



ON OUR KNEES IN HIS HANDS

DAILY READINGS & REFLECTIONS

JULY 2024



The Feeding of the Five Thousand



ON OUR KNEES IN HIS HANDS

JULY
2024

"The Father pours himself out in a total gift
of love to the Son. The Son pours himself out
in a total gift of love to the Father
and the Holy Spirit overflows
as the fruit of their total, self-giving love."

-Saint John Paul II

Published by:

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

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Amos
2:6-10,13-16

Psalm
50:16-23

Matthew
8:18-22



Monday

01st July 2024

Thirteenth Week in Ordinary Time

Why follow Jesus?

Most of us follow the ways of the world; we compete and strive to get ahead of another, hoping to thereby receive adulation and praise from the society we live in. Many become cast aside or excluded. A throw away culture becomes a pattern of life. Those successful are unsuccessful in enjoying the happiness that's sought; instead probably suffer stress and meaninglessness. The Lord calls us instead to follow him. He shares life with refugees, exiles and the castaways of life. Even the filial obligation of the highest importance in burying the dead is of second importance to being spiritually alive in Christ. Because the seeming failure on earth, opens to another reality. "The Son of Man will receive dominion, glory and kingship. Nations and peoples serve him. Everlasting Dominion; his Kingship will never be destroyed" (Daniel 7). How glorious would be our eternal reward if we serve not the ways of the world, however enticing, but in the sacrificial ways of the Lord.

PRAYER: Abba Father, I praise you that I no longer live but Christ lives in me. Help me to live his life not the world's. Amen.

Amos
3:1-8; 4:11-12

Psalm
5:4-8

Matthew
8:23-27



Tuesday

02nd July 2024

Thirteenth Week in Ordinary Time

Disappointment opens doors to divine appointments

Jesus got into a boat: the Lord gets into the conveyance of our lives on the journey to our eternal home. We are invited to follow him. Our daily life is not without its “violent storms”. We however, expect things to be smooth sailing: without economic upheavals, family misunderstandings, chaotic situations, sicknesses or disappointments. When we face such situations, we might cry out “Lord save us, we are perishing.” He will give a startling rebuke “Why are you terrified, O you of little faith”. This is the unique revelation in knowing the Lord, which opens another realm. Only when we agree to walk with the Lord could this latent power be unleashed. Interaction and listening to the silent promptings of his Word open that unique passage through which we follow him. Facing the ravages of life then ceases to be daunting and becomes redemptive and enriching. Sadly only a few follow him. Opting only on the externals of religion. They lose receiving that awesome power lying latent.

PRAYER: Abba Father, you are teaching us that every disappointment opens doors to an appointment with you on this journey of life. Thank you. Amen.

Ephesians
2:19-22

Psalm
117:1-2

John
20:24-29



Wednesday

03rd July 2024

Feast of Saint Thomas, Apostle

My Lord and my God

What a proclamation came from the lips of St Thomas; who was judged for his lack of belief but was courageous and stood by Jesus in the most challenging times. Like St Thomas, we, too, are in a situation because we want to belong without believing and believe without belonging. Jesus tells us, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed." Each time he invites us to come, see and touch his wound as he said to St Thomas. He invites us to see the wounds of our family members and others in need. We often forget God's great things happening in our lives each day. God is trying to make that connection by inviting us to see and touch, letting us know that he is on a journey with us all the time; as he says 'I am with you always till the end of time, come, touch, feel and experience scars, as you encounter me among the poorest of the poor'. When we encounter him in the Eucharist, let us say: "You are my Lord and my God."

PRAYER: Abba Father, may I encounter you in my dealings with others.
Amen.



Amos
7:10-17

Psalm
19:8-11

Matthew
9:1-8



Thursday

04th July 2024

Thirteenth Week in Ordinary Time

Send me, O Lord

The scriptures tell us that God sought people to reveal himself. He uses his creation to reveal his plans for the common good. God always pursued us to make his plan a reality on earth. Some people obeyed while others ignored the calling. He chose Amos, to deliver his message to the Israelites who were trying to live without God. Amidst the challenges that Amos had to go through, he fulfilled his calling. He declares he was only conveying a message to the Israelites. In the Gospel proclamation, the people who brought the paralytic to Jesus realized that he needed Jesus to receive complete healing. Jesus saw the paralytic needed more than a physical healing. Jesus, amidst the low-mindedness of his onlookers, provides both physical and inner healing. How will one hear God's voice to deliver his message of love? Will we ever realise that God is all we need in our broken world? God is looking for a person to carry out his mission in our world. He is waiting for our response.

PRAYER: Abba Father, here I am opening my heart to you.
Send me to share the Good News. Amen.

Amos
8:4-6,9-12

Psalm
119:2,10,20,30,40,131

Matthew
9:9-13



Friday
05th July 2024

Thirteenth Week in Ordinary Time

Am I responsible?

