

ON OUR KNEES IN HIS HANDS

DAILY READINGS & REFLECTIONS

JANUARY 2024



The Epiphany of the Lord

Solemnity: 07 January

Numbers
6:22-27

Psalm
67:2-3,5-6,8

Galatians
4:4-7

Luke
2:16-21



Monday

01st January 2024

Solemnity of the Blessed Virgin Mary, the Holy Mother of God

A happy and blessed New Year

The word 'bless' aptly sums up what we need to sail through another year. Without the blessing of the Lord our lives will be a failure. The first reading speaks of the Lord's blessing for the people, which is a strong assurance of God's abiding presence. Do we have the confidence to claim this blessing? God wants us to stay close to him and be blessed by him. One person who lived in this blessing, in the shadow of God's love was the Blessed Mother. She said in the Magnificat: "He has looked upon me". The angel Gabriel called her blessed among women. Being blessed does not mean having a life without troubles or heart breaks. It means having the grace to deal with these heartaches in the way God wants us to. As we face this New Year, we are called to accept the promises God gives us and ponder over them: to dwell on them and not let them pass by and be forgotten. God is reminding us that he is our Father and we are no more slaves but heirs adopted in love and carried in his arms of love.

PRAYER: Abba Father, may we have the grace to remind ourselves that we are no longer slaves but children of the kingdom. Amen.

1 John
2:22-28

Psalm
98:1-4

John
1:19-28



Tuesday

02nd January 2024

Memorial of Saints Basil the Great and Gregory Nazianzen

We live in Jesus and He lives in us

As we step into another new, joyful and exciting year, we are called to focus our eyes on our Creator. The reading begins with a question “who is the liar?” John’s explanation is clear. Then the next question that comes into our mind is: “what is the truth?”. The truth is a Person - “the one who stands among you” was the answer of John the Baptist. Are we like the pharisees who did not recognise Jesus among them? The Lord of this universe, took the form of a human being to live with us, sacrificed himself to live in us and opened the door to eternity. The whole universe recognises the Creator and rejoices in his presence. It is a call for us to see the presence of the Lord in our daily events and to rejoice even in our darkest situations and trust in his never failing love. The word of God reveals the truth which the world cannot see. The moment we fix our gaze on the Lord, believe that Jesus is living in us and connect with him, the purpose and meaning of life begins to unravel and bear fruit.

PRAYER:

Abba Father, help me to rest in your arms like an infant and feel your protection throughout this new year. Amen.

1 John
2:29-3:6

Psalm
98:1,3-6

John
1:29-34



03rd January 2024

Weekday of Christmas Time

Children of God

Every day we are awakened to the truth that God is our Father and we are his children. God sent his only Son to take away the sins of the world. He called us by name to join his family. His love for us is so great that he wants us to be called his own (1 Jn 3:1). As children carry the qualities of their parents, we as God's children need to carry his nature in us. Jesus is without sin, and unless we live in him we are not made righteous. We see how John the Baptist called Jesus: "the Lamb of God who takes away the sins of the world". Therefore let us allow this truth to take root in our hearts as we participate in the Holy Eucharist and believe that Jesus who is living inside us will transform us little by little from sinfulness to his divine nature. It is then that we would be able to witness to the world around us that we are sons and daughters of our Heavenly Father. It is then that the world would be able to see that we have a different nature and that difference will glorify God our Father.

PRAYER: Abba Father, transform us into your divine nature. Amen.

1 John
3:7-10

Psalm
98:1,7-9

John
1:35-42



Thursday

04th January 2024

Weekday of Christmas Time

Seekers together, dwelling with God

We may be uncertain of what is ahead. The readings remind us of what or who we are seeking. We are seekers and we may seek a deeper connection with Jesus, who invites us to “Come and see” as he said to his disciples. As we accept Jesus’ invitation, our lives will be changed. When we take the time to dwell in God’s presence, to immerse ourselves in God’s Word, and experience his love and grace, we cannot help but be changed. We trust that the Holy Spirit will show up, and stir us into a deeper faith and understanding. The revelations may be big or small. They may happen quickly, or they may take years to develop. God is working within us. When we earnestly pay attention to that, we will be inspired and transformed by it. We experience the revelation of Jesus as the Messiah. The Gospel proclamation invites us to take part in this wondrous journey: seekers together, dwelling with God. What are we waiting for? Let us not delay, because the Lord says: “Come and see”.

PRAYER: Abba Father, may I be bold in approaching your throne of grace. Amen.

