



# ON OUR KNEES IN HIS HANDS



**St. Clare**

*Memorial: August 11*



# ON OUR KNEES IN HIS HANDS

AUGUST  
2022

“The Bible was composed in such  
a way that as beginners mature, its  
meaning grows with them.”

Saint Augustine

**Published by:**

*The Life in the Spirit Communities of the Catholic  
Charismatic Renewal, Colombo, Sri Lanka,  
(With Ecclesiastical Approval).*

**Editors**

Lalith Perera  
Louis Benedict

Read the “Daily Reflections” from anywhere in the world  
by downloading the PDF file from  
[www.risenlordcommunity.org](http://www.risenlordcommunity.org)

## Monday August 1

Memorial of Saint Alphonsus Liguori, Bishop and Doctor of the Church

Jeremiah  
28:1-17

Psalm 119:  
29,43,79,80,95,102

Matthew  
14:13-21

Being sensitive to people.

The feeding of the multitude is the only miracle that is recorded in all four gospels. As we learn from the disciples, we are to obey Jesus' command; to offer our limited resources for him to bless and increase, not to pile up for ourselves, but to share with others. These supplies could be money and belongings, but they also include time, energy, natural abilities and learned skills. God intervenes to increase the limited supplies so that there is ample food. Jesus proves his lordship just as he shows his authority over sickness, sin, Sabbath and people's lives. This miracle shows that Jesus is sensitive to the physical needs of the people. He does not focus only on their spiritual health through his teaching. He is also concerned that some are physically hungry and sick. As Christians are we concerned about the physical health of God's people as Jesus is or do we focus only on our spiritual health? Like the disciples, do we think of sending people away when we think that our supplies are too limited to have an impact?

Prayer: Abba Father, thank you for the miracles you have done in our lives. May we learn from them and walk closer with you. Amen.

## Tuesday August 2

18th Week in Ordinary Time

Jeremiah  
30:1-2,12-15,18-22

Psalm  
102:16-23, 29

Matthew  
14:22-36

Change my heart, O God.

During the time of Jesus, and even today, tradition plays a big role in society. Some of these traditions are no longer useful. Tradition can sometimes be used as an excuse to do the wrong thing or it can be used to project peoples' ego and Jesus did not like this. Some places impose restrictions to the type of people that can attend church services due to traditions they have followed for years, is this what Jesus would expect of his disciples? Even the Pharisees focussed more on washing hands before eating than being merciful to people. Jesus condemned those who only cared about showing off to people how righteous and religious they were, without having love in their hearts. Rituals lose their value when not done in love. Jesus wants us to change our hearts, to have a deep love of God and to love our neighbours, rather than blindly following a set of rituals and rules. If we are guided by people who are not motivated by love, then we are guided by blind people and we will all fall into a pit one day.

Prayer: Abba Father, we pray that you will change our hearts and fill them with your love so we can truly be your followers. Amen.

## Wednesday August 3

18th Week in Ordinary Time

Jeremiah  
31:1-7

Jeremiah  
31:10-13

Matthew  
15:21-28

### True humility in Christ.

In today's Gospel proclamation, Jesus is showing us how he loves the humble. Jesus never abandons those who are humble and contrite of heart, he stays close to them. Are we humble enough to win the heart of the Lord? As believers, often we tend to think that we are humble, but the reality may be different. Sometimes it could be that we are blind to our weaknesses, because we see ourselves as spiritual. We may be good preachers, musicians, we may perform miracles, we may have spiritual gifts. The people around us might be amazed at our talents and love us because of those spiritual gifts. This could lead us to display a false sense of humility. True humility requires that we listen to others not to fix their issues or to display our abilities or to gain popularity. Such immature people cause others to lose their faith in God as they learn to depend on us and not on God. So, let us remove our worldly crowns and surrender our titles. Let us become humble so that God's power will fill us and he will be glorified in everything.

Prayer: Abba Father, give us the courage to be truly humble.  
Amen.

## Thursday August 4

Memorial of Saint John Vianney, Priest

Jeremiah  
31:31-34

Psalm  
51:12-15,18-19

Matthew  
16:13-23

### Our faith must grow stronger and deeper.

In the first reading we see Israel and Judah breaking God's covenant, ignoring God and his commandments and Jeremiah explains that one day God will make a new covenant with his people which will be written on people's hearts. In the letter to the Hebrews, the writer describes the fulfilment of this new covenant. Jesus is its foundation and grace and forgiveness flow through him. In the Gospel proclamation, faith comes to a climax with the proclamation of Jesus as "the Christ, the son of the living God." Who can fully know the mind of God? What could we give him that would lead us to expect anything in return? Our faith must grow to the point where we can make the same declaration, experiencing the power of his Spirit. Jesus reveals the heart of the Father. The light of Jesus enlightens us and reveals himself to us. We too have this great inheritance of childhood and can find rest only in Him. As Saint Augustine says: "You have made us for yourself, Lord, and our hearts can find no rest until it rests in you."

Prayer: Abba Father, thank you for your Son who won eternal life for us.  
Amen.

## Friday August 5

18th Week in Ordinary Time

Nahum  
2:1,3; 3:1-3,6-7

Deuteronomy  
32:35-36,39,41

Matthew  
16:24-28

Inner peace through accepting the Cross.