The land is unproductive and people are suffering because of greed and selfishness. Yet the Word says “if my people humble themselves...I will restore their land” (2 Chr 7:14). Amos reveals how the rich and dishonest cheat on the vulnerable, making them social outcasts. Famine upon the land is the outcome. Today, there is a famine not so much for bread and drink, but for the Word of God. The Lord comes in search of the outcasts of society. The tax collectors too, were outcasts. Because they collaborated with the imperial authorities, made profit by extortion and collected more than what was legally due. They were hated by society. The Lord befriends them; breaks the cycle of injustice that causes social disparities on both sides of the fence: victims and victimizers. He accepts us as we are for transformation; healing our pathetic condition. I realize I too am a victimizer and a victim of selfish social manifestations; causing disorder in society. Who can save us? Only Jesus.

Prayer: Abba Father, thank you for sending your Son to save us.
May I love those who are disdained by society. Amen.

Amos
9:11-15

Psalm
85:9-14

Matthew
9:14-17



Saturday

06th July 2024

Thirteenth Week in Ordinary Time

To feast and to fast

Today's first reading speaks about God's promise of restoring the ruined city. The Lord's comforting words speak to our hearts as well. When facing the storms of life, our situations too can be like that of the Israelites, yet the reassurance given by the Lord gives us the hope to stand on: a time for feasting on God's faithfulness. In the Gospel proclamation we see Jesus being questioned about his disciples not fasting. Jesus reiterated that since he was present, his disciples did not need to fast. Jesus recognises a future time the bridegroom will not be with them and then the disciples will fast. There is a time to feast and there is a time to fast. Our spiritual practices may have been somewhat neglected in our lives. It is important that we keep renewing our commitment to this holy endeavour to allow God to continue his work in our lives. Let us allow the new wine of grace to continuously pour into our hearts so that we can bear abundant fruits in our lives.

PRAYER: Abba Father, I open my heart to the new wine of grace that you wish to pour into me. Amen.



Ezekiel
2:2-5

Psalms
123:1-4

2 Corinthians
12:7-10

Mark
6:1-6

Sunday

07th July 2024

Fourteenth Sunday in Ordinary Time

May Christ's power rest on me

How often do we wish that people agree with us. Specially when it comes to sharing the Good News of the Lord Jesus, we pray and long to have others respond positively. However, the result may be below our expectations. This can lead to discouragement and to doubt if it was the Lord's voice we heard in the first place. Too many voices begin to speak to our hearts.

Today's readings show us that this has been the experience of not only the prophets, but also of the Lord himself. God seems quite aware of the stubbornness of his people, but he wanted his messenger to speak the undiluted truth fearlessly. We have a Father in heaven who wants everyone to hear the good news of his love. The Gospels speak only of few instances when the Lord Jesus was 'amazed', in relation to faith, the currency of heaven. Today's Gospel reading shows how his own townsfolk were amazed at his teachings but took offence at him when they chose to see him through the lens of their worldly standards.

This was in contrast to the radical faith of the centurion who came to ask the Lord to heal his servant. The centurion was satisfied with one word from the Lord. At Holy Mass, the centurion's words are repeated: "Lord, I am not worthy that you should enter under my roof; but only say the word and my soul will be healed". Jesus was amazed at his faith: in which way will our faith amaze the Lord?

As the Word of God is a double-edged sword, it not only exposes others' hearts but also cuts through the layers of our own hearts and minds. I am deeply challenged about my tendency to judge and categorize people as decent and not well mannered. Jesus had to do a lot of work in my life, teaching me to guard my heart against all offence, and to love and honour others.

St Paul's struggle against the thorn in his flesh is a great lesson for us who desire to be faithful disciples of the Lord. We have a Master who does not count our weaknesses and failures but our desire to be good. If our hearts are filled with love, both for the Lord and for others, and our ministry is based on love and compassion, the Lord's grace is enough for us, his power will be made perfect in our weakness.

Hence there is no need for us to cover and hide our failures; we can be ourselves. Our weaknesses will only bring more glory to him who places his treasure in jars of clay.

PRAYER: Abba Father, may we remember that your grace is enough. Amen.

Hosea
2:16-18,21-22

Psalm
145:2-9

Matthew
9:18-26



Monday

08th July 2024

Fourteenth Week in Ordinary Time

Faith in the reckless love of God

God seeks his people as a spouse. He seeks us out in our lowliest moments. We too must love others because he loved us first. Let his love sink deep within us and permeate through us to others. His love sought to heal the sick and still does through us his children born of faith. In today's Gospel reading we see the strong faith of two people who witnessed miracles. The official trusted that Jesus can bring the dead person back to life. The gracious love of God wanting to heal is manifested when intercepted by a woman who persists to touch the hem of Jesus' garment. They are rewarded for their faith. How admirable is their faith and how deep is the love shown by Jesus to heal the sick and raise the dead. The reckless love of God searches us, heals and comforts us in his kindness. May we be harbingers of this reckless love, fulfilling the mission to which we are called as children of God. Let us emulate his heart of love and be persistent in our faith, which is the key to experiencing miracles.