1 John
3:11-21

Psalm
100:1-5

John
1:43-51



Friday

05th January 2024

Weekday of Christmas Time

Nature of the children of God

Like Nathanael we are called to be open to God's revelation. Our calling is to be righteous by loving God and our brothers and sisters. Today Jesus looks into our hearts and gives us a promise. He will open the gates of heaven to those who prayerfully seek him. He will accompany us through every circumstance and situation in our lives. We will see angels coming and going from heaven as he promised to Nathanael. There can be peace and joy amid chaos and suffering because he is with us. There is purpose and meaning even in suffering. Looking at the cross we see it. We know who we are: we are children of God. We know where we came from: from the heart of God and we know where we are going: back to the heart of God and we joyfully complete the mission he has given us in the power of the Holy Spirit till we see him face to face. Let us open our hearts to this revelation and seek his grace to be aware of this reality. Let our actions show the world, that we are children of God.

PRAYER: Abba Father, thank you for calling us your children. Amen.

1 John
5:5-13

Psalm
147:12-15,19-20

Mark
1:7-11



Saturday

06th January 2024

Weekday of Christmas Time

Jesus is the Son of God

The first reading declares that Jesus is the Son of God and that whoever believes and proclaims it, will be saved. The great chasm that was created by the fall of humanity was mended by Jesus on the Cross. Only the Son of God, who is the Messiah and the Redeemer of the world, was able to do it. "In him we have redemption by his blood, the forgiveness of transgressions, in accord with the riches of his grace" (Eph 1:7). We have to accept the love of Jesus and believe that he is the Son of God. The genealogy of the Lord Jesus is substantiation for us to believe that the prophecies of the first covenant have come to pass. This is the Messianic prophecy which was given to King Ahaz in Isaiah 7:14. The bloodline of the Messiah was from the Davidic bloodline. These prophecies came to pass in the Lord Jesus Christ. "He will be great and will be called Son of the Most High" (Lk 1:32). Let us proclaim the wonderful works of God and become powerful instruments in his hands.

PRAYER: Abba Father, may I believe and proclaim that Jesus is your Son. Amen.

Isaiah
60:1-6

Psalm
72:1-2,7-8,10-13

Ephesians
3:2-3,5-6

Matthew
2:1-12

Sunday

07th January 2024

Solemnity of the Epiphany of the Lord

Christ, our light and hope

Today, many of us might be re-packing and storing away our Christmas decorations. The Season of Christmas ends on the feast of the Baptism. However we complete the celebration of the events surrounding Jesus' infancy on the Epiphany, when God chose to manifest himself to the nations. The wise men as gentiles were not accustomed to the Jewish God or religion, hence this revelation is significant to us, to know that Jesus came for the world and not just one group of people. Whosoever believes and accepts Jesus would be saved. This solemnity is also a reminder that, as the wise men followed the star that led them to Christ, we are to follow the light of Christ as we journey with him.

In the first reading we read the impact of this great light as the prophet says: "arise" from spiritual depression to a new life, for your light has come. "In Jesus was life...the light of all humankind. The Light shines in the darkness and the darkness has not overcome it" (John 1:4-5). This is a hard truth to grasp, specially when we are in the middle of battling sicknesses, facing difficulties or injustice. In those moments it seems as though darkness has overcome it. Where's the light? Where's justice? Where's hope? Where is the answer we have been praying for?

I am reminded of the song "Living Hope" by Phil Wickham:

"How great the chasm that lay between us, how high the mountain I could not climb. In desperation, I turned to heaven and spoke your name into the night Then through the darkness, your loving kindness tore through the shadows of my soul."

When we choose to turn to Jesus in the midst of our struggles, his light shines into our darkness and we find joy, peace and hope. This is no empty hope, but one that is filled with his promises that brings us healing.

"Then came the morning that sealed the promise, you declared the grave has no claim on me. Jesus, yours is the victory!"

This is the light that breaks into our darkness and draws us back into God's higher purpose and plan.

PRAYER: Abba Father, help us to live in our identity as heirs of Christ, and carriers of your glorious light. Amen.

Isaiah
42:1-4,6-7

Psalm
29:1-4, 9-10

Mark
1:7-11



Monday

08th January 2024

Feast of the Baptism of the Lord

Our Baptismal Calling

John the Baptist declared that through the baptism of the Holy Spirit, Jesus will create a new people of God. Jesus humbled himself and submitted to John's baptism of repentance. That moment, the heavens opened and the Holy Spirit like a dove descended upon him and a voice came from heaven, declaring that he is the beloved Son of God and he received the anointing of the Holy Spirit to fulfill his mission. This was the beginning of Jesus' ministry. Through proclamation of the Word, healing the sick, driving out evil spirits, his suffering, death, resurrection and outpouring of the Holy Spirit, he completed his mission. We are children of God. Are we in the process of fulfilling our mission or are we living according to our own understanding, gratifying our sinful desires? If we have forgotten our baptismal promises, let us submit ourselves to Jesus, reconcile ourselves with God and receive the Holy Spirit who will lead us to holiness and empower us to fulfill our mission.

PRAYER:

Abba Father, give us the grace to remain in your Son,
just as he remained in you. Amen.