The first reading started with a beautiful promise. Someone has taken the trouble to bring good news to those who were oppressed and did not have a way out of their misery. The good news is; Peace. How could peace be good news? In the middle of trouble firstly we lose peace and everything else follows. If we have inner peace we could face any trouble with courage. The Gospel proclamation explains how to gain inner peace. The Lord Jesus invited us to accept our troubles willingly. There is no freedom, no comfort nor love on a cross. There could be only discomfort, death and curses on a cross. This is the general understanding, but when we receive the cross from the hands of the Heavenly Father the story has a different understanding and meaning. There we will find inner peace. We are invited to be generous, self-giving and compassionate. We are invited to share our resources, love and life. That is the good news of Peace that the Lord Jesus announced to us.

Prayer: Abba Father, may I make you the centre of my life and become a peace bearer. Amen.

## Saturday August 6

Feast of the Transfiguration of the Lord

Daniel  
7:9-10,13-14

Psalm  
97:1-2,5-6,9

Luke  
9:28-36

Allow the Lord to empower us.

The Lord Jesus became man and walked among His creation when He came to this world. He was eternally glorified in the presence of the Father. This is the vision that the prophet Daniel saw. He saw the ancient of days seated on the throne. He is called the ancient of days because He has no beginning – He is the beginning. God is seated on the throne because He is in control of all things. The Prophet Daniel sees one in the likeness of the Son of man go into the presence of this great God. Jesus who took on the likeness of man became a sin offering for the redemption of all humankind and was glorified by rising from the dead, defeating sin. For all this to happen he had to obey the will of the Father. He experienced glory because of total surrender and then the voice from heaven came “This is my beloved Son: listen to Him.” The favor of God comes upon us when we come to Him, give him the truth of our lives and surrender our hearts fully to Him. After experiencing the baptism of the Holy Spirit, we receive power.

Prayer: Abba Father, I long to hear your words spoken to me. May I have a daily in-filling of the Holy Spirit to enable me to do so. Amen.

## Sunday August 7

19th Sunday in Ordinary Time

Wisdom  
18:6-9

Psalm  
33:1,12,18-22

Hebrews  
11:1-2,8-19

Luke  
12:32-48

Trusting in His loving kindness.

As a parent, when the weekend approaches, my aim is to give my child a rewarding experience. It is when we have the time and they have the time to enjoy. We prepare ourselves to surprise them and prepare a wonderful plan to visit some place and buy them something nice but alas, the child makes up a plan and fights to have the day spent in some other way. No amount of persuasion can make the child opt for my plan, finally in desperation I have to reveal my plan and then the child gives in.

This is the way we deal with God. We rarely give Him a chance to lead our lives and surprise us with His love and bountiful mercy. We do not give in until and unless we are up against a wall and there is no way out. Then we cry out to God to intervene and save us.

Today's call is to trust in God's loving kindness and move ahead in faith. Though the circumstances may seem daunting, we are urged to fix our hope and gaze on God.

Wisdom 18:6 tells us that the night of the Passover had been foretold to our ancestors, and knowing in what promise they trusted, they could rejoice in all surety.

It goes on to say that the chosen people secretly offered the Passover sacrifice and agreed that they would share in the blessings and dangers alike. And forthwith they began to sing the hymns of their fathers. We are encouraged to trust and praise God as Psalm 33:1 declares: "Rejoice in the Lord, you who are just; praise is fitting for the upright."

The reading from Hebrews echoes similar sentiments as it says: "Faith is the assurance of what we hope for, being certain of what we cannot see." By faith Abraham set out for an unknown country, by faith Noah built the ark when the weather showed no signs of rain, by faith Sarah received the power to conceive a child, while well past her prime.

When we have this hope and assurance, we can live secure lives. Often we work hard to build our fortunes and find security in them. That is where today's Gospel proclamation reminds us in Luke 12: 32. "Do not be afraid little flock, for it has pleased your Father to give you the kingdom, Sell what you have and give alms. Get yourselves purses that do not wear out, and an inexhaustible treasure in the heavens, where no thief comes and where no moth destroys. For where your treasure is, there will your heart be."

Let us relax and stop living life our way and instead surrender and begin to trust in God.

Prayer: Abba Father, I pray for the grace to trust you more and surrender my future into your hands. Amen.

## Monday August 8

Memorial of Saint Dominic, Priest

Ezekiel  
1:2-5,24-28

Psalm  
148:1-2,11-14

Matthew  
17:22-27

Be alert to God's Presence in you.

God the Father seeing the predicament and destruction of His creation, comes down to bring salvation. In a way Heaven invades earth so that earth may reflect Heaven. God becomes one with humanity, so that humanity may become one with Divinity. Jesus appears in human form. He abased and humbled Himself. We too are invited to have the same attitude and purpose. Because He stooped so low, God highly exalted Him. We too are called to do so in Him. Our exaltation into Divine realms follow as a result. Now we do not have to be frightened. We should welcome challenging times as opportunities to trust Him. We have Him beside us. When the path before us is dotted with difficulties, let us beware of measuring our strengths against these challenges. It will riddle us with anxiety. Without Him we would not make it past the first hurdle. He calls us to hold His hand and stay in communication with Him. Regardless of the day's problems, He would keep us in perfect peace, if we stay close to Him.

Prayer: Abba Father, I praise you even when my heart is bound by chains of anxiety for your Holy Spirit could break them as I hold your hands. Amen.

## Tuesday August 9

19th Week in Ordinary Time

Ezekiel  
2:8--3:4

Psalm 119:14,  
24,72,103,111,131

Matthew  
18:1-5,10,12-14

Let us become child-like, not childish.

