



ON OUR KNEES IN HIS HANDS

DAILY READINGS & REFLECTIONS

MAY 2025



The Visitation of the Blessed Virgin Mary



ON OUR KNEES IN HIS HANDS

MAY
2025

“Hail, favored one! The Lord is with you.

Blessed are you among women,
and blessed is the fruit of your womb.”

-Luke 1:28,42

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Thursday

01st May 2025

Second Week of Easter

Acts 5:27-33 | Psalm 34:2,9,17-20 | John 3:31-36

Cost of Discipleship

In the first reading, we see the apostles standing firm in their faith despite opposition from the religious authorities. When commanded to stop teaching in the name of Jesus, Peter and the other apostles declare, “We must obey God rather than men.” Their courage and unwavering commitment to the truth are powerful reminders of the cost of discipleship. The apostles prioritize obedience to God over the approval of people, even when it puts their lives at risk. Let us consider our faithfulness in the face of adversity. Are we willing to stand firm for Christ, even when it’s difficult or unpopular? In the Gospel reading, John the Baptist emphasizes the supremacy of Christ, who comes from above and speaks the words of God. John contrasts the earthly and the heavenly, highlighting that Jesus has authority over all things. Let us recognize the authority of Christ and respond with belief and obedience. Let us live with courage, placing our trust in Jesus, whose words are life-giving.

PRAYER: Abba Father, strengthen my resolve to follow Christ, no matter the cost.
Amen.



02nd May 2025

*Memorial of St Athanasius,
Bishop & Doctor of the Church*

Acts 5:34-42 | Psalm 27:1,4,13-14 | John 6:1-15

God is our Greatest Provider and Miracle Worker

If something is from God, we cannot destroy it. If it is not from God, it will destroy itself. We are made of flesh and blood. God is Spirit, and cannot be destroyed. Sometimes we feel as if we must fight against something. Gamaliel says stop fighting in case that you are fighting against God, it is not worth it. If it is not from God it will cease on its own accord. Our mission is to follow Christ and to contribute whenever possible to Love in this world. We do not need to conquer, to argue, to persuade everyone and to justify our viewpoint. We need to love and do our best. Let us give thanks for the abundance of God. We have so much that we forget. The most beautiful people are those who are peaceful and happy. God provides more than enough for all people to be satisfied and he expects us to be generous and loving to share what we have received. Let us step up to this role so that we could bless more people than we could imagine.

PRAYER: Abba Father, empower us to follow Jesus and take care of people.
Amen



Saturday

03rd May 2025

*Fest of Saints Philip and James,
Apostles*

1 Corinthians 15:1-8 | Psalm 19:2-5 | John 14:6-14

Apostolic Faith

Let us reflect on Saints Philip and James' witness to the faith. In the first reading, Paul reminds the Corinthians of the Gospel he preached, which centers on the death, burial, and resurrection of Christ. Paul's recounting shows the importance of apostolic testimony in preserving and passing down the truth of Christ's resurrection, a cornerstone of our faith. In the Gospel reading, Jesus speaks to his disciples, declaring, "I am the way, the truth, and the life." The dialogue between Philip and Jesus, reveals the deep relationship between Jesus and the Father, highlighting that Jesus is the visible image of the invisible God. The passage challenges us to deepen our understanding of who Jesus is and to trust fully in his revelation of the Father. Both readings invite us to reflect on the foundational truths of our faith and the essential role of the apostles in proclaiming them. We are called to continue this mission with the same zeal and conviction.

PRAYER: Abba Father, deepen my faith and help me witness to your truth.
Amen.



Sunday

04th May 2025

Third Sunday of Easter

Acts 5:27-32, 40-41 | Psalm 30:2,4-6, 11-13 | Revelation 5:11-14 | John 21:1-19

Love the Lord

Today's readings teach us important lessons on obedience to God, worship and love. In the First Reading, we read about the apostles being transformed from coward men into those with great boldness. They stand firm in their faith when questioned by the high priest and obey God rather than people. The Gospel reading helps us to understand our calling to care for each other. Service involves sacrifice, and Jesus is waiting to strengthen us. He is the Good Shepherd, and we are invited to follow his example. By serving others, we tend and feed as Jesus instructed Peter. This service can take many forms, it can be practical acts like helping a person in need or spiritual acts like praying for the living and the dead. Let us resort to loving the Lord through our actions and not merely through our words. True love for Jesus is displayed in how we treat those around us. When we support those around us, we are living out his command to love and showing that our love for Jesus is genuine and strong.