1 Samuel
1:9-20

1 Samuel
2:1,4-8

Mark
1:21-28



Tuesday

09th January 2024

First Week in Ordinary Time

The Power of Jesus

In today's Gospel proclamation, Jesus displays his authority. Some people dismiss all accounts of demon possession as a primitive way to describe mental illnesses. Often mental illness has been wrongly diagnosed as demon possession. However, in the Gospel proclamation, we see how a hostile outside force controlled the possessed man. Jesus asked the man to keep it low, to be quiet. He commanded the spirit to come out of him in a discreet manner so that it would not be a showdown. Mark highlights Jesus' conflict with evil to show his superiority over them. Jesus did not have to conduct an elaborate exorcism ritual. His words were enough to send out the evil spirit who knew at once that Jesus was the Holy One sent from God. By including this event in his Gospel, Mark was establishing Jesus' credentials, showing that even the spiritual underworld recognized Jesus as the Messiah. What do we think of Jesus and what is our attitude towards him?

PRAYER: Abba Father, may we be united with Jesus and follow in his footsteps. Amen.

1 Samuel
3:1-10,19-20

Psalm
40:2,5,7-10

Mark
1:29-39



Wednesday

10th January 2024

First Week in Ordinary Time

The Goodness of God

In today's first reading, God calls Samuel by name, but it takes Samuel 3 times to recognize that it is the Lord. Samuel did not know the Lord at that time, so he was confused and believed that Eli had called him. What Samuel did not know at the time, is that God had a purpose and a great plan for his life, to use him to speak to the people of Israel and to give him the gift of prophecy. Just like Samuel, God has called us by name to fulfill a purpose and he has a plan for our lives. Like Samuel, we may also be confused about who had called us. God may want to use us in ways that we cannot fathom because we have a limited understanding. Samuel answered God's call, and listened to God. He did not hesitate nor question, allowing God to fulfill his purpose. God continued to reveal himself to Samuel and used him to prophesy to the people of Israel. Samuel did not hide God's truth and spoke of what God revealed to him. Let us speak of God's love and faithfulness and share his goodness with others.

PRAYER:

Abba Father, thank you for calling us by name and choosing us to do your will. Amen.

1 Samuel
4:1-11

Psalm
44:10-11, 14-15, 24-25

Mark
1:40-45



Thursday

11th January 2024

First Week in Ordinary Time

Seek the living God.

The Israelites looked to the Ark to save them instead of seeking the Lord's will. God did not feel obliged to bless the Israelites just because they took the Ark into battle. He would not allow his arm to be twisted by the superstitions of the Israelites. God is a person, not a genie to be summoned at human will. Not only did Israel lose, they lost far worse than they did before taking the ark into battle. The loss which prompted them to take the ark resulted in the death of about four thousand Israelite men. With the ark, more than seven times as many were killed. The ark of God was captured: which was worse than just losing a battle. The symbol they thought would win the battle was captured. Israel made a sacred symbol of the ark. We too cling onto symbols, and God will take them away. Let us examine our hearts, to check what idols we are holding onto? Do we trust these idols to give us security and satisfaction? Let us repent for such moments, and seek the living God, instead of idols.

PRAYER:

Abba Father, I repent for the times that I trusted in idols, may I seek and trust you alone. Amen.

1 Samuel
8:4-7, 10-22

Psalm
89:16-19

Mark
2:1-12



Friday

12th January 2024

First Week in Ordinary Time

The King of kings

The people of Israel would have thought they were choosing the lesser evil by demanding a king to rule over their nation. Today, we have a democratic right to choose our leaders through a voting system, in countries where democracy exists. Most often we are unhappy with the current government and are looking for new, fresh leadership that can bring change and benefit the lives of the common people. However, the choice we make may not always turn out to be the lesser evil, and we could be enslaved under a new government who would be “takers” and not “givers”, as the Lord warned the Israelites. We need to be careful about what we ask for, as there are consequences. When we bring our requests to God, we should do so humbly, seeking his will, and then trusting God with the answer. Jesus Christ is our King and the only one worthy of our allegiance and trust. We can then confront the challenges of this world and witness to the peace, justice and liberation of the kingdom of God.

PRAYER:

Abba Father, may your kingdom come,
may your will be done on earth as it is in heaven. Amen.

1 Samuel
9:1-4,17-19; 10:1

Psalm
21:2-7

Mark
2:13-17



Saturday

13th January 2024


First Week in Ordinary Time

A new way of life

Often we are consumed with trivial matters which cause us to lose sight of God and even lose ourselves in who we are and what we do. God has a great plan for us. In the first reading, we see that Saul was tending to his father's herd when he was chosen by God to lead the people of Israel. God has called us also to serve him and to lead his people. The Responsorial Psalm describes how much our God takes delight in his chosen one. God loves and takes delight in us. We are called to carry out God's will and he will pour out his blessings because we are his children who believe in Jesus, our Risen King. The Gospel proclamation is a clear message for us to take note that we do not need to be perfect or qualified with our social status, education, or professional titles for Jesus to come and dine with us. Let us allow Jesus to take his place in our hearts because while we were still sinners, he died for us and set us free. Jesus showed us a new way to live, let us strive to follow it.