PRAYER: Abba Father, stir up within us a love like yours to love those around us, even those who hurt us. Amen.

Hosea
8:4-7,11-13

Psalm
115:3-10

Matthew
9:32-38



Tuesday

09th July 2024

Memorial of Saint Barnabas, Apostle

Walk as He walked and live as He lived

Today's Gospel proclamation describes two events in Jesus' ministry. We first see Jesus who casts out demons and then we see the compassionate Jesus, calling out labourers for his harvest. This calling from our Lord is associated with our personal vocation in life, particularly the supernatural vocation. Our Lord calls some of us to a deeper commitment to shepherding and consoling the flock. The Lord does not want us to be like the Pharisees, trusting in our power and authority. Prophet Hosea tells us, that we shall return to Egypt, abandoning the Lord and go back to exile if we trust in ourselves. The Lord is challenging us to trust in him and go into the streets proclaiming his healing and deliverance. 1 John 2:6 says, anyone claiming to "abide" in Christ should live as Jesus lived. Nothing could limit Jesus who exercised dominion over the powers of this world and we are called to do the same. Walk as he walked and live as he lived. What am I doing to fulfil my mission?

PRAYER: Abba Father, strengthen me in my mission to spread the Gospel, to heal and deliver your people. Amen.

Hosea
10:1-3,7-8,12

Psalm
105:2-7

Matthew
10:1-7



Wednesday

10th July 2024

Fourteenth Week in Ordinary Time

Summoned, equipped and sent!

The Lord has been training the ordinary group of apostles to handle an extraordinary task. They were called to walk in a new way of life. In this walk, the Lord used every moment as an opportunity to build them up. On the journey the apostles embarked on, the Lord guided them on the territory they were to remain in, directed as to whom they were to minister to and instructed what was to be revealed. The revelation itself was a reminder to the apostles that they were on a mission for their Master. Just as the apostles we too are called by name for a mission ahead of us. For the Lord to minister to us, we must walk with the Lord daily. We may not be perfect in our walk but the Lord will guide and mature us to that future task. The assignment has been prepared. Let us ask the Lord what his assignment before us is. Where do we need maturing? Are our hearts and minds in the right alignment with his to hear him speak to us?

PRAYER: Abba Father, create a longing in our hearts and open our inner ears to hear you. Amen.



Hosea
11:1-4,8-9

Psalm
80:2-3,15-16

Matthew
10:7-15



Thursday

11th July 2024

Memorial of Saint Benedict, Abbot

Freely He gives. freely we must give

Today's readings draw our attention to the heart of the Father. In the first reading we see the Lord's compassion despite the Israelites' disobedience. Unlike the Lord, we will struggle to love if we were betrayed or let down. The Lord wants us to go beyond our human efforts and reach out to the supernatural to have a heart of compassion and love. Our mission is to impact a person's life so that they may be transformed. In today's Gospel reading, Jesus describes his mission to the disciples. When carrying out the mission for Christ we will encounter many challenges and disappointments. People may not appreciate our efforts and that may lead us to get disheartened and give up on our calling. The Lord says not to give up and to move on; as our calling cannot be limited by human responses. God has blessed us with many gifts and talents, let us use them for the glory of God. As we go forth hearts will change and lives will be transformed by God's grace.

PRAYER: Abba Father, help me to be an effective witness of your love. Amen.

Hosea
14:2-10

Psalm
51:3-4,8-9,12-14,17

Matthew
10:16-23



Friday
12th July 2024

Fourteenth Week in Ordinary Time

An invitation to repent and return

Today's first reading reminds us of the compassion and mercy our God has towards us and the comfort he brings to people who truly repent from their hearts and return to him. We are required to speak to God with words which arise from our hearts: good words and good thoughts. We may offer the fruit of our lips, we must sing praises and thanksgiving to his holy name. In the Gospel proclamation we see how God expects us to be vigilant, sensible in our spiritual lives and be wise to avoid conflict and danger without losing the dove-like innocence that will allow us to continue to proclaim the truth without fear. Jesus warns that we will face and suffer persecution if we are truly following him. Nothing hurts more than when it comes from our own family and friends, but we need not worry as the Spirit of God will lead us through these times guiding us and speaking through us. We must be ready to face many tribulations to enter into the Kingdom of God.

PRAYER: Abba Father, may we receive your wisdom to be sensible and your courage and strength to face persecution. Amen.