PRAYER: Abba Father, may we heed your call to obey you,
and show our love through action. Amen.



Monday

05th May 2025

Third Week of Easter

Acts 6:8-15 | Psalm 119:23-24,26-27,29-30 | John 6:22-29

The Work of God

In today's Gospel reading Jesus tells us that prayer is the nourishment of faith. Believing is 'the work of God'. It is what God wants of us. It is also what God works in us. God nourishes the roots of faith in us when we pray. The people were seeking Jesus for free food, not spiritual truths. As soon as Jesus begins to explain that his miracles are only meant to teach, they lose interest. As Jesus continues to teach, they ask him how to do the works that God requires. Jesus answers "The work of God is this: to believe in the one he has sent". This does not mean work has no value or that Jesus is endorsing laziness. Rather, his point is that all material things will eventually pass away. Instead of being consumed with things like food or another spectacle, we ought to be concerned with eternal rewards. Jesus alone can satisfy the deepest longing and hunger in our hearts. May we always hunger for the imperishable bread, that we may be satisfied in him alone as the True Bread from heaven.

PRAYER: Abba Father, nourish and strengthen us
that we may serve you with joy, generosity and zeal. Amen.




Tuesday

06th May 2025

Third Week of Easter

Acts 7:51-- 8:1 | Psalm 31:3-4,6-8,17,21 | John 6:30-35

True Bread from Heaven

The Lord says “My Father gives you the True Bread from heaven. For the Bread of God is that which comes down from heaven and gives life to the world”. This bread the Father gives is not something but someone, and that is Christ. The Heavenly Bread does something supernatural, through those he calls to receive him. He desires to share his supernatural power to create heaven on earth through us. At Stephen's martyrdom, people opposed supernatural realities, ignored what was offered to humanity. Stephen however, having the true Bread of heaven received supernatural power to lay down his life for the Lord. Power to see heaven opened, the Lord standing by God's side. That power in Stephen flows into Paul's heart, for later he is divinely pulled down from self-glory to the glory of Christ. He eventually lays down his life for the Lord. Are we aware of who we receive at the Eucharist? Receiving reverently and knowingly brings new life. It is the only remedy for our fallen world.

PRAYER: Abba Father, may I receive Christ's strength in my weakness to become holy and set apart for you. Amen.



Wednesday

07th May 2025

Third Week of Easter

Acts 8: 1 - 8 | Psalm 66: 1- 7 | John 6: 35-40

All we need is Jesus

Jesus was about to reveal the purpose of his coming to earth. The people were focused on Jesus as they had come to the understanding that if they have Jesus as their king one of their biggest problems of finding their daily bread will be solved. But when Jesus said "I am the bread of life" they were confused. Jesus was talking about the spiritual hunger of people. We see that those who enjoy luxurious lives are still seeking something they have missed in the world and that the light, joy and peace they yearn for, will only come through a relationship with Jesus. Therefore when we are conscious of Jesus who lives in us, we are assured that nothing can disturb us when facing challenges. We are also assured that God the Father and the Holy Spirit will overshadow us, leading and guiding our journey of life. The Psalmist speaks of the joy of being in this great intimacy of God and speaks of God's creative ways of providence for his people throughout history.

PRAYER: Abba Father, open our hearts and minds to grasp the deep truths that Jesus is teaching us. Amen.



Thursday

08th May 2025
Third Week of Easter

Acts 8:26-40 | Psalm 66:8-9,16-17,20 | John 6:44-51

Words of Eternal Life

The Jewish ancestors when on the desert route, distrusted and grumbled against God. Some even questioned the existence of God who was leading them. Though fed with manna and quail, they yearned for the flesh pots of Egypt. On the other hand an Ethiopian eunuch who was going on a desert route, wanted to know and obey God through the Word. The Spirit carries Philip to proclaim the word to him, who encounters eternal life. The living Bread from heaven is something more than a material reality. When Christ speaks the Word, something much deeper takes place. Unseen realities emerge; like air, electricity, and sound waves. When the Word is pondered upon in the depths of the soul, something supernatural happens. The Word becomes a nucleus for inner transformation. The Word that created all living matter is able to create spiritual beings. A Christo-centric being emerges. We too become bread, broken for others in Christ.