PRAYER:

Abba Father, give us the grace to be humble in your presence and to obey your will. Amen.



1 Samuel
3:3-10, 19

Psalm
40:2, 4, 7-10

1 Corinthians
6:13-15, 17-20

John
1:35-42

Sunday

14th January 2024

Second Sunday in Ordinary Time

Speak Lord, your servant is listening

Today's readings speak about the ongoing interaction between God and us. God comes to meet us each moment. This living God speaks to us and expects us to respond to his voice. Our intimacy with God depends on how much we see and hear him and mostly, how we respond to his calling.

There was a period in my life, when I did not know the Lord though I knew 'about' him. That was the time I was living "with Christ", fulfilling obligations, saying prayers as I needed to say and thinking that I was a good Christian. The word of God had not yet come alive in me. The Sacraments were a habit or a ritual and participating at the Eucharist was to tick the box. We read in today's first reading how Eli taught Samuel to listen to the Lord and say, "Speak Lord, your servant is listening" (1 Sam 3:8-9). I too received the grace to receive the Baptism of the Holy Spirit through the 4 Steps retreat in 2012, and the journey that started from then onwards has taught me to recognize the voice of God. Samuel ran to Eli, not realizing that the Lord was calling him, and he did not hear anything more. The Lord seemed to go quiet when Samuel did not recognize his voice. Isn't it true in our lives too? As long as we choose to run to the world seeking answers, we will not be hearing the voice of God. God seems quiet in our lives.

In the Gospel proclamation, we are told about having our inner eyes open to see God and his action in the events of our day-to-day life. Andrew was one of the disciples of John the Baptist. He followed the Lord and spent time with him. He brought his brother Simon to Jesus saying, "We have found the Messiah". This is another gift we receive through the Baptism of the Holy Spirit. Our inner eyes are opened to see God's realities more than what we see with our physical eyes, and we develop a desire to share the Good News with others. We are invited to draw more people to journey with the Lord, to "walk by faith and not by sight". In today's second reading St Paul explains that we are the temple of the Holy Spirit. The risen Christ comes into our lives by the power of the Holy Spirit. In the Holy Eucharist, he transforms our bodies into the temple of the Holy Spirit. As caretakers of God's temple, our duty is to seek his will and obey it. As we use our free will to say 'yes' to his will and 'no' to our own wills, those around us will be attracted to the Lord who is living within us.

PRAYER: Abba Father, help me to hear your voice and lead me to your will. Amen.

1 Samuel
15:16-23

Psalm
50:8-9, 16-17, 21, 23

Mark
2:18-22



Monday

15th January 2024

Second Week in Ordinary Time

Be led by the Holy Spirit

The Gospel proclamation talks about the contrast between new and old traditions. Jesus is conveying that his presence with his disciples is a time of celebration and joy, and fasting is not appropriate during this period. However, he also says that there will be a time for fasting. His teachings represent something new that requires a fresh perspective and mindset to fully embrace. The analogies he uses highlight the importance of compatibility and receptivity to change when it comes to spiritual matters. Fasting is not limited to food but also words, thoughts, desires, feeling and emotions. How do I handle my situations and my activities? Are they pleasing to God? His teachings are like new wine, and they require a receptive and flexible mindset to understand and integrate. We must allow the Holy Spirit to minister to our lives. We should have broader views on spiritual life. Every moment we should be led by the Holy Spirit, which will bring new meaning to our lives.

PRAYER: Abba Father, empower me to be receptive to your Word. Amen.

Isaiah
52:7-10

Psalm
97:1-3, 6-8, 10

Acts
20:17-18, 28-32, 36

Mark
16:15-20



Tuesday

16th January 2024

Solemnity of Saint Joseph Vaz, Priest

Reach out to the needy

St. Joseph Vaz was instrumental in God's hand. Owing to his selfless service and God's grace, the Catholic faith survived and even thrived in Sri Lanka. In today's Gospel Proclamation, we read that Jesus has power and authority to bring about goodness and justice. He seeks to free people of their oppression. He does not enjoy seeing anyone suffer with their pain and traumas. The Lord ministers to the hungry, the sick and the lame. He touches the lives of people without delay and without counting their deeds. Let us follow the same path, when it comes to attending to people in need. The Lord was moved with compassion to feed, heal and liberate people in mercy. Do we have the same attitude? Do we think twice or delay the process, like many in today's halls of power? When someone needs our aid, do we take our own time to come to their aid? Where is the inspiration and goodwill to support people? Let us ask ourselves and mend our ways focusing on the Lord and his attitude.

PRAYER: Abba Father, make my heart like yours, to feel the pain of others and to relieve them of their pain. Amen.