In today's Gospel proclamation, we learn that Jesus precipitated this conversation by asking the disciples what they had been discussing among themselves earlier. The disciples had become so preoccupied with the organization of Jesus' earthly kingdom that they had lost sight of its divine purpose. Instead of seeking a place of service, they sought positions of power. It is easy to lose our eternal perspective and compete for promotions or status. It is difficult, but healthy, to identify with "children"- weak and dependent with no status or influence. Jesus used a child to help his self-centered disciples get the point. We are not to be childish - like the disciples, arguing over petty issues - but childlike, with humble and sincere hearts. Jesus warned that anyone who turns little children away from faith in him will receive severe punishment. In what areas of our lives do we tend to struggle with childishness? In what ways are we making progress with childlikeness?

Prayer: Abba Father, I do not want to miss the chance of eternal life with you. I surrender myself to you. Amen.

## Wednesday August 10

Feast of Saint Lawrence, Deacon and Martyr

2 Corinthians  
9:6-10

Psalm  
112:1-2,5-9

John  
12:24-26

### Call of discipleship.

Today's Gospel proclamation tells that "Unless the grain of wheat falls to the earth and dies it remains alone; but if it dies, it produces much fruit." This means that dying or denying ourselves for the sake of the Kingdom of God can produce much fruit. But the question is: Am I ready to die internally? Am I ready to surrender myself completely to God? At the same time dying to self is a painful process; we need to sacrifice our reputation, ego, self-centred position, to produce more fruits. We need to ask God to fill us with the power of the Holy spirit to overcome our selfishness and to die for the kingdom to produce more fruits. If we do not surrender and die to our ego, our discipleship becomes meaningless. Today we celebrate the feast of St Lawrence, a person who sacrificed everything for the sake of the Kingdom of God. St Lawrence was not bitter, but was joyful in Christ, even when he was tortured and eventually killed. Let us pray that we too may be courageous like St Lawrence in sacrificing ourselves for the sake of the Kingdom.

Prayer: Abba Father, fill us with your Holy Spirit to overcome challenges and to become true disciples. Amen.

## Thursday August 11

Memorial of Saint Clare, Virgin

Ezekiel  
12:1-12

Psalm  
78:56-59,61-62

Matthew  
18:21--19:1

### The more we forgive the more we are forgiven.

Today's Gospel proclamation talks about forgiveness. When Peter asked Jesus how many times should one forgive another, Jesus said seventy times seven which means that we need to forgive everytime. To forgive one who has hurt us terribly is not easy yet Jesus asks us to do it infinite number of times. Our God is the God of Love. Jesus came to the earth because of the unconditional love he had for us. The love that he had for us enabled him to forgive all those who persecuted him, even while dying on the cross. That is why we are Christians today. Forgiving is not easy but we are called to do it. God does not ask us to do anything which we cannot do. Forgiveness comes from the Lord. The more we hold on to Jesus the more we get rooted in his love, which enables us to forgive those who hurt us. If we are unable to forgive someone, let us turn to Jesus and ask him for the strength and grace to forgive. The more we forgive the more we are forgiven and our relationship with Jesus gets stronger. So are we ready to forgive?

Prayer: Abba Father, help me to forgive those who have hurt me just like you have forgiven me. Amen.

## Friday August 12

19th Week in Ordinary Time

Ezekiel  
16:1-15,60,63

Isaiah  
12:2-6

Mathew  
19:3-12

Let us love as Jesus loves us.

A husband came to a prayer meeting pushing his wife on a wheelchair. She did not have both her legs. They were so joyous and in love. The wife had lost her legs in an accident just before they got married and yet the husband did not back out. He got married to her and they have two children and a beautiful family. In a world where many of us are not willing to commit to anything that does not make us happy and is not the best we can get for ourselves - this husband signed up to love and to marry this lady. It is only when we are loved by God completely that we can love our spouse in a self-giving way just like Jesus Christ loved us by laying down his life for us. Most of the time we are looking to take the easy road in our marriages and relationships, let us turn to God in repentance and receive the Word of God, as it truly is, so that the Holy Spirit will bring alive the Word in our hearts. "Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." John 7:38

Prayer: Abba Father, we open our hearts to accept your Word into our lives.  
Amen.

## Saturday August 13

19th Week in Ordinary Time

Ezekiel  
18:1-10,13,30-32

Psalm  
51:12-15,18-19

Matthew  
19:13-15

Free yourselves from all offences.

Often we play the blame game. We try to find reasons why certain things happen. And so it was in the Old Testament times. If a person was born deformed or fell into bad circumstances, it was attributed to the person's parents and their sinfulness. But God's ways are not our ways and neither is His thinking. It is enlightening and encouraging to find such an answer in the Old Testament where the prophet Ezekiel is told that each one is judged according to his or her own life and doings. Parents cannot be blamed for children's sins and vice versa. Instead we are told - "God will judge you according to your ways. Come back turn away from all the offences you have committed and get a new heart and a new spirit." The Lord says further - "I do not desire your death but that you be converted and live." How do we live? We are to respond to our Lord Jesus as little children. He will call us to him, place his hand on our heads and lead us to salvation. Let us pray for the grace to approach the throne of our Lord Jesus' presence.

Prayer: Abba Father, we seek your blessing and grace to have childlike faith.  
Amen.

