of the tomb and gloom and into the light!

The swirling torments of the passion have come to a pause and just before the dawn of a fresh Sunday morning, Mary Magdalene and the disciples get a chance to visit the tomb of our Lord Jesus.

Saturday was a day of shattered dreams and silence. It was a time of shock, grappling with the cruel fate of a kind, loving, sacrificial Saviour whose life was cruelly snatched away. Scenes of our Lord's life were playing through the minds of his beloved. They were leaderless, abandoned, rejected, betrayed, questioning and in fear and where did their encounter 'with the new revelation of our Lord' begin to unfold? It was at the Tomb.

Many of us find ourselves at the Tomb. We feel abandoned, broken, orphaned and hopeless. But in these moments of darkness, even at a place like a tomb, the Lord begins to speak to us. His gentle small voice does not come in a display of extravagance but through small tell-tale signs.

In fact, someone said, 'He speaks to you, through you.' Both John and Peter only had the empty tomb and folded linen to tell them that something had happened. The Lord had begun to speak.

On this beautiful day of Easter, amidst the excitement and celebrations, let us pause at the tomb of our struggles and anxieties. Our Lord Jesus is a moment away from revealing his Risen, glorious self. It is essential that we recognise the hints he has for us in the candle light service or the love we have encountered in our families and communities.

As we dwell on the beauty of his sacrificial death we are drawn from the tomb of darkness and death into the light of His resurrection power and presence.

He is assuring us of His abiding presence and power over every situation we are facing. The beautiful words "Peace be with you" cascades over our beings as we receive the assurance that God is still in control of every situation no matter how impossible it may seem.

The living Christ is no longer limited to Jerusalem or the shores of Lake Galilee but throbbing in our hearts and across the galaxy. We have begun to carry His presence and yet His presence envelopes the whole world. We are held in arms of love, assured that all will be well since Jesus has conquered sin and triumphed over darkness.

Now, in the name of Jesus - our Living Saviour - we can claim freedom from the shackles of sin, scroungy living, anger, hatred and selfishness. We not only have a living example to emulate but a Saviour who understands our weakness and carries us through the struggles of life. He is alive and with us. Alleluia!

Prayer: Abba Father, I pray that today the Risen Lord will come alive in my heart and in every experience that I will face in the future. Amen.

## Monday April 18

Monday within the Octave of Easter

Acts  
2:14,22-33

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

Matthew  
28:8-15

Whispering hope.

Today's readings bring us hope in this season of Easter and amidst all the challenges that we are facing in our day to day lives. It speaks of one thing that will not disappoint and that is the hope we have in Christ Jesus. In the First Reading, we see that even death was not able to destroy what God had planned. We may be walking through a season of hopelessness, a season of feeling like a failure, a season of loss and grief. In all these seasons the Word of God stands true. As said in Ecclesiastes 3, there is a time for everything; a time for birth and a time for death, a time to cry and a time to laugh; but ultimately He alone makes all things beautiful in His time. We may not understand the season we are in, but we are called to surrender ourselves to the heart of God, and He who has compassion on us, will give us the grace to walk through this season with His light shining in our hearts. Let us become witnesses to the joy of the Risen Lord, so that others will see this light and be attracted to Jesus, the source of light and love.

Prayer: Abba Father, give us the grace to surrender our lives to you and to receive a renewed hope to walk through the seasons we are placed in. Amen.

## Tuesday April 19

Tuesday within the Octave of Easter

Acts  
2:36-41

Psalm  
33:4-5,18-20,22

John  
20:11-18

I have seen the Lord.