1 Samuel
17:32-33, 37, 40-51

Psalm
144:1-2, 9-10

Mark
3:1-6



17th January 2024

Memorial of Saint Anthony, Abbot

Live with passion

Today's Gospel proclamation talks about how Jesus heals a man with a withered hand on the sabbath. The people gathered at the synagogue were waiting to see if Jesus would break the law. Jesus was concerned about healing this man. Jesus was passionate about life. Often we are caught up in rituals and traditions but do not have passion in life. We hardly see any miracles happening in our lives, there is dryness. We live, while not expecting anything to happen. We are focused on following traditions and judging those who do not. But how much have we changed internally? Jesus reminds us that he is the Lord of the Sabbath and it his will to heal, to give life and to forgive sins. His grace fills us with his love. It is more than just going through the process. Today Jesus calls us to live with passion: to expect miracles and healings, to hear his voice and his leading and to follow his commands. Are we ready to encounter the living God? Or will we continue to evade his presence?

PRAYER:

Abba Father, come into my heart, let me experience your presence all the days of my life. Amen.

1 Samuel
18:6-9; 19:1-7

Psalm
56:2-3, 9-13

Mark
3:7-12



Thursday

18th January 2024

Second Week in Ordinary Time

Freedom of the Spirit

In today's Gospel proclamation, we are reminded of Jesus' commitment to his Father to fulfil his purpose on earth. During his time on earth, he healed many sick people, made the lame walk, the deaf to hear and healed the paralysed. He helped those who were experiencing any sort of human sufferings. He used his power and authority to rebuke evil, so that those who were trapped were made free. During his ministry on earth, Jesus had people following him with the desire to be healed, cured and to search for freedom from the sufferings that they experienced. As the word spread, people who wanted healing started approaching him. Among them were the evil forces trying to destroy him. This reminds us that to the same level that we are surrounded by those who love, care, and genuinely seek to live a life in the Spirit, there is another group that can misguide us to move away from our purpose. Let us be on guard and choose wisely.

PRAYER: Abba Father, may I focus on the purpose you have for me.
Guide me to fulfil it as you desire. Amen.

1 Samuel
24:3-21

Psalm
57:2-4, 6,11

Mark
3:13-19



Friday

19th January 2024

Second Week in Ordinary Time

We are called to serve

“Love one another as I have loved you” is a beautiful commandment spoken by Jesus. While it is easy to love our closest family and friends, could we extend the same love to people who have wronged us? On a human level, we often tend to seek revenge to feel satisfied without realising the darkness that we get caught into. When I faced betrayal, I was consumed with anger that I could not rest. As I got closer to God, I realised that my behaviour was affecting my loved ones. I understood that revenge and anger will never bring justice or peace, instead it will destroy the best version of ourselves that God intended us to be. Today’s first reading is reminding us that we are called to love and forgive just as David forgave Saul. It is only through divine intervention that we could heal our broken hearts to be able to see beyond hatred to love and forgive. God our father, creator of humankind, is the judge and the jury. We are not called to judge, we are called to proclaim the goodness of God.

PRAYER: Abba Father, may we love and forgive those who have wronged us. Amen.

2 Samuel
1:1-4, 11-12, 19, 23-27

Psalm
80:2-3, 5-7

Mark
3:20-21



Saturday

20th January 2024

Second Week in Ordinary Time

Honour God with wholehearted devotion

Loved by God but flawed by nature, David's relationship with God has fascinated me. God's loyalty to this gifted yet fallible renegade child has served as a touchstone of hope. Today's readings reveal the depth of his relationship with God as more than merely being loved by God "just as he is". David, for all his idiosyncratic ways, holds on to and unapologetically lives by one truth; he has acknowledged that God is above all things, to be honoured and served with wholehearted devotion and willing mind. Regardless of personal gain to him, harming King Saul, a king anointed and set apart by the God he serves is unthinkable. The depth of David's grief and praise in his lamentation for King Saul is equal to his emotions for his much-loved slain best friend Jonathan. David's grief is because Saul was set apart by God. Honouring God single mindedly goes against the logic of the world. Do I love and honour God with wholehearted devotion, or is my relationship with God at a surface level?

PRAYER: Abba Father, instil in me a steadfast spirit
so I may honour you in my ways. Amen.

Jonah
3:1-5, 10

Psalms
25:4-9

1 Corinthians
7:29-31

Mark
1:14-20

Sunday

21st January 2024

Third Sunday in Ordinary Time

The Lord heals what we expose, not what we hide

Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. The pieces we are ashamed of, the parts we regret and the moments. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. The pieces we are ashamed of, the parts we regret and the moments. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. The pieces we are ashamed of, the parts we regret and the moments. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. The pieces we are ashamed of, the parts we regret and the moments. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. The pieces we are ashamed of, the parts we regret and the moments. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. The pieces we are ashamed of, the parts we regret and the moments. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. The pieces we are ashamed of, the parts we regret and the moments. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker. The pieces we are ashamed of, the parts we regret and the moments. Our nakedness, which the enemy meant to use as a weapon against us, was turned into a bridge to perfect communion with our Maker. the one who clothes us in his grace and spirit. was turned into a bridge to perfect communion with our Maker.