## Sunday August 14

20th Sunday in Ordinary Time

Jeremiah  
38:4-6,8-10

Psalm  
40:2-4,18

Hebrews  
12:1-4

Luke  
12:49-53

Following God regardless of the consequences.

Today's readings speak of the consequences of following the Lord and the persecution we may face. Through the centuries all over the world many men and women have faced opposition, trials and even death because of their faith in the Lord. Their faith in God gave them strength to face anything the world threw at them — be it insults, torture and even death.

The Church has canonized many saints -- many men and women that stand out as shining examples of holiness and goodness. As Catholics, we can find comfort and strength knowing that many holy people struggled and died because of their faith, but God took care of them even to the end.

In the year 286 in Egypt, St. Timothy and St. Maura, a couple married for only 20 days, were tortured, and then killed for their faith in the Lord. For 10 days they prayed together, sang hymns, and encouraged each other as they suffered for Christ. When one was weak, the other would be strong, reminding the other of what Christ suffered. When they died, they inspired their torturer, who was converted and became a Christian. He himself was later martyred. Throughout the history of the church, there are so many stories and testimonies of saints, who can inspire us to follow Christ no matter the cost.

Today's second reading from the letter to the Hebrews speaks of running the race marked out for us. Hebrews 12:1-2 says, "And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

The Lord Jesus is the one who gives us faith to believe in Him and it is He who sharpens or fine tunes our faith and makes it greater. It is because of this faith in the Lord that we can finish this race of life. No matter the struggles or the persecution we may face, when we believe in the Lord, He will give us the grace to go through anything.

In the Gospel proclamation, the Lord Jesus explains the consequences we may face for being his disciple and what we can expect from a world that does not believe in Him. He is explaining the division people will go through when they believe in God.

Believers may face persecution and violence from the people of their own families or household. He wants to prepare His followers to the fact that a life as a disciple is not an easy one. They may be hated by their own family. Through all this though, the Lord is telling his disciples to be firm in their faith. Today, the Lord is calling us to deepen our faith in Him. To know Him more and to love Him more, no matter what the cost is.

Prayer: Abba Father, I pray for the faith to stand for You no matter what.  
Give me the grace to be your witness. Amen.

## Monday August 15

### Solemnity of the Assumption of the Blessed Virgin Mary

Revelation  
11:19; 12:1-6,10

Psalm  
45:10-12,16

1 Corinthians  
15:20-27

Luke  
1:39-56

Let it be done to me according to your will.

Today we celebrate the Solemnity of the Assumption of the Blessed Virgin Mary. Her response to God's will and call was, "let it be done to me according to your word" (Luke 1:37-38). Mother Mary's womb became the sanctuary that bore Jesus. Thus "by the singular grace and privilege of God, she was chosen and prepared free of all stain of sin, possessing fullness of holy innocence and sanctified to be the Mother of God". Thus, at Mary's Immaculate Conception, God's supernatural life dwelt in her from the beginning of her existence. Hence, as the Annunciation scene in St. Luke's gospel further affirms as the Angel greets her, "Hail, full of grace" (Luke 1:28). As a result of being full of grace and free of original sin she did not experience bodily corruption. As there are many instances in the Old Testament that righteous men were taken into heaven, we therefore believe that God assumed the Blessed Mother into heaven. Let us be joyful as Mary experienced the glorification of her body, that we too may have victory after death.

Prayer: Abba Father, give me the grace to accept and obey your will.  
Amen.

## Tuesday August 16

### 20th Week in Ordinary Time

Ezekiel  
28:1-10

Deuteronomy  
32:26-28,30,35-36

Matthew  
19:23-30

Focussing on the Kingdom of God.

The Lord Jesus reminds us today how material wealth of this world can make it difficult for one to enter eternal life. The world we live in, has the power to easily distract us from our ultimate purpose. We have been made in the image of God to live on this earth for our purpose and return to the heart of God. In this journey, we tend to get our priorities mixed. Often we tend to develop a narrow vision based on what we see and experience in the world, leading us into a danger of losing the eternal heritage of the Father. What do we do? How do we get back on track? How do we ensure we keep ourselves focused on winning it? How do we become first then but not letting us worry too much about being last now? Let us ask the Lord to guide us and show us the way. He alone can put us on the right track by the power of the Holy Spirit. He alone can help us to get our priorities in order. Let us depend on Him so he can guide us on the journey keeping us away from the powers of this world.

Prayer: Abba Father, may we not become distracted by this world but keep our focus on your Kingdom. Amen.

## Wednesday August 17

20th Week in Ordinary Time

Ezekiel  
34:1-11

Psalm  
23:1-6

Matthew  
20:1-16

Seek the Lord daily.

Often in life we compare ourselves with those around us. Our goals and plans of life are relative to another. Our lives are so fast paced, we often need instant gratification. The impatience has taken over our lives and have overwhelmed us. We want to do less and gain more. We also do not want others to have more than us. We want the best to be the best. Everyone should fall short of what we have. The human mind led by the world is quite a contrast to God's mind! To God you and I are the same. We all have an equal share of his heart. He longs for me as much as he longs for another brother, another sister. God's heart is not for himself but for all. This is the reason he wants to reveal himself to us every day. Whenever we seek him, we will discover that he has been waiting for us. Every encounter with him is fruitful and every experience is glorious. Let us seek him daily, spend time in his presence and allow his grace and mercy to cover us and transform us completely.

Prayer: Abba Father, thank you for loving me.  
Amen.