Yes, the Lord is Risen! But have we personally encountered this Risen Lord in our lives as Mary Magdalene did in the Gospel proclamation today? "I have seen the Lord" she says, therefore it is her personal encounter with the Lord that becomes the good news to the apostles. The Lord in whom we place our trust is alive and He is always with us even during the times which seem to be a total failure. The secret we learn from Mary Magdalene, is to continue to seek the Lord even when there seems to be no hope. As the prophet Jeremiah says, when we seek Him with all our heart we will surely find Him. We will find Him calling out to us personally when we read the scriptures, in times we spend in prayer and through the Holy Eucharist. He will wipe our tears away, fill us with the joy of His presence and give us new hope because He is alive. This encounter will be the testimony we carry out to the world as a disciple of Christ. As we experience the Risen Lord, our lives will be transformed and we will become a blessing to others.

Prayer: Abba Father, open the eyes of our hearts that we may see you. Amen.

## Wednesday April 20

Wednesday within the Octave of Easter

Acts  
3:1-10

Psalm  
105:1-4,6-9

Luke  
24:13-35

Faith and revelation.

Today's first reading shows Peter and John's faith that empowered them to heal the lame man, demonstrating God's power to those present. The Gospel proclamation tells us of two travellers, leaving Jerusalem, saddened about the crucifixion, perplexed about reports of the resurrection, and disappointed about the fact that their expectations of the Messiah setting Israel free were not met. After instructing them about His mission, our Lord Jesus Christ reveals himself to them and they return to Jerusalem to testify about their encounter with Jesus. We too can be saddened, perplexed and disappointed when things do not turn out the way we hope, like the travellers and the followers of Jesus after the crucifixion. Like the travellers, if we listen carefully to the teachings of Jesus and invite Him into our lives with faith, He will reveal Himself to us too, as He did to the lame man at the temple gate, to the travellers, to the women who saw the empty tomb and were told by the angel that He had risen, and to the apostles.

Prayer: Abba Father, help us to understand your will and give us the faith to accept it in our lives. Amen.

## Thursday April 21

Thursday within the Octave of Easter

Acts  
3:11-26

Psalm  
8:2,5-9

Luke  
24:35-48

Stay with us Lord.

Encountering Jesus daily, differs from person to person. The Risen Lord, reminds us that his presence is always with us. And we are called to experience his presence moment by moment in our daily life. But during our troubles and trials as human beings, we often fail to experience his presence! When we walk away from our discipleship; God will not leave us alone. His love, mercy and kindness always follow us. But sometimes we may fail to recognize his presence; since our human eyes are closed because of sadness, fear and disappointments. During such moments let us pray "Stay with us Lord". When things are not happening according to our whims and fancies, are we praying "Stay with us Lord"? When we do not see a future and things are not moving forward, are we praying "Stay with us Lord"? When we start praying for his presence, our spiritual eyes will open and we will be able to recognize his presence even in moments of darkness. We will be able to see him and our ears will be able to hear his voice.

Prayer: Abba Father, help me to pray daily "stay with us Lord". Amen.

## Friday April 22

Friday within the Octave of Easter

Acts  
4:1-12

Psalm  
118:1-2,4,22-27

John  
21:1-14

The Lord is always there for us.

We are invited to give thanks to the Lord because his love endures forever. We may have been rejected by many; we may feel that things in our life have come to a halt. We might be in that pit. We might go back into our old nature. Failure, disappointment, and hopelessness might be the reality in our lives. In today's Gospel proclamation we see that the disciples were at that point, but God led them through. The Lord appeared and told them the next step forward when they thought that God had left them, and they were in their old nature. In that worthless situation the Lord appeared and led them through. They did not realize who it was, because they did not recognize the Lord. The resulting peace, joy and the miracle that took place in that moment explained that it was the Lord. The Lord is promising us today that he will reach out to us. He will be there with us, even though the world rejects us. The Lord reminds us that the stone that the builders rejected has now become the corner stone.

Prayer: Abba Father, may I hold onto you, even when the world rejects me.  
Amen.

## Saturday April 23

Saturday within the Octave of Easter

Acts  
4:13-21

Psalm  
118:1,14-21

Mark  
16:9-15

Awake, O sleeper, arise from your sleep.