PRAYER: Abba Father, teach me to surrender the truth of my heart to you.

2 Samuel
5:1-7, 10

Psalm
89:20-22, 25-26

Mark
3:22-30



Monday

22nd January 2024

Third Week in Ordinary Time

Is your house divided against itself?

Sin is behind all of human misery. The Lord's exorcism unsettles the people. Exorcism delivers one from misery, healing and restoring people. Some Jewish leaders attributed the Lord's power to demonic activity. They thereby blasphemed against the Holy Spirit: by attributing to a bad spirit a work that was manifestly good. How can Satan do good, he would be acting against his nature. Today families and nations are under threat. The Holy Spirit convicts us of sin, when we accept Jesus as our Savior and Redeemer. When we don't we remain in sin (Jn 16:8-9). No wonder what is bad is called good. Families are under assault. Satan blinds us to the truth. Often the smart phone has taken the place of God; many do not go out without it. Pornography and video games could become dangerous in families. People think that nothing is wrong. Satan knows when families are destroyed, nations collapse. Often, the film industry brainwashes people to be violent and promiscuous. Be cautious.

PRAYER: Abba Father, may we come under the protection of your Son, that the Holy Spirit may open our inner eyes. Amen.

2 Samuel
6:12-15, 17-19

Psalm
24:7-10

Mark
3:31-35



Tuesday

23rd January 2024

Third Week in Ordinary Time

Who am I?

When we reflect on today's Gospel proclamation, we see that Jesus knew something about himself that most of us do not know about ourselves. He knew that God was his Father. We are all children of God. We have come from the heart of God. Jesus was aware of his true identity. The Blessed Mother totally surrendered to God's will. Jesus by his statement must have shocked many that day, and even today this statement has created much curiosity and confusion. Do we know our true identity? Knowing that God is our Father, that he knew us before our parents knew us, before even time began and that he knows and cares for us, will change the way we live. Knowing that God is our Father and Jesus is our brother we will attempt to please God. We know that God is our Father but we need this to be rooted within our hearts. Where do I come from? Who am I? It is the Holy Spirit who can remove the lies and reveal the truth about ourselves.

PRAYER: Abba Father, anoint me with your Spirit to claim the truth of who I am. Amen.

2 Samuel
7:4-17

Psalm
89:4-5, 27-30

Mark
4:1-20



Wednesday

24th January 2024

Memorial of Saint Francis de Sales, Bishop and Doctor

Reclaim the soil

By his death on the Cross Jesus opened the flood gates of grace, establishing his kingdom forever. He builds his temple within our hearts offering us the unmerited gift of the Holy Spirit. But how open are we to this precious gift? God the sower, abundant in mercy continues to spread his seed; he sows it indiscriminately and generously. Pope Francis said: "Jesus invites us to look inside ourselves: to give thanks for our good soil and to tend the soil that is not yet good. Let us ask ourselves if our heart is open to welcome the seed of the Word of God with faith. Let us ask ourselves if our rocks of laziness are still numerous and large; let us identify our thorns of vice and call them by name. Let us find the courage to reclaim the soil, to effect a nice conversion of our heart, bringing to the Lord in Confession and in prayer our rocks and our thorns. Jesus, the Good Sower will purify our hearts by removing the rocks and the thorns which choke his Word."

PRAYER: Abba Father, may I be open to your word.
Purify my heart and make me clean. Amen.

Acts
22:3-16

Psalm
117:1-2

Mark
16:15-18



Thursday

25th January 2024

Feast of the Conversion of Saint Paul, Apostle

Blindfold of lies

A religious brother told me of a community priest who has a remarkable ability of pointing to North even when he is blind folded and spun around a few times. He is so in tune with the sense of direction that nothing can misguide him. If we are not in tune with our sense of direction, imagine finding the true North when blind folded, spun around, and many misguiding in different directions. Paul was convinced of his true north and sense of direction. He gave his heart to the Lord who took his blindfolds down and revealed himself. Once he saw the true light there was no stopping him. Do we follow blindfolded sometimes? Convinced that what we know and believe is true? Like Saul do we persecute others blindly? Saul once he realized the truth acknowledged his misdirection, repented and went on to spread the Good News. A persecutor was transformed to a great propagator of Christianity. Let us be open to accept the truth, instead of defensively holding onto our misguided notions.

PRAYER: Abba Father, reveal to me the truth about my convictions, help me to seek you and encounter you. Amen.

