

# Jesus The Lord Our Saviour

February 2013 Issue 2 Volume 2

(Not For Sale)



“ He looked down from his holy height, from heaven the LORD looked at the earth.”

(Psalm 102:19)

# BLESSINGS OF GOD BE YOURS...



Jesus The Lord  
Our Saviour

“ He looked down from his holy height, from heaven the LORD looked at the earth.”

( Psalm 86:1)

My God! My Father! I fall at Your Feet, bowing down in adoration. Forgive me LORD who am not worthy even to look up at Your Holy Face!

Lord You created me in Your Image, and called me to live as Your witness by upholding You and living solely for You!

But My LORD! Forgetting Your holiness and Your deeds I have committed several sins at Your very sight. I have committed so many wrong doings in my thoughts, my imaginations, my words, and in my actions. What stubbornness, what jealousy, what grudge, how much of worldly lust!

My Father God! I am not worthy to even call myself Your child, Your Image and even to call You my Father! Even then O God! You have given me the right to call You Father! You look down on me from the Heavens above! I ask for forgiveness, falling at Your Holy Feet. My God please forgive me.

Cause me dear LORD to refuse to sin, by not giving vent to any evil in my heart. And so You may reign in my heart totally. My body, my feelings, my thoughts, my imaginations, my likes, my plans, I surrender them all to You and ask You to have total control over them all.



*Suffer the little children  
to come unto me*

Mark 10:14

O Holy Spirit God! Speak to my heart. Lead me always in the light that I may never walk in darkness. Give me Truth as my waist belt in my behavior and in my thoughts. Bless me that I may live pleasing to You ,that I may clothe myself in holiness and live in Your Holy Presence.

Thank You! My Father God! I Thank You! Lord , I praise You. AMEN.

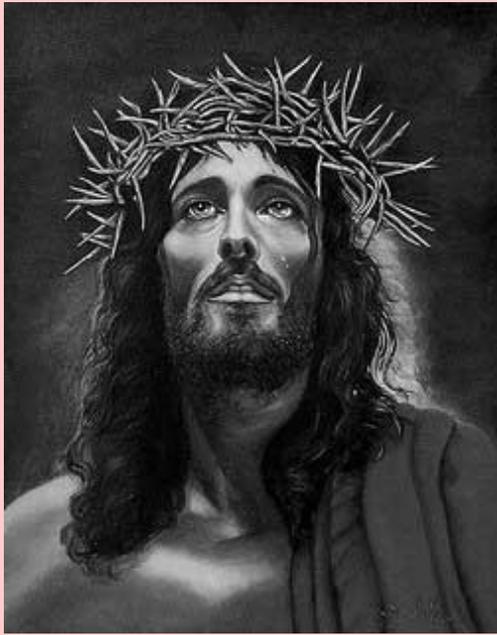
Fr. V. Ignatius. S. J.

# BELOVED IN CHRIST...



## Jesus The Lord Our Saviour

### “Set your minds on things that are above” (Colossians 3:2)



Beloved in Christ! The Lenten season gives us an opportunity to meditate on the Passion of Our LORD Jesus Christ. The sufferings on the Cross and the Death of Our LORD Jesus Christ are the basic foundations of Christian life. By His agonizing sufferings and by the shedding of His precious Blood, Jesus sacrificed Himself to the Heavenly Father, thus redeeming the whole of humanity.

We who have participated in this Redemption, need to die to the world along with Christ, be united with Him in His Life, and are leading lives “hidden in God.” (Colossians 3:3) Hence, we are not people who belong to this world. We belong to God. Therefore our thoughts and our yearnings should all be oriented towards the things of heaven. May our thinking and our likes and longings be fixed on Godly, divine aspects.

We who are dead along with Christ, are released from the five elements (fire, air, water, earth and space). (Colossians 2:20-21) We are who have so attained freedom, should not get enslaved to the ways of the world.

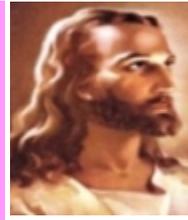
“Put to death therefore, what ever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry)”. (Colossians 3:5)

When we meditate on the passion of our LORD, let us perpetually meditate on how Jesus the Spotless and Righteous One, suffered immensely for us sinners, and on how his priceless Pure Blood cleanses us. Let us pray everyday unceasingly, not only for those who are dear and near to us but for the whole world that all the peoples of the world should be redeemed. May our just living and affectionate approach be a force that attracts every one closer toward God!