Doubts, distrust, fears and terror, were the visions and sounds of the early Church as they waited to see the Risen Lord. Wonder, joy, confidence and outreach, were the sights and sounds of the disciples to whom the Lord showed himself. When we believe in God, we begin to believe in ourselves. Nothing is impossible! For nothing matters more than the Lord. What will detach me from the love of God: tribulations, infidelities, fear, suffering and pain, anxieties, resentment, ridicule, loss of life, death, even death on a cross? Nothing will separate me from the love of God. The old nature is dead, forgotten and gone away. The new nature has risen from the dead, and has been sent by the Lord. Here I am Lord, send me! He will continue to bear fruit through me. The Apostles woke up one morning and shook the world. The Lord was the first to wake up one Sunday morning and change the world forever! We must do the same thing. Awake, O sleeper, arise from your sleep. Christ is calling you by name!

Prayer: Abba Father, may we grow by your plentiful gift of grace. Clothe us in the attire of eternal life. Amen.

## Sunday April 24

### Second Sunday of Easter - Divine Mercy Sunday

Acts  
5:12-16

Psalm 118:2-4,  
13-15,22-24

Revelation  
1:9-13,17-19

John  
20:19-31

God's mercy endures forever.

Far too often do we equate the mercy of humanity to the mercy of God. Divine mercy has no conditions, shows no favouritism, and requires nothing in return. It is relentless, ever available and meets us wherever we are.

Distorting the nature of God's mercy benefits the enemy, for if we really knew the depth and measure of divine mercy, we would spend far less time away from our Father, and far less time wallowing in guilt and shame. Today's liturgical readings reveal this merciful heart in multiple ways.

Often, we fall like Thomas at the feet of Jesus, caught up in our unworthiness. Yet in these moments, Jesus reaches out and whispers into our innermost being "Do not be afraid". In our weakness, the enemy feeds us lies that make us turn away from God in shame, and foolishly believe that we do not deserve His love. However, if we choose to ignore the deceitful voice of the enemy and turn around like Thomas did, to listen to the voice of God, we will discover that in those moments when we think we have failed Him, He desires to pull us even closer. If as repentant children we run towards God, instead of away from Him, we will find reassurance, acceptance, and open arms.

Like the disciples, we often hide behind locked doors, confused, terrified, and uncertain. Today's second reading, however, proves that we cannot outrun nor hide from God's love. Just as He did with the disciples, Jesus penetrates our closed doors to breathe upon us. Such is the relentlessness of His mercy. Even when we fail as Thomas did, He still pursues us. Jesus did not respond to Thomas' doubts and unbelief with disapproval or punishment, but with a personal and intimate encounter. God loves meeting us in our struggle as He did with Thomas. His mercy does not wait for us to attain a certain level of faith or holiness, but rushes into our brokenness to convince us that we are still His chosen, forgiven, beloved children.

Today, on Divine Mercy Sunday, Jesus appears before us and invites us to place our fingers upon his nail wounds and our hands upon His pierced side to truly believe in the gift of mercy that was made available to us through his sacrifice. By His death and resurrection, we have received priceless mercy that endures forever.

As we remove the limitations we humanly place on God's mercy, we learn new dimensions to sharing mercy. As our understanding of His divine mercy stretches, so do our hearts. When we open ourselves to receive more of His mercy, we open ourselves to pour out more of His mercy.

Prayer: Abba Father, show us the depth and beauty of your mercy. Expand our hearts to receive it and let it overflow to those around us. Amen.

## Monday April 25

Feast of Saint Mark, Evangelist

1 Peter  
5:5-14

Psalm  
89:2-3,6-7,16-17

Mark  
16:15-20

Living the Good News.