Isaiah
6:1-8

Psalm
93:1-2,5

Matthew
10:24-33



Saturday

13th July 2024

Fourteenth Week in Ordinary Time

Be courageous

Amos was a prophet of social justice and Hosea was a prophet of God's love. God calls prophets to speak the word the people most need to hear in the circumstances of their time. Different times require different messages, not contradictory but complementary. We could say that Isaiah is the prophet of the majesty of God. He describes the moment of his call in the sanctuary of the temple which was suddenly filled with the glory of God. Overwhelmed, Isaiah became aware of his wretchedness but also of the glory of God that was so much greater. With confidence in the greatness of God he accepts the invitation to be God's messenger. Thrice the Lord tells us in the Gospel: "Do not be afraid". Jesus is repeating himself because of the pain, difficulty and hostility his followers will experience as they endure persecution. Jesus loves us, he is faithful and we should remain loyal and committed inspite of rejection. God has already empowered us with his grace.

PRAYER: Abba Father, reveal your glory to us so that we will have the courage to be your messengers and not be cowed by those who reject us. Amen.



Amos
7:12-15

Psalms
85:9-14

Ephesians
1:3-14

Mark
6:7-13

Sunday

14th July 2024

Fifteenth Sunday in Ordinary Time

Depend on God

Today's readings are about being called. How often do we think about the fact that we are called?

In the first reading, we encounter Amos, who was called for a special purpose. Amos describes himself as a shepherd and a dresser of sycamores before the Lord instructed him to prophesy to the people of Israel. However, Amos was met with strong opposition from Amaziah, the priest of Bethel who tells Amos to flee from there and not prophesy against Israel. But Amos responds with the command God gave him – "Go prophesy to my people." (v.15). Similarly, when we are met with strong opposition even from people of high standing, we must remind them and ourselves about God's command to us.

In today's Gospel proclamation, Jesus calls the 12 disciples and sends them, two by two, on a mission of preaching and healing. Jesus gave them a set of guidelines to use as they preached his message. They were asked to go in pairs, as partners can give each other strength, credibility and accountability.

Secondly, they were asked to take only a walking stick and nothing else. This might seem like an unrealistic expectation. Would not the disciples' mission be more successful if they were well supplied for their journey? They were instructed to "stay there until you leave" (v10) concentrating on ministering to the people in front of them rather than worrying about tomorrow, or what happened the previous day. In other words, to live in the moment.

They were also asked to "shake the dust off your feet" (v11) as some will not accept the message about the kingdom of God. In Biblical times, shaking the dust off the feet was the cultural way of showing disdain. When people turn away from the Gospel, it is not our job to convince them. Our job is to present God's truths and leave the rest to him.

The brief account at the end of the Gospel passage (v13) sums up the disciples' success. As they embraced the total poverty that Jesus speaks of, the apostles were able to do mighty deeds through preaching and healing. Our complete trust in God's providence does not mean we cannot plan to ensure there are enough resources for the preaching of the Gospel. It simply means that the success of our mission depends not on available resources but on the powerful work of the Holy Spirit.

PRAYER: Abba Father, help me to live out the calling you have placed in my life. Amen.

Isaiah
1:10-17

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

Matthew
10:34--11:1



Monday

15th July 2024

Memorial of St. Bonaventure, Bishop and Doctor of the Church

Let us reach our destination together

Today's readings invite us to follow the Lord with a sincere heart; a heart that worships him. We need to have a spirit of humility and adore him because he is God. Recitation of prayers, novenas, devotions, offerings and sacrifices are meant to lead us to worship God but has little value if it is not done with a sincere heart which is willing to obey his word and do his will. The word of God is the sword that the Gospel speaks of today. Those who listen to his words and obey them are set apart from their sinfulness and the world that is enslaved to sin. This is the conflict that is illustrated in the Gospel. We are called to acknowledge Jesus as the Lord of our lives and give him the first place over everything and everyone else. Obeying the word of God and doing his will may contradict the ways of the world. Therefore it may not always be an easy task but he assures us of his grace. Until we get there, we are invited to encourage and help each other to reach this destination together.

PRAYER: Abba Father, give me the strength to remain faithful to you all the days of my life. Amen.



Isaiah
7:1-9

Psalms
48:2-8

Matthew
11:20-24



Tuesday

16th July 2024

Fifteenth Week in Ordinary Time

A repentant heart is what we need

Today's Gospel reading seems to echo the idea of God in the Old Testament. In the Old Testament, Sodom and Gomorrah represented people who had strayed from the righteous path. The Lord reproached the people whose hearts were hardened and were not repentant. He desires that everyone would seek him and be saved. Our lives are filled with decisions. Are we taking the right decisions? Do we stop a moment to ask the Holy Spirit for the wisdom for our choices? If we do, we can be assured that we will continue to have a heart that is open to hear from above and not fall into the trap of the enemy thus avoiding eternal damnation. As I read this I feel the pain and disappointment in the heart of God. Did he not send his only begotten Son to deliver us from all evil? And yet, why do we continue to be bound by sinful desires? Let us look at the lives of the saints and learn to walk in holiness and set an example for the generations that will come after us.