## Thursday August 18

20th Week in Ordinary Time

Ezekiel  
36:23-28

Psalm  
51:12-15,18-19

Matthew  
22:1-14

An open invitation.

Who would not want to attend a wedding party? And a royal wedding party at that? However, we see the shockingly negative response of many who are invited despite being reminded over and over again, even going to the extent of treating the messengers who bear the news so cruelly. The humiliated king then chooses to invite any random person who is willing to taste his feast. The kingdom of God is likened to a royal wedding feast, and we, whether worthy or not, are being invited to attend. Without any doubt, we would like to say 'yes' to this call, for we know this is such a great privilege. However, we are reminded that along with our willing heart, we should be suitably clothed to please the king. Good deeds are our clothing, we are to live and act in ways which are pleasing to the Lord. What types of garments have we put on over ourselves? Are they washed clean or stained? Are we willing to spend some time mending them so that when we finally get to the banquet, the king may nod his head in approval?

Prayer: Abba Father, may we be worthy to partake in Your kingdom. Clothe us in virtues that are pleasing to you. Amen.

## Friday August 19

20th Week in Ordinary Time

Ezekiel  
37:1-14

Psalm  
107:2-9

Matthew  
22:34-40

Dry bones come back to life.

What does loving the Lord, with all our heart, soul, and mind entail? God's love cannot be limited to an emotion or a feeling. It is an experience, that involves all our faculties, an experience that invades every thought, action, desire, and every part of who we are inside out. It is relatively straightforward to love Jesus through our words, praise, worship, and acts of service. We find it easier to love Him with our refined pieces. But we struggle to love Him with our broken parts, hidden pasts, and the pieces we are not so proud of. There are hurtful memories, shameful secrets, and ugly habits that we try to bury deep inside of us as we try to face the Lord with our best foot forward. But He wants all of who we are. Not just shiny pieces, but our whole being. So, maybe it is time we walked out to that valley of our regrets, hurt, resentment, shame, and guilt, and allow the Holy Spirit breathe into these so "that they may come to life". Let Him love those dry bones first, so that we may in turn, transform every sinew of our heart and soul, and mind.

Prayer: Abba Father, pour out your spirit into the depths of my heart, soul, and mind. Then I can in turn, pour out love for others. Amen.

## Saturday August 20

Memorial of Saint Bernard, Abbot and Doctor of the Church

Ezekiel  
43:1-7

Psalm  
85:9-14

Matthew  
23:1-12

The humble will be made great.

Today's Gospel proclamation says that whoever humbles himself shall be exalted. Humility is the foundation of all virtues. Therefore in a soul where it does not exist, there can be no true virtue, but the mere appearance only. Mother Mary is the role model of humility. At the Annunciation she surrendered to the will of God, saying: "I am the Lord's servant, may it be to me as you have said." ( Luke 1:38) Often the human tendency is to make ourselves famous, powerful and rich and to have a tremendous impact on society. This is considered achieving greatness. This is contrary to what Jesus is saying to us. It is the letting go of our plan to the plan of God. "Whoever is humble easily obeys authority, fears to offend, maintains peace with all, and does not feel the insult which may be inflicted upon him." He lives happy and contented and impacts the society like Mother Mary and the Saints. The gate to heaven is narrow and it admits only little ones. To be little we need to empty ourselves of our ego and become humble.

Prayer: Abba Father, may your peace guard our hearts and our minds, so that we can truly become humble. Amen.

## Sunday August 21

21st Sunday in Ordinary Time

Isaiah  
66:18-21

Psalm  
117:1-2

Hebrews  
12:5-7,11-13

Luke  
13:22-30

Christianity is a relationship with God.

We see in the first reading a great prophecy of the day of God's intervention in history, where he would display his glory to people, bringing destruction to some and salvation to others. People from all nations would flock to worship God. No distinction is made, and all have access to the house of God, and all have equal rights to worship and serve him.

Jesus is "the way the truth and the life and no one comes to the Father except through him" (John 14: 6). When our Lord Jesus lived on this earth he lived in constant loving intimacy with the Father, his heart focused on the will of God, trusting him completely.

In today's Gospel proclamation we see this portrayed beautifully where it says that his journey was towards Jerusalem and the Cross, even as he ministered on the way. In all he did, his heart was always fixed on the will and the glory of the Father.

This may be a good time to reflect on our own lives through the lens of today's Gospel proclamation. The Lord Jesus calls us to enter through the narrow gate. Narrowness implies that we cannot carry baggage with us on this journey of faith. What is the unnecessary baggage that keeps us from giving ourselves completely to God?

Does the Master of the house know us? We may be doing many things to serve God; but are we spending time conversing with him in prayer? Are we listening to what he has to say? Are we immersing ourselves in the Word?

If we were invited to meet an important dignitary we would re-arrange our schedule completely making sure we had ample time to spend with this important person, yet the God of all creation wants to spend time with us and many times we fail to give him priority.

It is the Spirit of God who gives us the call to prayer. But we on our part must put in place the discipline of carving out and allocating time to spend in prayer and to reading and meditating on the Word.

Our God is a good Father who loves us, his children, and wants only the very best for us. Like any loving parent he disciplines his children drawing us back to himself when we stray from him, by allowing certain trials to come into our lives.

When calamities enter our lives we are called to trust in the steadfast kindness and faithfulness of God and to accept them from his loving hands, allowing them to teach and train us in the ways of God, that they may draw us ever deeper into loving intimacy with him.