The first reading speaks about the importance of “Humility” which is the keyword for Christian living. There is a serious warning about “Pride”, to be wise enough to uproot it, as God opposes the proud and gives grace to the humble. We are also reminded to be watchful and to be on guard about the evil powers and attacks of Satan who is likened to a roaring Lion. How mindful are we about these unseen forces and evil influences that often try to prey on us? Our body, heart and mind have to be alert, and sharply focused on the tricks and traps of the fowler on the journey of life, in every step of the way. The Gospel proclamation emphasizes the missionary mandate: “Go out to the whole world and proclaim the good news to all creation”. How do we respond to this great commission? Let us live, think and speak worthy of the good news we preach. Our lives must be a model for the good news to take root in others. As it is said “Charity begins at home”, let it be generated from within our homes and families to the world.

Prayer: Abba Father, may we be strengthened by your Holy Spirit, to draw souls to your kingdom. Amen.

## Tuesday April 26

Second Week of Easter

Acts  
4:32-37

Psalm  
93:1-2,5

John  
3:7-15

Preach the Good News.

In today's readings we are invited to be humble, calm and vigilant. To be still amid the trials we face, we need the strength of the Holy Spirit. To begin with let us repent for the moments we failed yielding to the Holy Spirit when we should have. Be baptised, stirring the presence of God inside of us in the power of the Holy Spirit. Ask God, as He has instructed us to ask, seek and knock, for a powerful experience. Be thirsty for God, let His power become a tangible experience. Spend time with Jesus, who baptises us in the power of the Holy Spirit. Finally let us present our lives as the temple of the Holy Spirit. Be open to his righteousness and be instruments of His calling for God cares about us. As we read in the first reading, let us unload our worries to Him, because He is looking after us. When we do not understand what is happening, the Holy spirit will guide our foot steps. This is the good news Jesus wants us to preach with many signs to follow confirming the presence of God through the power of the Holy Spirit.

Prayer: Abba Father, give us the grace to open our hearts to receive and experience your goodness and your promises. Amen.

## Wednesday April 27

Second Week of Easter

Acts  
5:17-26

Psalm  
34:2-9

John  
3:16-21

Let us learn to love others as God loves us.

We are loved by God, and we enjoy full freedom in him. We are invited to share His love with others without expecting anything in return. Recently, I saw a Facebook article about a young man who graduated from university. He was abandoned as a child, but a nun in a particular convent looked after him as her own child and showed him great love and that great love impacted this young man's life and he started to call her 'mother' instead of 'sister'. Because of her love he became a good man in society. Upto date he is not a Christian, but experienced the fraternal love from that nun which helped him to be himself. St. Francis of Assisi shared fraternal love with whoever he met, even unbelievers. That is the power of love of our Lord Jesus. It gives peace and joy to our lives, no matter what we are going through, because that love sets us free and makes more people attracted to His love. There is no division in this love but only peace. No anger in this love but only mercy. No hurt in this love but only joy.

Prayer: Abba Father, help us to grow deeper in your love and give us the strength to be a good brother or sister to others. Amen.

## Thursday April 28

Second Week of Easter

Acts  
5:27-33

Psalm  
34:2,9,17-20

John  
3:31-36

Are we grounded in Christ?

Times of testing are for all of us – God did not even spare his only son from testing his belongings or his identity; at times we also need our identity tested; are we from God? Though we are born of God we may not live as born from him. Day in and day out, our faith is tested, our roots are tested, do we have feeble bearings or bearings deeply rooted in the 'Word'. Jesus, the son of God was hung on the cross and now he is seated at the right hand of the Father on our behalf, so that we as his own inheritance, may have forgiveness of our sins. It is a good time to ponder, where our hearts are at this time, as we come out from spiritual death to life! The world in the flesh will try us on our identity, to check our standing in difficult times; are we grounded well, as to who we are? The Holy spirit convicts us of the word and inspires us to obey the word. If we are filled with the Holy Spirit, there would be people in our lives who would recognize that we are indeed from God!

Prayer: Abba Father, may we be illuminated with the light of your Spirit to recognize you in our daily activities. Amen.