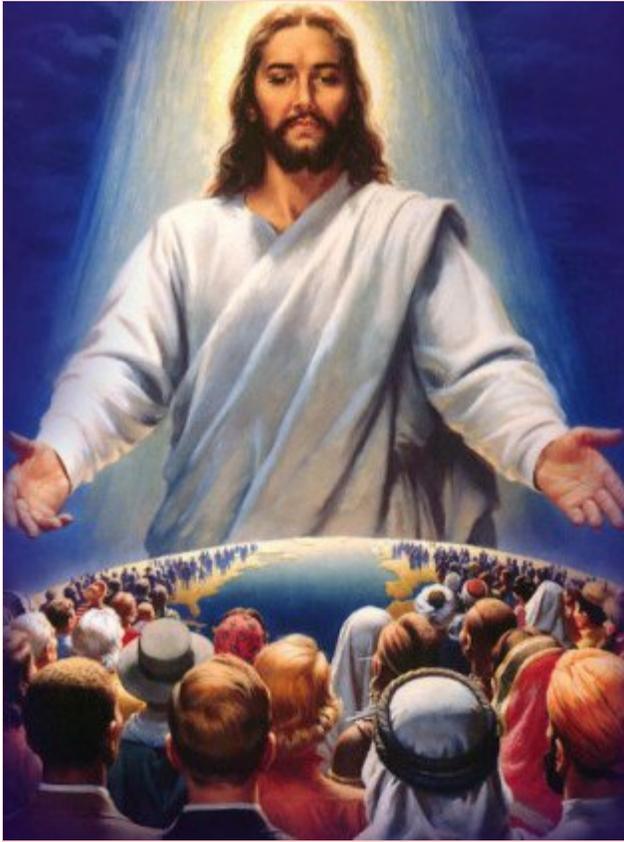
“You have stripped off the old self with its practices and have clothed yourselves with the new self.” (Colossians 3:9-10)  
I wish you joy!

*Fr. V. Ignatius.S.J*

## Family life and the guidance of the Holy Spirit



## Jesus The Lord Our Saviour



**“Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for they are opposed to each other, to prevent you from doing what you want.” ( Galatians 5:16-17)**  
**The two main thoughts to be meditated upon as we read St. Paul’s words:**

- 1. The desires of the Spirit- A life based on this desire.**
- 2. The desires of the flesh- A life based on this desire.**

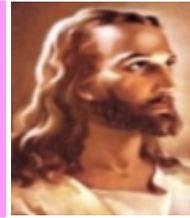
**Both these kinds of life pertains solely to the life on this earth. Each is repulsive of the other. But they are opposed to each other. The life lived based on what the Spirit desires is the one pleasing to God. When one lives based on what the Holy Spirit desires, one might have to control the lustful desires and actions of the flesh which are in total opposition and contrast to it. When the desires of the flesh are not controlled, it might become impossible to fulfill God’s will.**

**When we give in to the lustful longings of the flesh, we become unable to carry out the plans most pleasing to God, as desired by the Holy Spirit according to the promptings of the Holy Spirit.**

**Certain ordinary human habits might seem to be very good in actual terms. But when it comes to fulfilling some of the very good plans of God, these good worldly actions themselves might prove to be stumbling blocks. Before coming over to the Church to participate in the Eucharistic celebration, some one enters the liquor shop on the way. He does not disturb any one. As he is very tired, he gulps down two pegs of alcoholic drink. He consoles himself saying that so many in this world are accustomed to drinking and then he participates in the Church service for about half an hour. He does not consider drinking a big sin. Isn’t it good to participate in the Church service after consuming liquor?**

**He stays half dozed throughout the Church service. He how ever does not disturb any body. Nor did he receive any benefit out of this Church service. Did we understand? The lustful desires of the flesh are against the promptings of the Holy Spirit. The actions of the flesh put a stumbling block to the actions of the Holy Spirit. This is worthy of thinking!**

## Family life and the guidance of the Holy Spirit

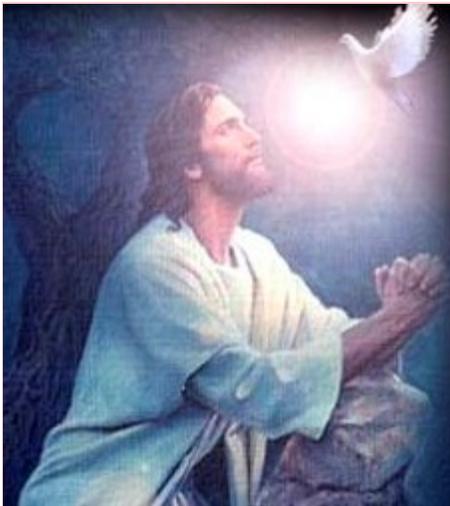


**Jesus The Lord  
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For the past few months, the newspapers, television, face book, you tube, twitter and such media are over loaded with sex scandals. They are described as tortures and are analysed in this light. Some are of the opinion that the reason for the rampant spread of sexual torture is the seeping in of western culture into our soil. Some others feel it is due to the influence of the media like the movies. What ever any one says, the thoughts of St. Paul belong to us!