2 Timothy
1:1-8

Psalm
96:1-3, 7-8, 10

Mark
4:26-34



Friday

26th January 2024

Memorial of Saints Timothy and Titus, bishops

Faith will sustain us in every storm

Today's Gospel proclamation speaks of faith, without which it is impossible to please God. Jesus uses the parable of the mustard seed to show us the mighty power of the kingdom of God. We all have a measure of faith. It is up to us to increase our faith by hearing the word of God and reflecting on divine revelations. The first reading shows Paul acknowledging the handing down of faith through ancestry through grandmothers to mothers and to the generations below. I too acknowledge with love and gratitude my own mother, of 9 children, 14 grandchildren and 4 great grandchildren. Being a convert at the age of 9, her preaching was in action, not in word. Our faith grew seeing the way she loved the unlovable, her selfless sacrifices for those who were in need and her unwavering faith during challenges in life when she was widowed at the age of 42 with 9 children to care for. Timothy witnessed Paul's faith traveling through the Roman Empire sharing the Good news, let us seek his intercession.

PRAYER: Abba Father, may I leave a legacy of faith that would build others. Amen.

2 Samuel
12:1-7, 10-17

Psalm
51:12-17

Mark
4:35-41



Saturday


27th January 2024

Third Week in Ordinary Time

Trust in God

God's truth and grace comes to David in the form of a story as told by prophet Nathan. Despite his intimate relationship with God, David fell into adultery and murder. Just as David does not initially see himself in the story, we too are often blind to our sins. But, like David, if we humble ourselves, God will help us through the process of repentance. In today's Gospel proclamation, we read how the disciples were deeply disturbed by the fierce storm. They were shocked to see Jesus unmoved by the storm and in their moment of deep anguish cried out "Teacher, do you not care that we are perishing" (Mk 4:38). How many times have we too screamed, "Lord, do you not care?" We read that it was Jesus who wanted to make this boat journey in the first place. For the disciples it was a time of crisis but the Lord used the moment to teach them about faith. Let us continue on the faith journey even if God is silent. God is watching over us though we are tempted to believe that he is sleeping.

PRAYER: Abba Father, help me to grow deeper in trusting you in moments of crisis. Amen.



Deuteronomy
18:15-20

Psalm
95:1-2, 6-9

1 Corinthians
7:32-35

Mark
1:21-28

Sunday

28th January 2024

Fourth Sunday in Ordinary Time

Can you hear his voice?

Today's readings echo one theme: the Voice of God. We know that the Holy Trinity is a mystery that we are unable to fully comprehend. It is 3 persons who are one God. Even though it is a mystery, we still try to understand it in our human way. We use images to depict the Holy Spirit as a dove, and God as a father. The scriptures say that God has put his words into Jesus' mouth (Jn 12:49). Every word that Jesus spoke, came directly from our Abba Father. Jesus' words carry power: bringing healing and restoration to those who listen to him. Beautifully tying in, today's Responsorial Psalm is a reminder for us to be open to the voice of God. When we hear it, are we prudent enough to carry out the word of God in our lives? Or do we make choices deliberately in contradiction to the word of God because it does not line up with our personal agendas? The more we keep habitually making these choices, over time our hearts get so hardened that we do not even realize it anymore.

In today's second reading, St. Paul implores us to adhere to the Lord's voice without distraction. How often do we do this? How many times in a day do we choose God's way, focus on the things of God and spend time with the creator of the universe?

In today's Gospel proclamation, Jesus' power and authority are evident in two ways. Firstly, Jesus teaches the people with authority. When Jesus spoke, he spoke like no other. The scribes spoke with the knowledge obtained from writings, but Jesus spoke as one who witnessed. The Word that God put into Jesus' mouth came with authority, because he had divine power. Secondly, Jesus shows his authority over unclean spirits as we read that even the evil spirits recognized the voice of God. In driving out the evil spirit, Jesus shows that in God's kingdom there is no room for oppressive evil forces that weigh down on God's children. Jesus' authority is empowering and liberating, it is not oppressive like that of the evil spirits. No one has ever spoken or will ever speak like Jesus did. At times, we may have been brought to our knees by urges and forces that are too strong for us. During those times, we need to turn to the power above, which is Jesus. We need to draw close to him through his teachings to overcome the powers of darkness in our lives.

PRAYER: Abba Father, grant me the grace to hear and respond to your voice. Amen.

2 Samuel
15:13-14, 30; 16:5-13

Psalm
3:2-7

Mark
5:1-20



Monday

29th January 2024

Fourth Week in Ordinary Time

Opening our ears to hear the Lord

We live in a world where evil is looked upon as more powerful than good, the devil being feared more than God, even by Christians. Yet today's Gospel proclamation tells us how the demon-possessed man ran to the feet of Jesus, not out of love or devotion but out of fear and powerlessness. It was not the man who ran and fell at Jesus' feet but the 'legion' of demons (many demons fighting together), who were compelled to do so. They had no power in the presence of Jesus. They neither challenged the Lord, nor resisted him. Furthermore, they needed permission from the Lord, even to be allowed to go into the pigs. We need to remember that the Lord Jesus is living inside us, and is ready to do the same even today, in us and through us. He only requires us to believe, listen and obey. It is time we allow him to speak and act through us and enjoy its fruit: a life of peace, joy and freedom. Love is a person, and his name is Jesus. He calls us to become love in the world.