Prayer: Abba Father, teach us your ways and enlighten our hearts with your truth, that we may have life in you. Amen.

## Monday August 22

Memorial of the Queenship of the Blessed Virgin Mary

2 Thessalonians  
1:1-5, 11-12

Psalm  
96:1-5

Matthew  
23:13-22

Let us walk the talk.

We often comfort ourselves in thinking that today's Gospel proclamation applies to the teachers of the Law, the priests and church elders. However in 1 Peter 2:9 we are all called a Royal Priesthood, a Holy Nation, a people of God's own possession. The deeper we meditate on today's Gospel proclamation, we realize how much of it we must absorb into our lives. How we get it 'so wrong' most of the time. How often do we focus on the exterior self and give little or no importance to the inner self? How often do we 'Centre Stage' on the rules and rituals of the church and miss the heart of what the church stands for? What Christ stood for? Dangerously more so how much we enforce that opinion on others who maybe looking to us for guidance. Jesus warns the elders of great distress that befalls those who mislead people. Let us examine where we have not walked the talk. When and where have we failed to be the ambassadors of Christ who proclaim the truth of the Gospel.

Prayer: Abba Father, make us worthy of your calling to fulfill the purpose to which you brought us forth into this life. Amen.

## Tuesday August 23

21st Week in Ordinary Time

2 Thessalonians  
2:1-3,14-17

Psalm  
96:10-13

Matthew  
23:23-26

God is just and merciful.

In today's Gospel proclamation, the Lord Jesus chastises the pharisees and teachers of the law for being hypocrites, for they did not practice what they preached. The message from our Lord is to first purify our insides, thereby our outside will be purified and visible for all to see. Our primary call as Christians is a call to holiness. The Psalm reminds us that in the end, the Lord comes to judge the earth in righteousness. Are we ready to face the Righteous One and share in His glory as the first reading says? Today we celebrate the Memorial of St. Rose of Lima who lived as the Lord intended. Born into a noble family, Rose was drawn to penitential practices and a spiritual life at a young age. She chose strict enclosure and contemplation and withdrew to the seclusion of a hut in the family garden, where she endured a life of severe austerity and asceticism. She regularly practiced fasting, slept only a few hours a night. Let us learn from her example, and give first place to Christ.

Prayer: Abba Father, never let me lose your hand in my walk to holiness. Amen.

## Wednesday August 24

Feast of Saint Bartholomew, Apostle

Revelation  
21:9-14

Psalm  
145:10-13,17-18

John  
1:45-51

Let us lead others to Christ.

Today we celebrate the feast of St Bartholomew also known as Nathanael in the Gospel of John. His story in many ways relates to our own lives. Like us, Bartholomew carried prejudices before his encounter, he was not expecting much as he was thinking “can anything good come out of Nazareth?” Let us recall the times we have carried prejudices against God’s leading in our lives and open our eyes to His work in our midst. Nathanael’s humility led him to Christ. His openness to go and see the Lord for himself enabled him to carry a heart that captured the Lord who specifically spoke of him, “In him there is no guile”, there is no deceit. He had no other motive but a genuine heart to see and know God. It is comforting and convicting at the same time to know that God sees the intricate details of our heart. Phillip was instrumental in bringing Nathanael to Christ. Let us be grateful for the ‘Phillips’ in our time who encourage us to follow the Lord and experience his presence in prayer and worship.

Prayer: Abba Father, may we be ready to proclaim the Good News to others.  
Amen.

## Thursday August 25

21st Week in Ordinary Time

1 Corinthians  
1:1-9

Psalm  
145:2-7

Matthew  
24:42-51

Nothing is impossible if we turn to God in prayer.

The Gospel proclamation invites us to watch out in every situation. We may be weighed down with trials and tribulations, financial and health crises. However, as Christians we are provided with a constant friend who walks with us in every pathway we have to go and that is Jesus. We need to be on our guard, we should support one another and trust Him with whatever we are going through. It is easy to point fingers at those who are responsible and keep on blaming them. But does this fulfil our obligation to the nation or as a community at large? What are we really doing about it? Are we surrendering them to God fully so He can take over or are we holding them to ourselves and complaining about the issues? When we are weak, He is stronger. This is the word we need to ponder in these difficult times and hold on to Him. It is He who can deliver us. Let us not go with the flow just for the sake of it. It is time we take things to the feet of our Lord. And be sure in our hearts and minds that “Nothing is impossible for God.”

Prayer: Abba Father, let your power provide solutions to all our difficulties.  
Amen.

## Friday August 26

21st Week in Ordinary Time

1 Corinthians  
1:17-25

Psalm  
33:1-2,4-5,10-11

Matthew  
25:1-13

### The power of the Cross.

Today's readings speak of a wisdom that is not of this world, a wisdom that seems foolish to the wise of this world. Psalm 14:1 says, "The fool says in his heart, "There is no God." According to the standards of the world, it seems foolish to believe in God, it is laughed at and ridiculed. While we believe externally, are our hearts transformed? Are we drowning in our misery, sadness and despair? The Lord Jesus gives us hope even in the darkest night. The cross brings power, salvation and hope to those who believe. As said in the Gospel Proclamation, we are called to be ready to meet our Bridegroom, our Maker. The lamps and the oil reflect the readiness of our hearts and the eagerness to meet Him. Let us take a look at our own hearts: Are we ready to meet Him? Do we believe in the power of the Gospel with our whole hearts? Today, no matter where we stand, He is knocking at the door of our hearts and waiting to come in and embrace us. Will we open the door of our hearts to him?