## Friday April 29

Second Week of Easter - Memorial of St Catherine of Siena

Acts  
5:34-42

Psalm  
27:1,4,13-14

John  
6:1-15

### Gift of the Eucharist.

In today's readings we look at the familiar story of Jesus feeding the five thousand, the only miracle story mentioned in all four gospels. This scene deeply affected the first Christians. They compared this miracle to the first introduction to the Eucharist by Jesus. St. Ignatius of Antioch calls the breaking of bread, which is the medicine of immortality and the antidote to prevent us from dying, enabling us to live for ever in Jesus Christ. Justin the Martyr says the food which has been made into the Eucharist is both flesh and blood of the incarnated Jesus. We need food to sustain and strengthen us each day. Similarly, the Eucharist is the spiritual food needed for us to sustain our spiritual life. It is the key to remember this famous miracle of Jesus. How much faith do we have in the Eucharist? In the early Church, Christians were willing to risk their lives to receive this great gift of God. And we have heard of the many great miracles that took place when people received it. Let us pray that we would not lose our faith in it.

Prayer: Abba Father, give us the eyes of faith to see that it is the Lord Jesus that we are receiving each time in the Eucharist. Amen.

## Saturday April 30

Second Week of Easter

Acts  
6:1-7

Psalm  
33:1-2,4-5,18-19

John  
6:16-21

### Jesus walked on water so he could get me to the shore.

Today's Gospel proclamation talks about how Jesus came walking on water. Indeed it was a miracle, but it was a miracle to remind us that Jesus is always with us. When the apostles set out to Capernaum they were all alone. Darkness was setting in. We are often faced with such situations even in our lives. We find ourselves all alone in the midst of darkness battling unknown demons and weathering unknown storms. When such things happen we often tend to give up. The darkness seems greater, the storms seem bigger than our understanding. But there is always someone greater than any of these: Jesus our Lord who is greater than any of our perceptions. When I have gone through such darkness in my life where I thought I was all alone and I had none to help me, the Lord showed me that he was always there. He walked on water so he could get me to the shore, even in the midst of darkness. Are we ready to open our eyes of faith and see our Lord Jesus walking on water for our sake?

Prayer: Abba Father, open the eyes of my heart to see you even in darkness. Amen.

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Dear brothers and sisters, we are always looking for ways to improve the **On Our Knees** magazine. Please take a minute and send us your comments by filling the feedback form below:

					
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Easter Sunday also known as the Sunday of the Resurrection of the Lord, is one of the most solemn celebrations of the liturgical year. The Church in her liturgy celebrates the Resurrection of our Lord Jesus Christ, the Redeemer of the human race. The Paschal Mystery of Christ, his Passion, Death, Resurrection, and Glorious Ascension, constitute one action for the salvation of humanity, for Jesus **"was handed over to death for our trespasses and was raised for our justification"** (*Romans 4:25*).

Jesus predicted three times that after his death he will **"rise on the third day"**. All four Gospel accounts record Mary Magdalene present at the empty tomb the morning of the Resurrection.

After God raised him from the dead, Jesus Christ made multiple appearances in several locations to his disciples for forty days. The discovery of the empty tomb coupled with his Resurrection appearances led the early Christians to believe Christ was the Son of God. Jesus opened the door to salvation and eternal life!

St. Paul linked the Resurrection of Christ with the resurrection of all of us: **"Or do you not know that all of us who have been baptized into Christ Jesus have been baptized into His death? Therefore we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life"** (*Romans 6:3-4*).

St. Thomas Aquinas further discussed Christ's new manner of existence, that he had a glorified body. St. Thomas Aquinas reasoned that Christ rose with a true body in order for it to be a true Resurrection, it was necessary for his same body to be united with his soul. And we read in Luke that he ate a piece of baked fish in front of his disciples during his appearance in Jerusalem! But he had a glorified body from his Resurrection, as St Paul relates, **"If there is a natural body, there is also a spiritual body"** (*1 Cor 15:44*).

**Wish you all a very happy and blessed Easter!**

**On Our Knees - In His Hands** is a book of reflections and aid to prayer, based on the daily readings of the 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 themselves are lay people living at the heart of busy day-to-day life.