PRAYER: Abba Father, sharpen our senses so that we may see, hear and feel your Son in our lives more powerfully. Amen.

2 Samuel
18:9-10, 14, 24-25, 30, 19:3

Psalm
86:1-6

Mark
5:21-43



Tuesday

30th January 2024

Fourth Week in Ordinary Time

Spiritual Battle

David suffers over the war raised by his son. David was sought for by Saul although he did no evil. He got opportunity to destroy him but left it for God. This same David saw his life under threat and his son determined to kill him after declaring himself a true enemy. David's response when the news came of his son's death: "My son Absalom! If only I have died instead of you!". From a "king and a victor" he became a grieving father. How can we face this spiritual battle and make a difference? Jairus was a leader at the Synagogue in Capernaum. When he was in need and fell into misfortune, he ran to the Lord Jesus for help. Jesus like David moved with charity and love, brought healing to the daughter. Jesus was moved with pity on the woman with flow of blood and allowed the power of healing to flow into her removing her misfortune saying: "Daughter your faith has made you well; go in peace and be healed of your disease".

PRAYER: Abba Father, may we have loving hearts like Jesus. Amen.

2 Samuel
24:2, 9-17

Psalm
32:1-2, 5-7

Mark
6:1-6



Wednesday

31st January 2024

Memorial of Saint John Bosco, Priest

God's mercies are new every morning

The saying: 'familiarity breeds contempt' is seen in today's Gospel proclamation when Jesus returned to his hometown. Jesus' hometown people must have heard about the miracles that he performed and may have waited to see what this carpenter's son would pull out of his sleeves. They marvelled at his teaching and wisdom but the moment their focus shifted to who he was, their eager admiration changed to unbelief. Their hearts were hardened like their ancestors in the desert, that Jesus could not do any miracles except a few. Let us ponder on the times when we accept others based on external factors like clothes, types of cars and houses - instead of seeing them as children of God. How is our faith? Are there times when we trust mere humans instead of waiting on God for his direction and guidance? During trials, temptations and suffering can we echo David's words, "it is better that I should fall into the hands of the Lord (for his mercies are many) than into the hands of men"?

PRAYER: Abba Father, teach me to surrender the truth of my heart to you. Amen.



Charismatic Renewal

"What does the Pope and the Church expect from the Charismatic Renewal? to share baptism in the Holy Spirit with everyone in the Church. It is the grace you have received. Share it! Don't keep it to yourselves!

to serve the unity of the body of Christ, the Church, the community of believers in Jesus Christ. This is very important, for the Holy Spirit creates unity in the Church, but also diversity. With the charisms the Holy Spirit creates the greatest diversity, but then he harmonizes the charisms in unity. The Holy Spirit creates harmony in the Spirit and harmony among us - and to serve the poor and those in greatest need, physical or spiritual.

These three things - baptism in the Holy Spirit, unity in the body of Christ and service to the poor are the forms of witness that, by virtue of baptism, all of us are called to give for the evangelization of the world. An evangelization that is first and foremost a witness of love. "See how they love one another". That was what impressed those who encountered the first Christians. "See how they love one another".

Members of the Charismatic Renewal, as a current of the grace of the Holy Spirit, be witnesses of this love". (Pope Francis, 2019)

Come Holy Spirit

1. PRAISE GOD AND BE ALWAYS JOYFUL

Praising God and being joyful is a choice we make. With any situation that we have to deal with, our first response should be to praise God. He is turning our curses into blessings. But he cannot do it if we do not have a heart of joy and praise. Make that choice now.

Psalms 146:1-10

2. BE KIND TO OTHERS, THE LORD IS NEAR

We should be kind, because Jesus said, "be good to those who do wrong to you". He is involved in the situation. When we take up the cause, God will say, "Okay, it's your job. You handle it". But if we give it to him, he will handle it and fix it. We do not have to worry, just be kind.

Genesis 50:15-22

3. REFUSE TO BE ANXIOUS

Make a choice and say: "I refuse to be anxious". When we are unguarded, anxiety may come from someone's word. When we realize it, let us refuse to be anxious and make a choice. When we do that, God's grace comes into our lives and makes it possible to live without anxiety.

Luke 12:6-8

4. INSTEAD, PRAY AND INTERCEDE

When we are going through an issue, instead of praying for ourselves, let us pray for a thousand other people who are going through the same problem. When we pray and intercede, we are praying for others who are going through the same issue and worse. When we lift it up to the Lord, we are bouncing off the anxiety.

Ephesians 6:18

5. THANK GOD

Be thankful in anticipation, God is going to find us a way.

Habakkuk 3:17-19

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.