Prayer: Abba Father, grant me the gift of faith, that I may believe in You and in the power of the Cross. Amen.

## Saturday August 27

Memorial of Saint Monica

1 Corinthians  
1:26-31

Psalm  
33:12-13,18-21

Matthew  
25:14-30

### Do we keep our talents hidden?

Today's Gospel proclamation narrates to us the parable of the talents. This illustrates God's approach towards us. Just as the master in the parable entrusted his wealth to His servants, the Lord has blessed us in many ways; our capabilities, talents, knowledge, finances and resources. He expects us to use them to build His Kingdom and glorify His name here on earth. Just like the master in the parable, God is pleased to see His children making use of the gifts and blesses them with more. However, as we see in the parable, the third servant had a wrong perception of his master and instead of making the best use of what was given to him, he buried it in the ground. It is therefore time to reflect and see if we too have neglected to serve God with what we have with us. Do we keep our talents hidden and avoid making sacrifices? If so, let us arise and respond to our Christian calling and serve Him with all we have, for all we have we got from Him and to every-one who uses the talents, more will be given.

Prayer: Abba Father, help me to serve you with all I am and all I have. Amen.

## Sunday August 28

22nd Sunday in Ordinary Time

Sirach  
3:17-18,20,28-29

Psalm  
68:4-7,10-11

Hebrews  
12:18-19,22-24

Luke  
14:1,7-14

We must honour everyone.

Today's liturgy speaks about humility. Biblical humility means believing what God says about us over anyone else's opinion, including our own. It is to be free of concern for our own ego that we unreservedly elevate those around us.

However said and done, it is not easy to take our own opinions lightly. Everything inside of us, our flesh, wants to prove that our opinions are the most valuable ones and should be taken seriously, not just by others but also by God Himself. I personally had to allow the Holy Spirit to break a huge resistance inside of me over a period of several years before I could sincerely laugh at my own ideas and plans, and accept another person's opinion as better than mine.

One important factor in learning to be humble is to learn to honour every human being, irrespective of their status or educational background. At a recent weekend program for our community, a speaker said something so precious, that I wish to write here. She said, "We must honour every person, not because they are honourable but because we are honourable." That challenged me from my depths and made it so clear as to how the Lord Jesus could honour even the woman caught in the act of adultery.

The Baptism in the Holy Spirit, begins a significant life transformation, moving us from a life in the world to a life in the Spirit. The Holy Spirit who makes God's Word and God's thoughts more real in our life, starts burning our pride by His love.

The love of the Father becomes more real in our life. Our identity as beloved sons and daughters of God helps us to renounce the lies that the world and the enemy speak into our minds and hearts.

Our eyes are focused more and more upon Him and we grow in our desire for intimacy with the Lord. When we grow in our relationship with the Lord, and allow the Holy Spirit to fill us to overflow, we start to live and serve from that overflowing grace, and not from our self-effort.

When the Lord Jesus becomes the centre of our life, our pride and self-glory lose its place, as we give all the glory to the One who is enthroned in our hearts.

The Holy Spirit also opens our inner eyes to see the Lord Jesus in others. No longer do we have to strive to love and serve those who are around us when we have eyes to see the 'gold' inside them. This is the good news that our world needs today, the remedy for the rage and hatred that destroys many lives.

Prayer: Abba Father, you are the God of bounty. Your love is enough for us.  
Amen.

## Monday August 29

Memorial of the Passion of Saint John the Baptist

Jeremiah  
1:17-19

Psalm  
71:1-6,15,17

Mark  
6:17-29

The eternal Kingdom of God.

Today we celebrate the Passion and Martyrdom of St John the Baptist, the first martyrdom we hear about in the New Testament. A man held in high regard by Jesus Christ himself, being unafraid of speaking the truth, a man that boldly proclaimed about the coming Messiah. Yet, for all that trouble he meets a gruesome end. Every Christian who takes this journey seriously will face martyrdom in some form, it does not always lead to being beheaded or crucified, it can be in the smallest of details, dying to ourselves in our human passion and greed, dying to this world and being alive to the truth of the Kingdom of God, which is a Kingdom, not ruled by a mortal king, not in half measures, but a Kingdom ruled by an eternal generous King. In his generosity, this King, our God pours out into our hearts in all its fullness the richness and power of the Holy Spirit. "Ask me for anything you want and I will give it to you". Let us be hopeful and wait upon the Lord, he will surely empower us.

Prayer: Abba Father, let my hardened heart be open to your love and compassion. Amen.

## Tuesday August 30

22nd Week in Ordinary Time

1 Corinthians  
2:10-16

Psalm  
145:8-14

Luke  
4:31-37

Having the mind of Christ.

In this journey through trials, the sure way for us to overcome and not succumb is to know the mind of Christ in the decisions we take. How do we know the mind of Christ other than through the wisdom of the Holy Spirit? Today's first reading teaches us that no one, but the Spirit of God knows the secrets of God. We see in the Gospel proclamation that the Spirit of God manifested in the Lord Jesus through the wisdom and authority in which He shared the word. It was the power of God that had the authority to cast away demons. This is the same authority we are given at the time of our baptism through the power of the Holy Spirit. What a privilege and a blessing. Yet, do we truly exercise our authority? If the answer is no, it will only mean that we are not connected to the Spirit of God on a regular basis. Personally, what has proven powerful in my spiritual walk is praying in the Spirit often. We see that it is true in the life of St Paul who claims to have prayed in the Spirit more than any other disciple.