PRAYER: Abba Father, may I generously share what I have with others.
Amen.



09th May 2025
Third Week of Easter

Acts 9:1-20 | Psalm 117:1-2 | John 6:52-59

Spiritual Enlightenment

As I reflect on the first reading two questions came to my mind: 'How do we see God?' and 'How does God see us?' We tend to forget that even before the world began, God knew us and had a plan and a purpose for our lives. Like Saul, according to our human understanding and reasoning, we make choices and try to implement them by our strength but end up in failure. While God was leading Saul to repentance and awakening his spirit to the truth, God was also using Ananias to anoint Saul for a mission which changed the history of the world. Ananias too had his judgemental understanding of Saul but God saw a strong and a courageous man within Saul. The bigger picture of God has begun to unfold. Persecution, suffering and a painful death were also part of his mission but Paul was fully convinced of what the Lord expected of him. When reading Paul's letters we see how joyfully and willingly he embraced this call and how he boasts of this encounter with the Lord in many instances.

PRAYER: Abba Father, your plan for our life is always the best.
Help us to listen to your voice for guidance. Amen.



Saturday

10th May 2025

Third Week of Easter

Acts 9:31-42 | Psalm 116:12-17 | John 6:60-69

The Father draws us

No human being can come to the Father, unless the Father draws that person to himself. Jesus became one of us so that we would become like him. His words lead us into a life which gives meaning, hope and love. However, life can be difficult as well. We get to choose the easy path or the difficult path. Sometimes the difficult way for anything in life seems foolish. The people in the time of Jesus, wanted an easy way, one that would save them from hunger, a bread-kings who would keep them full and satisfied in this life. But that was not why Jesus came. He came to do something more, to do something far better. He came to give eternal life. He came to give his life for the sins of the world. This passage also shows the drastic impact of Jesus' teaching on the crowd: most walk away. When confronted with spiritual needs and a spiritual message, most people will turn it down. May his words rest in our hearts that we will desire him, to spend our lives with him.

PRAYER: Abba Father, your words give life. Amen.



Sunday

11th May 2025

Fourth Sunday of Easter

Acts 13:14, 43-52 | Psalm 100:1-3, 5 | Revelation 7:9, 14-17 | John 10:27-30

Can you hear the voice of God?

I cannot say I have heard the voice of the Lord. I have never heard a voice. But I have felt the Lord speak to me in my heart. As with any other relationship in our lives, our relationship with the Lord is two-way. While we speak to the Lord, he can also communicate with us. Today's Psalm tells us "Know that the Lord is God; he made us, his we are; his people, the flock he tends" (v. 3). He wants to communicate with us. He wants to hear our thoughts and also wants us to listen to him. We can do this through prayer. When we sit in the presence of the Lord, he will allow us to hear his voice in our hearts and minds. He will tell us what we need to hear for that day or for a specific situation. In the Gospel reading, Jesus says, "My sheep hear my voice; I know them, and they follow me" (v. 27). When prayer becomes a practice in our lives, we will know the voice of the Lord and hear him talk to us on a regular basis. Today, the Lord is calling us to prayer, to talk to him and hear his voice.

PRAYER: Abba Father, I pray for the gift of perseverance in prayer.
May I hear your voice every day. Amen.



Monday

12th May 2025

Fourth Week of Easter

Acts 11:1-18 | Psalm 42:2-3; 43:3-4 | John: 10:1-10

Jesus is the Good Shepherd

God has a beautiful plan and purpose for us just as he had for Paul. Salvation is God's program and God's doing, but he uses us in this process to be united in diversity. God changes us as we seek to walk with him through uncomfortable circumstances so that he can use us in greater ways to fulfil his purpose in saving the lost. Jesus says: "The good shepherd lays down his life for the sheep". What have we done to deserve such a meaningful gift? How willing are we to intentionally shepherd others towards a life of loving God and neighbour? This is the voice of the Good Shepherd, who "knows his own". Let us by God's grace, today, tomorrow and forever live a life that is worthy of this unmerited, undeserved gift that Jesus has given us. This is exciting news for all sheep and shepherds to be obedient to the Good Shepherd for a life in abundance, where people do the right thing and work together to live in peace and harmony. love and compassion, standing with the vulnerable, and preparing our hearts for the profound mystery of the Passion.