Man is endowed with the lust which is the desire of the flesh. “ By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.” ( Galatians 5:22-23) We mention Ajmal Kasab of Pakistan who attacked Mumbai, a few years ago( 26-11-2008) as an example for terrorism. After spending four years in jail, he was given capital punishment of hanging, according to the Indian judicial law. For the past few weeks the media highlight an example for these sexual tortures: On December 16th 2012, six of them together raped a Delhi based Medical College student in a running bus and attacked her beastily, and that she succumbed to the injuries as treatment failed. The newspapers highlight the sexual scandals that occur in India, in Tamil Nadu, in the major cities, thus bringing about an awareness.

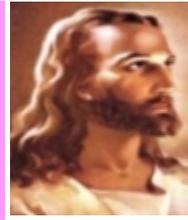
These kinds of sexual tortures and terrorism has not started just yesterday or today. At the very beginning of the human race, Cain sprang on his brother Abel and killed him due to his jealousy and uncontrollable anger.( Genesis 4:8)The history of terrorist Ajmal Kasab began right then. Jacob is an important name mentioned in the Bible. God gave Jacob the name “Israel”.



His first wife was Leah. Dinah was the daughter born for Leah. While this young girl was walking in Shechem in the land of Canaan, the prince of that land, carried ,abused her sexually and thus belittled her. ( Genesis 34:2)

In atonement for this debasing act, her brother Simeon and Levi, entered the town together and slaughtered all the men. Such sexual misdeeds and terrorism are intertwined in the human society. We cannot find a solution to these by merely highlighting them in the media.

# Family life and the guidance of the Holy Spirit



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There have been instances of the fence eating up the grains in our own Indian soil. It is good that we create awareness and to bring about newer and fresher laws. But if they remain solely in the pages, then it is of no use. Deep within our hearts, in our Indian soil and throughout the world, there should come about a conversion of heart. Only when we live and relate according to the promptings of the Holy Spirit, by shunning the feelings of jealousy, and lust, and thus commune with each other thus, it is difficult for the abolishment of sexual crimes and atrocities from the world over.

Those who belong to Christ Jesus have crucified the flesh with its passions and desires. . We live with the help of the Holy spirit. Hence we shall live being guided by the Holy Spirit. (Galatians 5:24-25)

When we meditate on the promptings of the Holy Spirit, our own Christian resolutions , the teachings from the Bible should be taken into the heart for meditation. When we analyse deeply and meditate, these teachings would take possession of our hearts and would in turn grant us a deep conversion of heart. In our personal lives, family life, and in our societal relationships, the Christian teachings and the attitude of Christianity that we have imbibed, will enable us shine as light lit up on a hill.

I shall here specify some of the teachings handed down traditionally by our religion and by the Church.

## Man in the Image of God

We human beings differ from the animals, such that we respect one another, are bound to love one another and this is the basic reason for it! Then God said, “Let us make human kind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.”

Then God said, “Let us make humankind in our image, according to our likeness... So God created humankind in his image, in the image of God he created them; male and female he created them.” ( Genesis 1:26-27) God who deigned that man should rule over all created things, did not wish man to rule over man. When some one rules over a thing, he develops authority over that ting. But that is merely a thing!

Take for example an ornament on your neck. There is a bracelet, or bangle or a ring on your hands and finger. Let us consider that you have a house in your name and several other movable and immovable properties in your name. You can have authority over all these and use them as your own. None of these was created in the image of God.

But a man who is created in the image of God, a brother or a sister, a husband or a wife, educated or uneducated, a person in authority or some one who walks along the road side, if he or she is a human being, he/she is an image of God. He belongs to God alone! He is within the authority of God!

What we mention as “image of God”, is the special and unique gift given by God for each individual, “the soul which is alive”. The human being who bears this image of God which is alive, has a soul which is eternal. This is not subject to anyone’s authority or pride.

**God alone is the sole Master of this soul!**

# Family life and the guidance of the Holy Spirit



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Hence every human being is invited to respect oneself and to submit himself/herself to God.

This unique feature of the soul which is alive is what distinguishes a human being from an animal. This individual and unique soul 'the life which is I', is not a neutral entity which can be divided.

A fish can be cut to pieces, an animal's flesh can be chopped to pieces, vegetables can be chopped, and we can cook and eat them all up. But the life of a human being cannot be cut to pieces. We stand for ever in God's Presence as he, as she, as myself, alive, in body as the image of God. Any human being created in the image of God belongs to God! He is not a slave to any one! No one has the right to be authoritative towards him or to enslave him.