Prayer: Abba Father, help me to be your humble servant so that I will know the secrets of your heart. Amen.

## Wednesday August 31

22nd Week in Ordinary Time

1 Corinthians  
3:1-9

Psalm  
33:12-15,20-21

Luke  
4:38-44

Unity in faith, deliverance, repentance and service.

In today's first reading, Paul admonishes the Corinthian believers for their immaturity in engaging in divisive factionalism about their spiritual leaders and teaches them that each has a role allocated by God to bring forth the Kingdom. We too need to pay heed to his direction and avoid dissension that emerges in the Church from time to time. Today's Gospel Proclamation tells us that there was an enormous demand for Our Lord Jesus Christ's healing and exorcism, such that he was always hemmed in by the crowds seeking deliverance, trying to prevent Him from going to other places to proclaim the Divine Message. While times have changed, they have not diminished the need for healing, deliverance and repentance in the present day world. To receive forgiveness through reconciliation, however, requires us to avoid the occasion of sin and its consequences, described in stark terms by Jesus; and also, to then commit to the service of others, as exemplified by Simon's mother-in-law, after her own healing.

Prayer: Abba Father, may we be united in faith, delivered from sin, repent and then dedicate our lives to serving others. Amen.

### Prayer of Saint Francis of Assisi

“Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love,  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.

O Divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved, as to love.

For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.”

# On Our Knees - SUBSCRIPTION FORM

(To be filled in BLOCK-CAPITAL letters)

Name : .....

Address : .....

City : .....

Postal / ZIP Code : .....

Country : .....

Telephone : .....

**Annual Subscription (12 issues):** Sri Lanka - Rs.840/-

**Payment:** Direct Deposit to Bank or Cheque

## Method of Payment:

1. Directly deposit the one-year (12 issues) fees on the following Bank Account:

**Bank** : Commercial Bank

**Account No.** : 1100087435

**Branch** : Wellawatta

**Swift Code** : CCEYLK LX

**Account Name** : The Community of the Risen Lord

**NB:** Please ensure that you post us your **Bank Deposit Slip** together with the **Subscription Form** duly filled as proof of payment to the address below.

2. Draw a cheque in favour of “**The Community of the Risen Lord**” for the subscription fee of Rs.840/- and post the cheque along with the duly filled **Subscription Form** to the address below:

**THE COMMUNITY OF THE RISEN LORD**  
**NO. 36/1, PAPILIYANA ROAD, NADIMALA, DEHIWALA**

## Feedback

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:

					
	Unsatisfactory	Poor	Satisfactory	Good	Excelent
REFLECTIONS	<input type="checkbox"/>				
DESIGN	<input type="checkbox"/>				
OVERALL	<input type="checkbox"/>				

Send us your feedback through Whatsapp on **076 754 4456**, or email us at [risenlordcommunity@gmail.com](mailto:risenlordcommunity@gmail.com) or send us a message via [Facebook Messenger](#) on our facebook page “**On Our Knees**”.

# St. Clare

St. Clare was born in Assisi on July 16, 1194. As a young girl, Clare dedicated herself to prayer. When she was 18, she heard St. Francis of Assisi preach during a Lenten service, and asked him to help her live according to the Gospel. On Palm Sunday in 1212, Clare left her father's home and went to the chapel of the Porziuncula to meet with Francis. While there, Clare's hair was cut off and she was given a plain robe and veil in exchange for her rich gown.

Clare joined the convent of the Benedictine nuns under Francis' orders. When her father found her and attempted to force her back into his home, she refused and professed that she would have no other husband than Jesus Christ. Clare's sister Catarina, who took the name Agnes, joined her at this monastery.

Overtime, other women joined them, wanting to also be brides of Jesus and live with no money. They became known as the "Poor Ladies of San Damiano." They all lived a simple life of austerity, seclusion from the world, and poverty, according to a Rule which Francis gave them as a Second Order. St. Clare and her sisters wore no shoes, ate no meat, lived in a poor house, and kept silent most of the time. Their lives consisted of manual labor and prayer, yet, they were very happy, because Our Lord was close to them all the time.

While serving as the leader of her order, Clare defended them from the attempts of prelates to impose a rule on them that more closely followed the Rule of Saint Benedict than Francis. Clare was so devoted and dedicated to Francis that she was often referred to as "Another Francis". She encouraged and aided the man she saw as a spiritual father figure, and took care of him as he grew old. Following Francis' death, Clare continued to promote her order, fighting off every attempt from each pope trying to impose a rule on her order that would water down their "radical commitment to poverty."

In 1224, an army of rough soldiers came to attack Assisi. Although very sick, Clare went out to meet them with the Blessed Sacrament on her hands. On her knees, she prayed: "O Lord, protect these Sisters whom I cannot protect now". A voice answered: "I will keep them always in My care." In that moment, a sudden fright struck the attackers and they fled as fast as they could without harming anyone in Assisi.

St. Clare became sick and suffered great pains for many years, but she expressed that no pain could trouble her. On August 9, 1253, Pope Innocent IV declared Clare's rule would serve as the governing rule for Clare's Order of Poor Ladies. Two days later, Clare died at the age of 59. Two years later, Pope Alexander IV canonized her. Her Memorial is on 11 August.

**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.