PRAYER: Abba Father, grant us the strength and courage to be good shepherds in pasturing your flock. Amen.



Tuesday

13th May 2025
Fourth Week of Easter

Acts 11:19-26 | Psalm 87:1-7 | John 10:22-30

The Gospel is for Everyone

Today's readings speak of the relationship between Jesus and his followers. In the first reading, we see how the believers who were scattered because of persecution were able to spread the Gospel beyond Jewish communities. It teaches us that the Gospel is for all, not just limited to a specific group. Barnabas and Saul who taught in Antioch helped to establish a strong community of believers there. It was in Antioch that the followers were first called "Christians." In the Gospel reading, Jesus is asked by the Jews to tell them plainly whether he is the Messiah. By telling the Jews that he has already shown that he is the Messiah through his works, illustrates that his actions and words are signs of his divine identity. Jesus says that not everyone believes in him because they are not his sheep. Faith requires a personal relationship with him. Jesus says that no one can snatch his followers from his hand. This offers us reassurance of Jesus' protection and the eternal safety found in him.

PRAYER: Abba Father, may we follow the Good Shepherd and share the Gospel with those around us. Amen.



Wednesday

14th May 2025

Feast of Saint Matthias, Apostle

Acts 1:15-17, 20-26 | Psalm 113:1-8 | John 15:9-17

Divine Election

After Judas' betrayal and death, Peter leads the apostles in choosing a new member to restore the Twelve. Matthias is chosen, not by chance, but by God's will. This passage reminds us that God's plans are sovereign, and he calls us to fulfill a specific role within his Church. Matthias's selection shows the importance of being a faithful witness to Christ. In the Gospel reading, Jesus speaks of the depth of his love for his disciples, commanding them to love one another as he has loved them. He no longer calls them servants, but friends, because he has shared with them everything he heard from the Father. Jesus also emphasizes that they did not choose him, but he chose them and appointed them to bear fruit that will last. This highlights the personal and intimate nature of Jesus' relationship with his followers. As we honor St. Matthias, we are reminded of our call to love and serve in the way Christ has loved us, and to faithfully carry out the mission entrusted to us.

PRAYER: Abba Father, help me to love and serve,
as you have called me. Amen.



Thursday

15th May 2025
Fourth Week of Easter

Acts 13:13-25 | Psalm 89:2-3,21-22,25,27 | John 13:16-20

Humility

Let us reflect on humility, a quality that is necessary to reach holiness. John the Baptist did not say that he is great, but humbly proclaimed the coming of the Messiah. In the Jewish tradition it is the lowest of tasks to untie another person's sandals. John knew the greatness of the Messiah and he was humble enough to accept it. Jesus washed the feet of his disciples. Jesus the Lord and master did the job traditionally done by a servant. Thus he is teaching us that we need to be servant leaders. If it is not beneath Jesus to wash the feet of his disciples, then it is not beneath us to be servant leaders. Jesus' practice of leadership was distinctly different from the self-seeking, self-serving and domineering style of leadership of the world. We need humility to be leaders who serve. Let us examine our conscience. At my work place, in Church groups, in the community, at school, and at home we may be leaders. Let us ask the Lord to show us the way we should lead.

PRAYER: Abba Father, anoint us with your Holy Spirit and make us willing to serve than to be served. Amen.



16th May 2025

Fourth Week of Easter

Acts 13:26-33 | Psalm 2:6-11 | John 14:1-6

God's Faithfulness in Action

In the first reading, Paul speaks about the fulfillment of God's promise through Jesus. Paul's words invite us to see God's faithfulness in action, showing that his promises are reliable and meant for all, both Jews and Gentiles. Reflecting on this, we can find encouragement in the constancy of God's word and his commitment to bringing life from death and hope from despair. In the Gospel reading, Jesus reassures his disciples, "Do not let your hearts be troubled." He speaks of preparing a place for them, promising his return. Jesus says that no one comes to the Father except through him. Jesus is not just a guide, but the way itself, the source of all truth and eternal life. When we face uncertainty or fear, Jesus calls us to trust in him, knowing that he leads us to the Father and a life beyond what we see now. Together, these readings call us to trust in God's promises, to find peace in Christ's presence, and to hold firm in the assurance that Jesus is our way to abundant, eternal life with God.