PRAYER: Abba Father, renew my heart and help me to recognize my sins so that I will continue to rise and come out of them. Amen.

Isaiah
10:5-7, 13-16

Psalm
94:5-10,14-15

Matthew
11:25-27



Wednesday

17th July 2024

Fifteenth Week in Ordinary Time

God will not abandon us

When we reflect on the state of our world today, we recognize the urgent need to listen to God's word. In the First reading, we can see that we may face pain and suffering because of the global crisis around us, but, we are still being blessed with God's love and mercy and we have hope and trust in God for his providence for the future. The Psalmist reminds us that God will not abandon us or turn his back on the widows or the fatherless but he gives justice to the afflicted. So, if God is for us, who can be against us to stop our growth each day. This is the reassurance God gives us. The Gospel acclamation confirms that he will protect us and our inheritance and reveal what is within our birth right as children of God the Father. When we have a relationship with Abba Father, we can see and experience these miracles taking place in our lives because God will bless us with hope and creative solutions in impossible situations.

PRAYER: Abba Father, we claim our inheritance in your kingdom.
May we not be caught up in worldly things. Amen.

Isaiah
26:7-9,12,16-19

Psalm
102:13-21

Matthew
11:28-30



Thursday

18th July 2024

Fifteenth Week in Ordinary Time

Journey with the Lord

Faithfulness leads us to the heart of God and he blesses those who walk down that righteous path. Jesus said that this path is narrow and difficult and few find it. It is this path we must travel on, by walking in the ways of God's laws; honouring, thanking, praising and worshipping Jesus and experiencing his deep love, which is for every human being. Jesus invites us all to yoke ourselves to him. A yoke is a heavy piece of wood placed on the shoulders of two beasts of burden and attached to a cart or a plough. Despite its weight the yoke actually lightens the burden of the two animals as it evenly distributes the force of the load between them. When we share our yoke with Jesus, the burdens we carry are suddenly much lighter. How often do we forget about Jesus and journey through life weighed down by many troubles and anxieties? Jesus is calling us to come to him, and share our burdens with him. Then our burdens become lighter as we journey with him and in him.

PRAYER: Abba Father, lead us each day to faithfulness and love. Amen.

Isaiah
38: 1-6, 21-22, 7-8

Isaiah
38: 10-12, 16

Matthew
12:1-8



Friday

19th July 2024

Fifteenth Week in Ordinary Time

God's unlimited love

Today's first reading reminds me of Abraham testing God's favour. It was during a time when people of Sodom had fallen into sin with no regards to seek God. Abraham asked God if he would save the city of Sodom if there were 50 good people, God replied, "I will save the city to keep them from being killed." Abraham continued, everytime reducing the number. God would have saved the city if there was even one good person. Jesus embraced death so we could live in peace and harmony. How merciful is the heart of our Father? Regardless of how sinful we are, he sees the goodness within us. Regardless of how weak we are, he sees our strength. Regardless of how dark our past was, he has already imagined a glorious future. Our forgiving God has a heart of love and mercy. If we are in doubt, thinking that we are unworthy of his love, God is reminding us, that his love for us is unconditional. "Nothing will be able to separate us from the love of God".

PRAYER: Abba Father, we claim your love and forgiveness.
Give us the grace to love and forgive others. Amen.

Micah
2:1-5

Psalm
10:1-4,7-8,14

Matthew
12:14-21



Saturday

20th July 2024

Fifteenth Week in Ordinary Time

The working of the Holy Spirit

In today's Gospel proclamation we see how the Lord Jesus continued to carry out his ministry. Although he performed many miracles and was popular at the time, he did not desire accolades or prominence. Many times he asked the people not to spread the word about the miracles he carried out. He preferred that the glory be given to the Father and encouraged people to have faith. But how differently do we act in our human experience. We prefer the whole world to know about the good deeds we do. There are times when we long to receive awards; to be recognised and honoured. The Lord reminds us to carry out good works in silence, without the left hand knowing what the right hand does. Then the Lord who sees everything that is done in secret, will reward us greatly in heaven. Let us not seek human glory and honor, but aim to follow God's will. If our actions are pleasing to him, that is sufficient, because we will experience peace and joy in the depths of our hearts.

PRAYER: Abba Father, may I yearn to do your will. Amen.



Jeremiah
23:1-6

Psalms
23:1-6

Ephesians
2:13-18

Mark
6:30-34

Sunday

21st July 2024

Sixteenth Sunday in Ordinary Time

Loved by God we are empowered to love others

“The Lord is my shepherd”. Psalm 23 is probably one of the most celebrated and well known psalms. It depicts the Lord as the one who loves, cares for us and takes care of our needs as a good shepherd. We are called to be shepherds in our various spheres of influence. We are called to servant-leadership, whether it be in our homes, families, workplaces, parishes or our ministries. We are called to care for and guide other people in our different roles in life.