The serpent that came in the form of a snake, enslaved the first man to its instigations and caused him to fall into sin. As they did not walk according to the promptings and directions of the Holy Spirit but walked according to the instigations of the evil spirit by paying heed to their individual desires, sin entered this world. Therefore just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned. (Romans 5:12)

As man became enslaved to sin and death, God Himself out of His mercy desired to rectify his mistakes and his ways. It was due to this alone that God became Man.

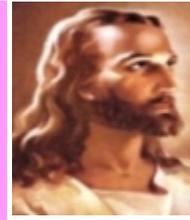
The individuality of man lies "in his ability to discern right from wrong" and knowing what is right "to choose it freely and willingly". For example a person is served two kinds of exotic tasty dishes on the table. One is a tasty welcoming vegetarian meal and the other is a sumptuous non-vegetarian spread. Both are very good. Both are of very high standard. He chooses one of the two with great interest. Both are good and he chooses one. (Freedom of choice).

Let us take one more example. On one side, there is an inviting tasty cooked and laid out dishes in front of a person who is very hungry. On the other side there is a spread of tastily cooked dishes mixed with poison.. Good food on one side and on the other tasty food mixed with poison. The person is aware of this. Which food will the person choose?

If he has to safe guard his life he has to choose the good food.



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Hence when we speak of freedom, there is an absolute necessity only to choose what is right and good. If we were to state it plainly freedom and necessity are not two different opposing factors. This is an integral part of human life. This was how God who created man in the Garden of Eden, “ Out of the ground the LORD God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.” ( Genesis 2:9)

Where there is freedom alone there is also a command. Bereft of freedom there can be no command or a rule. This was how God allowed man to walk freely in the Garden of Eden.

Where they walked about with freedom, He also gave them a command. They had the freedom and the unique individuality “I” to follow the command and to denigrate it. It was on this basis that God gave them a command. And the LORD God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.” (Genesis 2:16-17)

But human beings on defying the command of God, chose the fruit of death with freedom. In spite of knowing that it would bring about death, they ate up that fruit. Mankind who were as man and woman, yielded to the crafty temptations of the serpent disguised as snake, and gave in to the selfish desires, and to the lust of the flesh, thereby annulling God’s Word and thus ate up the fruit of death. This segregated them from the fellowship of God. They stood bereft of God’s embrace and safety and thereby stood naked.

He said, “ I heard the sound of you in the garden, and I was afraid, because I was naked; and I hid myself.” ( Genesis 3:10)

Although God had given man freedom, yet even that freedom is subject to good living! If a person thinks that he has freedom and eats up a whole meal filled with poison, who is the sufferer! Has God who has given you the gift of freedom, betrayed you? St. Paul who realised this truth, wrote to the faithful in the city of Corinth, and is apt for us today. This is food for thought to all those who speak of crimes related to promiscuity, and sexual crimes. “All things are lawful for me,” but not all things are beneficial.” All things are lawful for me,” but I will not be dominated by anything.” Food is meant for the stomach and the stomach for food, “ and God will destroy both one and the other. The body is meant not for fornication but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us by his power.” (I Corinthians 6:12-14)

When one looks at human beings with a Christian out look, then he’d be freed from the worldly outlook and thinking. This is why the Holy Spirit comes to our aid. Let us kneel down and pray for the gifts of the Holy Spirit, that we shed worldly thinking and live according to the promptings of the Holy Spirit.

The evil one sheds his evil ways as seeds in the hearts and minds of people, in families and in societies, in various forms, throughout the world. We can recognize the form of a snake easily. But today it is difficult to recognize the form of evil. In today’s scientific world, where it can highlight a lie as truth, darkness as light, there has come about a rampant growth in similar scientific knowledge. In this world filled with falsities, if we have to walk in the path laid out to us by the Holy spirit, we need an indelible faith and prayer.

We should be watchful not to speak about us Christians accusing each other, not to blow up people’s failings especially during these times when every one around gossip about the atrocities committed around, about sexual scandals and about the cruelty meted out to individuals in their families. In our personal lives and in our families, we should be respectful to each other’s physical body and are obliged to instigate to do good one for the other. Let us pray to the Holy spirit every day to be away from atrocities and crimes and be freed from all kinds of evil. Let us ponder over these words in our heart always:

“ Do you not know that your body is a temple of the Holy spirit within you, which you have from god, and that you are not your own? For you were bought with a price; therefore glorify God in your body.” ( I Corinthians 6:19-20)

*Fr. V. Ignatius. S.J.*