PRAYER: Abba Father, may I hold onto your promises. Amen.



Saturday

17th May 2025

Fourth Week of Easter

Acts 13: 44-52 | Psalm 98:1-4 | John 14:7-14

Doing the work we are supposed to do

Jesus says that whoever believes in him will be able to do the works that he did and even greater things. This is evident in Acts 13: Paul and Barnabas proclaimed the Gospel joyfully in the midst of persecution. Even when they were rejected by the Jews, they were not discouraged, they were not fearful and they were not feeling sorry for themselves nor were they complaining. Having been rejected from one place they went to another town to proclaim the Gospel. They did not leave the ministry because of rejection. How do we do the works that Jesus did? By bearing fruit in our lives. The 'Word' is like a seed. We need to nurture it. The 'Word' will transform us. When we memorize the 'Word', at the right time the Holy Spirit will use that 'Word'. The 'Word of God' will convict us when we have sin, which we need to take to confession. Let us ask ourselves: are we proclaiming the Gospel with our lives in our homes, in our workplaces and in our relationships with people?

PRAYER: Abba Father, empower me to do the mission that I am supposed to fulfil.
Amen.



Sunday

18th May 2025
Fifth Sunday of Easter

Acts 14: 21-27 | Psalm 145:8-13 | Revelation 21: 1-5 | John 13: 31-35

Is God's love evident in us?

Often, in the hustle and bustle of ministry, it is easy to sideline 'love'. We can say we have been obedient, faithful and faith-filled, but can we say that we have enthroned love in our hearts as we serve God's people? In the First reading we hear of the disciples evangelising; they were winning hearts for Jesus. Their preaching transcended borders and social status, reaching even the gentiles and outcasts of society. As disciples of Jesus we can preach and minister, but it is only God's love that can unlock hearts to receive the Message. The Gospel reading elaborates on this 'new' way of living. What distinguishes his disciples? Love keeps our eyes focused on what matters to God. How do we rekindle the spirit of love, when serving involves pain, sacrifice and weariness? How do we love when we are drained? We must go back to the beginning, and remember that we get to love, because we are first loved by Jesus. We serve from the overflow of his love.

PRAYER: Abba Father, fill me with your love again. May I first be a seeker and a lover of God, before I am a servant. Set my heart on fire again. Amen.



Monday

19th May 2025
Fifth Week of Easter

Acts 14:5-18 | Psalm 115:1-4,15-16 | John 14:21-26

God has not left Himself without Testimony

On a recent trip to the ancient city of Ephesus, it was inspiring to walk the streets St. Paul once walked and preached on, to see Christian symbols etched out on blocks that used to be door steps, and to explore monasteries of early Christians; tiny rooms carved into volcanic ash complete with frescos detailing the story of Jesus. It was beautiful to see the lengths people went to obeying Jesus' final command; Love one another as I have loved you (John 19:34). I was standing in these places, embraced by the love and knowledge of God, because those before us loved Jesus. Filled with the Spirit of God, they witnessed to the world, of our Living God. The world may be chaotically fast paced that we do not stop to witness the presence of God in nature or in his providence, but God still is, as he was, and will always be. Through our struggles, by the grace of his Spirit we are equipped with wisdom, understanding, and knowledge so we too may stand up and witness to our living God.

PRAYER: Abba Father, be magnified in me,
so the world may know you. Amen.



Tuesday

20th May 2025
Fifth Week of Easter

Acts 14:19-28 | Psalm 145:10-13, 21 | John 14: 27-31

Jesus gives us peace in the midst of trouble

St. Paul strengthened the disciples and encouraged them to continue in the faith, saying, “It is through many persecutions that we must enter the kingdom of God”. He warned them of the trials that they would face – just as he did. In fact, Paul and Barnabas had left behind not just individual believers, but functioning communities with their own leadership. The Responsorial Psalm is a song of praise. In today’s Gospel reading we are reminded that peace is our inheritance. Jesus gives us peace even in the midst of trouble, distress, turmoil, heartache and pressure. He will still the storms of life and quiet the waves. We rest in the boat, content, knowing that “No water can swallow the ship, where lies the Master of ocean and earth and sky”. That is peace. No matter what we are going through, regardless of how difficult it is, Jesus says: “Do not let your hearts be troubled”. It means we do not have to be upset and worried because he does not give us peace as the world gives.