Good leaders unite people directing them toward a goal or purpose. They are unselfish and give their time, effort and attention. They look out for their people, putting the needs of the people before their own. The Lord Jesus is the most excellent example of good leadership. He is the shepherd who looks after his sheep and lays down his life for them.

In the Gospel proclamation we see that Jesus clearly understood the need for rest. When we are feeling weary amidst the busyness of life and our various responsibilities we should have in mind that even our Lord Jesus recognized the need to rest. We see him call the apostles to come with him to a lonely place where they are able to spend some much needed one-on-one time with him.

When we feel down let us also seek a quiet time with the Lord, pouring out to him our struggles and challenges, and in prayer listen to his gentle voice as he lovingly guides us.

In the second reading we hear the phrase “Through him we have access in one Spirit to the Father.” Far too often we forget that God listens to us. And God works always for our good. Our God is not a God who is far away from us, but a God who stoops down to listen to us and who is always there for us, even when we are not aware of him. God does not lead us astray. Rather, when we go astray, God is there leading us back and seeking to find ways to love us.

It is only when we allow the Lord to love us deeply as a shepherd, guiding us back to his heart each time we stray, are we able in-turn to love others.

Today just as in the time of Jesus, there are many who are like sheep without a shepherd and are looking for good leaders to lead them. It is only those who have been deeply loved who are able to deeply love others.

PRAYER: Abba Father, let me hear your voice.
Empower me to love others as you love me. Amen.



Song of Songs
3:1-4

Psalm
63:2-6,8-9

John
20:1-2,11-18



Monday

22nd July 2024

Feast of Saint Mary Magdalene

Trusting God in our troubles

Today the church celebrates the feast of St. Mary Magdalene, who was a woman of the world searching for love in the wrong places. The first reading speaks about the longing St. Mary Magdalene would have felt in her heart before she met Jesus. The world could not offer her love that could quench her thirst. We too are like St. Mary Magdalene. We search for love from our parents, siblings, spouses, children and friends. The love we seek from others is limited. St. Mary Magdalene found the love she was longing and searching for when she came face to face with Jesus. It is only when we find God's love that our thirst for love will be quenched. We will no longer search for love from others. The void in our hearts will be filled by his unending love. St. Mary Magdalene could not recognize the Risen Christ. When we go through storms, we too are unable to recognize Jesus. But this is when he is closest to us. He knows us and calls us by name as he called St. Mary Magdalene.

PRAYER: Abba Father, give me the grace to look for you and to live for you day and night. Amen.

Micah
7:14-15,18-20

Psalm
85:2-8

Matthew
12:46-50



Tuesday

23rd July 2024

Sixteenth Week in Ordinary Time

We are part of God's family

Do we believe that we belong to God's family? Do we believe that we are part of a royal priesthood, a holy nation? God calls us to be a part of his family by our inheritance to his Kingdom. God has our lives in his hands since the beginning of time and we are his chosen people, his flock because of the love, mercy and forgiveness he had for our forefathers: Abraham and Jacob. The Psalmist reminds us that our Father loves his children so much that while we are still sinners, he showed us his love and mercy. The Gospel acclamation declares and seals the promise that Jesus gives us an invitation that if we love him, obey and live by his word, the Father and Jesus will come to live within us. Let us believe and declare that when we are called to do God's will, we inherit our sonship or daughterhood and we become part of his family. Let us claim our identity as sons or daughters of God who belong to the Kingdom of heaven.

PRAYER: Abba Father, thank you for calling me into your family. Amen.

Jeremiah
1:1,4-10

Psalm
71:1-6,15,17

Matthew
13:1-9



Wednesday

24th July 2024

Sixteenth Week in Ordinary Time

The seed is the word of God

The parable of the Sower invites us to see how well our ears are attuned to listen to God's Word and absorb it into our lives. God sows everywhere, he keeps throwing seeds, regardless of where the seed might land, whether on the path, on rocky soil, among thorns, or in the good soil. God will not withhold his Word from anyone. His nature is love which is generous and lavish; eager to share what is good. His word goes out to the world, to transform anyone who will accept it. Let us reflect and see whether we have the soil of an open heart towards God's word. Are we able to recognize the barren places, the dry patches and the fertile parts of ourselves? When we are open to his word we will bear fruit. A seed must die to become a plant. It breaks open, gets transformed and grows, then it becomes a plant that bears more seeds. Those seeds are not only for us but for others around us. We are called to share our faith with others. May our actions speak louder than words.

PRAYER: Abba Father, may I listen to your word.
Prepare my heart to absorb it, that I may be transformed. Amen.