PRAYER: Abba Father, fill us with your peace. Amen.



Wednesday

21st May 2025

Fifth Week of Easter

Acts 15:1-6 | Psalm 122:1-5 | John 15: 1-8

Staying connected to Jesus

St. Augustine's early life was marked by rebellion and the pursuit of worldly pleasures, but he found his way to Christ through the prayers of his mother, St. Monica, and the guidance of St. Ambrose. St. Augustine's life shows the power of repentance and the grace that comes from returning to Jesus. His story emphasises that no matter how far we may stray, staying connected to Jesus leads to healing, transformation, and purpose. How many of us stay connected to Jesus when everything goes well in our lives? Or do we only seek him when the road gets bumpy? Today's Gospel reading reflects on the importance of staying connected to Jesus, as it is the key to living a fruitful, purposeful, and spiritually abundant life that honours him. Without Jesus, we lose direction, purpose, and the ability to thrive in our faith. He is the vine, and we are the branches - we must remain attached to him to bear fruit, even during periods of spiritual darkness and suffering.

PRAYER: Abba Father, prune us and shape our hearts, so that we can grow, be fruitful, and do your will. Amen.



Thursday

22nd May 2025
Fifth Week of Easter

Acts 15: 7-21 | Psalm 96:1-3,10 | John 15: 9-11

Receive the joy of Jesus

Throughout history we see disputes, differences in opinion, disagreements in relation to cultures and beliefs. These have caused friction among people. The first reading speaks of such an incident. Even though the disciples had gained experience in handling people's issues they turned to God's Word for guidance and sought God's direction. In that surrender God revealed his vision for gentile and Jewish believers. We need to make Jesus the centre of our lives in all matters. When Jesus who was sinless, said yes to carry the sin of the world on himself, it was a great challenge. The result of doing the Father's will opened the gates of heaven for humankind. Jesus says 'I have chosen you as the bridge for people to come to me. So consciously choose my way, my attitude by walking on the narrow path with patience, trust, hope and faith. This will connect you to me and the same joy I experienced in being with my Father will flow to your heart too.'

PRAYER: Abba Father, help me to be rooted in you through your Word, which is the light of my life. Amen.



23rd May 2025
Fifth Week of Easter

Acts 15:22-31 | Psalm 57:8-10, 12 | John 15: 12-17

Bringing Encouragement

What is the cost of encouraging others? Encouragement strengthens someone to become confident or hopeful. Is not our strength sapped in the process? Does it not take a great deal of effort to encourage others or even humble ourselves that others might progress? Is there a cost of being the “wind beneath someone’s wings”? Paul and Barnabas had to travel 300 miles from Jerusalem to Antioch – more than a week. Have we considered the cost to the one who is the giver of encouragement? Have we forgotten to thank those who have helped us after we have become victorious? Those who bow, bend, step aside, and put others before themselves are the true givers of help and encouragement. King David wrote this Psalm as he and his faithful fled from King Saul. David too had difficult times of persecution and exile. In the Gospel reading, Jesus uses the word “Friends” three times. Jesus has shown his love for us. Let us love him and love others as he laid down his life for us.

PRAYER: Abba Father, fill us with the fruits and gifts of your Holy Spirit. Amen.



Saturday

24th May 2025

Fifth Week of Easter

Acts 16:1-10 | Psalm 100:1-3,5 | John 15:18-21

Do people see Jesus in me?

Jesus loves us regardless of who we are or what we have done. To Love God and serve him in return is to love others as he has loved us (John 13:34). Wanting to dutifully share with the world what I have experienced of God; sharing my testimony, dishing out spiritual advice, appearing to the world as holy, only served my ego, but not the Lord who still loved me. Jesus cautions us in John 15:4; we cannot bear fruit unless we remain in him. To heed the Spirit is to march to a beat the world does not hear nor understand. To reflect God in our actions, to show kindness in the face of cruelty and disloyalty, to wait on God when in crisis, against our nature to seek solutions, and to hold our tongue when the Spirit whispers “Not now”. In the eyes of the world I maybe weak. I have found that serving God is not about being loud and boastful, but being quietly reflective of him. Those who know me, may not know the true nature of Jesus, but I hope I am “A work in progress”.

PRAYER: Abba Father, give me the grace to put your glory before my comfort. Amen.



Sunday

25th May 2025

Sixth Sunday of Easter

Acts 15:1-2,22-29 | Psalm 67:2-3,5-6,8 | Revelation 21:10-14,22-23 | John 14:23-29

The Holy Spirit empowers us

Christianity is a love relationship with a Person, namely Jesus. It is not just a set of rules and obligations. The same legalism and rigidity that crept into the early Church threatens us too. Religious practices may try to stand above the Beatitudes and the Law of Love. It is humanly impossible to be faithful to his love relationship, hence the Holy Spirit has been given to us to teach us all things and to remind us of everything the Lord has told us. It is through greater yielding to the Spirit, that we grow in our love relationship with Christ. We need the Holy Spirit to renew our mind, making our “wine-skins” new, to hold the “new wine” of what the Lord has in store for us. We are called to see what no eye has seen, to hear what no ear has heard, to know what no mind has conceived, as God reveals to us by his Spirit. We walk through fire and flood, being assured of victory in Christ. We Christians are not just called to enter heaven after death, but also to bring heaven to earth.

PRAYER: Abba Father, give me the grace to remember that you are my lamp that never goes out. Amen.



Monday

26th May 2025

Memorial of Saint Philip Neri, Priest

Acts 16:11-15 | Psalm 149:1-6,9 | John 15:26--16:4

Listening to God's Word

Today's readings remind us of the transformative power of listening to God's Word and opening our hearts to the guidance of the Holy Spirit. It is an invitation to ponder on how we can grow in our relationship with God. In the First Reading, we see a woman named Lydia. Through the guidance of the Holy Spirit, her heart is opened to the message proclaimed by Paul leading to her conversion and baptism. As an act of hospitality, she offers her home to Paul and his companions. Just like Lydia, we are called to engage with the Word of God. We are to listen attentively, meditate upon it, and allow it to take root within us. In the Gospel reading, Jesus speaks of the Holy Spirit who will come to guide and empower his disciples. He assures us that we will never be alone in our journey of faith. The Holy Spirit is present in our lives to provide guidance and strength. Through the Holy Spirit, even in the face of opposition and persecution, we are empowered to be true witnesses of Christ.

PRAYER: Abba Father, may we be open to the transformative power of your Word.
Amen.



Tuesday

27th May 2025
Sixth Week of Easter

Acts 16:22-34 | Psalm 138:1-3,7-8 | John 16:5-11

Believe in Jesus and you will be saved

Today's readings assure us that we will never be left alone. The Holy Spirit dwells within us. In the first reading, St Paul points out that everyone who believes in Jesus is bestowed with the gift of the Spirit while the Gospel reading explains the works of the Holy Spirit who will reveal to us our sinfulness and bring us to reconciliation with God through Jesus. Living in an experience of being in union with God through the Holy Spirit, will fill us with unceasing peace, joy and freedom. It was this experience that enabled Paul and Silas to keep singing and praising God despite being beaten up and thrown into prison. They stood firm in testimony to the righteousness and dignity they gained through Christ and influenced the other prisoners to follow them. Let us through faith, receive the gift of the Holy Spirit, surrender our hearts to him and be filled with the joy and freedom of God's children. The power of his Spirit working in us, will draw others to himself.

PRAYER: Abba Father, fill me with your Holy Spirit and keep me holy and blameless in your sight. Amen.