2 Corinthians
4:7-15

Psalm
126:1-6

Matthew
20:20-28



Thursday

25th July 2024

Feast of Saint James, Apostle

Treasure in earthen vessels

Today we celebrate the feast of St. James the Apostle. He was one of the sons of Zebedee, a fisherman by trade, who gave up all he had to follow the Lord Jesus and was the first to sacrifice his life for the Lord Jesus. He would have been a simple, ordinary person, but we remember him even after 2000 years. No matter how simple James might have been, his encounter with the Lord made him an ardent disciple. In the Gospels we hear how James craved for power and position early in his life but learnt the value of humility and servant leadership from the Lord and experienced a true transformation over time. St. James offers us, who are trapped in our own fragile nature, a renewed sense of hope. He bears witness to our powerlessness in attempting to do God's will. We may be ordinary but through our relationship with the Lord we are made extraordinary, and we are called to embrace this truth and experience the transforming grace of God.

PRAYER: Abba Father, fill us anew with your presence so that we may walk firmly in your ways. Amen.

Jeremiah
3:14-17

Jeremiah
31:10-13

Matthew
13:18-23



Friday

26th July 2024

Memorial of Sts. Joachim & Anne, Parents of the Bl. Virgin Mary

Prepare your heart

Today's readings bring to light two pivotal concepts. Firstly, they underscore the necessity of deeply embedding the word of God in our hearts. This internalization provides strength and guidance to our lives. On the other hand, they caution us about the fragility of our lives when we lack a profound understanding of these teachings. It is crucial to develop, over time, the resilience and persistence required to keep the word of God vibrant in our lives. This holds true irrespective of whether we are navigating smoothly or facing hardships. The Word of God should be our guiding light in every situation. Let us praise God for his goodness. Life invariably presents challenges, temptations and obstacles that can distract us from truly embracing these spiritual teachings. Therefore, regardless of our circumstances, it is essential to remain steadfast in our spiritual journey, continually nurturing our connection with the Lord.

PRAYER: Abba Father, strengthen us to prepare the soil of our hearts, so that your Word may find a fertile place within us. Amen.

Jeremiah
7:1-11

Psalm
84:3-6,8,11

Matthew
13:24-30



Saturday

27th July 2024

Sixteenth Week in Ordinary Time

God's timing is perfect

Today, our response to the psalm is, "How lovely is your dwelling place, Lord, mighty God!". God's presence is so lovely. He invites us with yet another parable of the Kingdom of God, commonly known as the Parable of the Good and the Evil, which relates to sowing good seeds and evil growing alongside the good. This parable helps us to understand the nature of the world in which we live, filled with good and evil. It highlights the essential teaching of Jesus to be patient, have faith, to trust in the divine providence of God and to allow the weeds to grow alongside the wheat until the harvest. It also teaches us that God's timing is perfect. Today's Gospel reading challenges us to reflect on the coexistence of good and evil. It shows the spiritual battlefield where God is with us with his patience and mercy. We need discernment and patience in dealing with others. Let us humbly welcome the Word planted in us and allow him to establish his dwelling place among us.

PRAYER: Abba Father, thank you for your constant presence in our day-to-day journey. Amen.



2 Kings
4:42-44

Psalms
145:10-11,15-18

Ephesians
4:1-6

John
6:1-15

Sunday

28th July 2024

Seventeenth Sunday in Ordinary Time

The word of God is spirit and life

We are invited to step out in trust, to serve one another as one community, bound by faith by one spirit to one God. We are to fulfil our calling, by living in a way which demonstrates our honour for God and bears witness to the name of Jesus in whose name we have been called and gathered as one.

From the first reading to the Gospel reading of the feeding of the five thousand, we know God can turn a little of something into a thing of abundance. The man from Baal-shalishah brings the first of his crop, the best of it first and foremost as an offering to God. The breath of life we receive and all our gifts we have are from God, and it is God that we honour first and foremost with all that we have, with the best that we got; our time, our talents and the fruits of our labour.

Just as the boy shared the little that he had; 2 fish and 5 barley loaves which were miraculously multiplied to feed thousands, God can take the little we have and feed thousands. We just need to take the first step of offering to God what was given to us in the first place.

In today's broken and hurting world, our calling is to be there for our broken and hungry community, those who are broken and are blind to the abundance and providence of God in hopeless circumstances and those who are empty and starving of the word of God that could fill them with eternal healing and life. What then do we offer? The little we have; our 2 fish and 5 loaves: the knowledge and peace of God that we have received through our own healings and experiences.

I remember how I once was hungry and desperate as the people who followed Jesus for miracles were. Tragedy struck. I too ran from pillar to post looking for God, for a miracle and a way out of misery.

I was fed by a community of Christians, who were living their calling by honouring Jesus with whatever they had; by their witnessing of miracles, their knowledge of the Lord, their time spent with me listening and praying and their physical presence carrying the presence of the Spirit within. It did not look like much, but God turned it into an abundance of blessings and peace within my struggle.

In turn I offer the little I got; my encounters, my testimonies and the shining star of blessings. They witness to honour my God so that someone may be fed the first morsel of hope in their struggle.

PRAYER: Abba Father, I offer you all that I am and all that I have.
Lead me to those in need. Amen.

Jeremiah
13:1-11

Deuteronomy
32:18-21

John
11:19-27



Monday

29th July 2024

Memorial of Saints Martha, Mary and Lazarus

The Rock we cling on to

Mountain climbers do not rely on their strength alone. While technique, stamina and physical strength are required, they also need to have the knowledge of which parts of the rock they can cling on to. Even if they have climbed many times they will first check if it can handle the weight. The first reading reminds us how Judah had lost its way. God compares his people to a loincloth. He wants us to cling on to him, to be his people (Jeremiah 13:11). We rot away, become unclean and vulnerable to disease when we disobey and lose our relationship with him. Today as we celebrate the feast of Saints Martha, Mary and Lazarus, we are reminded of what it means to hold on to Jesus. Even after the death of Lazarus, Martha held on to Jesus in faith. She had her confidence in him. Who do we cling on to? Do we hold to the solid rock or the nearest crumbly rock? We know we must hold on to Jesus, but we pursue other things because to hold onto Jesus means we have to sacrifice.

PRAYER: Abba Father, help me to cling on to you.
Help me reject the crumbly, temporary desires that cause me to fall. Amen.

Jeremiah

14:17-22

Psalm

79:8-9,11,13

Matthew

13:36-43



Tuesday

30th July 2024

Seventeenth Week in Ordinary Time

Co-existence of good and evil

Today's parable shows the co-existence of good and evil. We see the goodness of God's people in our environments. They are the 'good seed'. Their hearts are pure and are motivated to live for God and please him. We will also see the weeds that grow among the wheat. The weeds represent those who have turned away from God, those who are disobedient and those who conform to worldly ways. When trials and tribulations hit them, they lose faith and turn to other means. We should avoid sowing seeds of division, immorality, jealousy, lust for money, power and position and wickedness. It was Jesus' inner response that convicted Judas. We may also suffer at the hands of such people and be prompted to react. If we do, we risk falling from grace and bringing others down with us thereby destroying the whole harvest in the process. When we begin to trust God we will soon find that God has dispatched his mighty angels to save and protect us.

Prayer: Abba Father, just as Christ forgave Judas, help us to forgive and pray for our enemies and bring out the good in them. Amen.



Jeremiah
15:10,16-21

Psalm
59:2-4,10-11,17-18

Matthew
13:44-46



Wednesday

31st July 2024

Memorial of Saint Ignatius of Loyola, Priest

The treasure of the Kingdom of God

Today's Gospel reading reminds us of the value of the Kingdom, being hidden and not in plain sight, it is not obvious to us at first. We may hear about God but we do not realize how important and essential God is to our lives. After finding something hidden, then comes the joy of discovery. In this story the man is excited about finding the hidden treasure, he is willing to sell every- thing, to buy that field and find more. When we find God as our hidden trea- sure, it is God's free gift to us. It is not something we can earn or buy. Whether a person is looking for God or not, we are looking for ultimate value in life. We are looking for meaning and purpose, but unfortunately for some of us, we can look in the wrong places. Let us pray that as God reveals himself to us, there will be joy and abandonment of ourselves and sin, as we unpack this treasure, by the grace he has given us. May his kingdom shine so brightly in our lives, that it would draw others to God.

PRAYER: Abba Father, help me to find the true treasure of knowing you. Amen.



The greatest is LOVE

If I speak in human and angelic tongues but do not have love, I am a resounding gong or a clashing cymbal. And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing.

If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing.

Love is patient, love is kind. It is not jealous, it is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrong-doing but rejoices with the truth.

It bears all things, believes all things, hopes all things, endures all things. Love never fails. When I was a child, I used to talk as a child, think as a child, reason as a child; when I became a man, I put aside childish things. So faith, hope, love remain, these three; but the greatest of these is (1 Corinthians 13: 1-8a,11,13).

4 Lessons from the Feeding of the 5000

1. JESUS' COMPASSION

Jesus' feeding of the five thousand reminds us of Jesus' compassion for his people. When the disciples wanted the crowd to go away because it was getting dark, Jesus said to them, let the people remain and provided them some food.

2. JESUS USES OTHER PEOPLE TO BLESS OTHERS

Jesus uses people to bless others. An example of this is when Jesus asked his disciples to find food and found a boy who had five loaves of bread and two fish. Jesus used that little amount of food to feed a large crowd.

3. JESUS MEETS OUR NEEDS

Jesus meets all our needs, often beyond our expectations. He is the ultimate provider.

4. NOTHING WE FACE HERE ON EARTH IS TOO BIG FOR GOD

There is no obstacle that we cannot face because we have God. God is always with us and he is greater than everything, specially our obstacles. That is why we should not be anxious.

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.