Wednesday

28th May 2025

Sixth Week of Easter

Acts 17:15-22 -- 18:1 | Psalm 148:1-2,11-14 | John 16:12-15

Be led by the Holy Spirit

With its magnificent buildings and many gods, Athens was a centre for Greek culture, philosophy and education. The people were eager to hear something new, so they invited Paul to speak to them at the high council meeting. But Paul was filled with grief to see that people were spiritually lost. They were ignorant of the One God. Paul then came across an idol built to an 'unknown God' and he used that opportunity to introduce the living God to them. As we walk with the Lord, we too come across moments to witness to the Lord. It may sometimes be a word of comfort, a testimony or an intercessory prayer that can change a person's life and give new hope in the Lord. We see the results of Paul's speech at the end, when some joined him and became believers. This transformation happened because the Holy Spirit was powerfully working in Paul and in the same way the Holy Spirit is eagerly waiting to use us in numerous ways.

PRAYER: Abba Father, help us to see the world through our inner eyes and to listen to the promptings of the Holy Spirit. Amen.



Thursday

29th May 2025

Sixth Week of Easter

Acts 18:1-8 | Psalm 98:1-4 | John 16:16-20

The joy of the Resurrection

Today's first reading highlights Paul's dedication to spreading the Good News. Despite facing opposition and numerous challenges, Paul remained committed to his mission. His example shows us the importance of persistence in our efforts in sharing the Gospel. While we many encounter obstacles, like Paul, we must trust in God's providence and persevere, confident of God's guidance. In this reading, we also observe God orchestrating events to fulfil his will by bringing Aquila and Priscilla into Paul's life. This illustrates how God works through people and circumstances, often in unexpected ways. We are to trust in God, confident that he will guide us and provide what we need for the mission. In the Gospel reading, Jesus speaks to his disciples about his imminent departure and return. He reassures them that their sorrow will be turned into joy when they see him again. Jesus' words invite us to embrace the transformative joy that comes from the resurrection.

PRAYER: Abba Father, grant us strength and perseverance to share the Good News, trusting in your providence to guide us. Amen.



30th May 2025

Sixth Week of Easter

Acts 18: 9-18 | Psalm 47:2-7 | John 16:20-23

Boldly proclaim the Gospel

We are to preach the Gospel, even when it is not easy, even when we face challenges, even when we are tempted to be silent. Often we might be tempted to keep quiet about the Gospel. Sometimes when I have a conversation with someone, there is an opportunity to share the Gospel, but I choose to be silent, to not say anything, and almost shirk back in some kind of fear. Many of us may face such moments. Jesus encourages us to keep preaching the Gospel, even when it is not easy, when we face challenges, and when we are tempted to be silent. In the Gospel reading, Jesus said to his disciples that they would weep and be sorrowful. The way for us to enter the Kingdom of God is through the cross. It is better and more blessed to mourn for our sins because it will yield the fruits of peace, joy, and righteousness. We may experience difficulties and we may make bad decisions in life but as long as we have faith in God and repent, we will rejoice in the end.

PRAYER: Abba Father, draw people to yourself for your glory and for their eternal good. Amen.



Saturday

31st May 2025

*Feast of the Visitation of the
Blessed Virgin Mary*

Zephaniah 3:14-18 | Isaiah 12: 2-6 | Luke 1:39-56

Mary, the model disciple

Today's Gospel reading gives an example of a true disciple of God. We may have heard many sermons and teachings on who a disciple is. The Blessed Mother lives up to the mark of a true disciple. Who is a disciple? One who listens to the voice of God and acts in obedience. If I look back at the last 25 years of my life and the trials that I had to face, I only saw failure because I did not approach my trials as the Blessed Mother did. But as I learnt the secret to hear, ponder and be obedient, my life changed. The stories of the saints became real: about the agony and ecstasy of following Christ. My faith grew stronger as I continued to hear and obey: the most impossible of situations started to turn around. We are called to not dwell in our battles but to go out and be disciples who minister to others who maybe going through similar circumstances. Let us follow the example of the Blessed Mother who visited Elizabeth, to care for her in her hour of need.

PRAYER: Abba Father, let your voice lead me to do your perfect will.
Amen.

The Visitation of the Blessed Virgin Mary

"During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

Luke 1:39-45

On Our Knees - In His Hands is a book of reflections and an aid to prayer, based on the daily readings of the Holy Mass. Its purpose is to help Catholics and other Christians engaged in the normal hustle and bustle of life to discover God's presence and direction in the practical situations they are placed in. This is made possible by a group of writers who are lay people living at the heart of busy day-to-day life.