



# Jesus The Lord Our Saviour

March 2016

(Not For Sale)



**"THIS IS MY SON, THE BELOVED"**

(Matthew 3:17; 17:5)

# BLESSINGS OF GOD BE YOURS...



Jesus The Lord  
Our Saviour

“ Incline your ear , O Lord, and answer me, for I am poor and needy. Preserve my life, for I am devoted to you; save your servant who trusts in you. You are my God;”  
( Psalm 86:1-2)

Yaweh! My God! I praise you. Yaweh! O holy One ! I exalt You.

Yaweh! All powerful One! I adore You. Yaweh! I fall prostrate at Your Feet. My God! I kiss Your holy Feet. My God! Yaweh! I drench Your Feet with my tears.

My God! O Holy One! I am a poor sinner. I cling to Your feet. Come to my aid. Save my life O God I am unable to bear the problems of debt incurred, and the insults I face before those seek to cause me harm!

Lord ! My eyes remain open even in the dead of night. My eyes are bereft of sleep! Listening continuously to insults and blames, I remain flabbergasted O God! I sulk wondering whether I should go on.

Save me My God! Preserve me Your servant. O God! Do not abandon me. Where can I go from Your hands o God! Yaweh! So full of mercy! All Powerful One! Your will alone is sufficient for me. It is just enough that You stretch forth Your hands! Just enough to turn Your gaze towards me. Lord and I shall live. Forgiven of my debts I shall stand in Your Presence! I will look on You joyfully without feeling ashamed. I shall walk in health, healed of all infirmities.

My God! Yaweh! Preserve me Your servant! I shall be strengthened , washed of fatigue. Yaweh! My Master! I will rejoice in You.

Thank You my God! Thank You for paying heed to my voice! For listening to my petitions! My God! Thank You. Amen.

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

# BELOVED IN CHRIST...



## Jesus The Lord Our Saviour

God called prophet Isaiah: "Whom shall I send, and who will go for us?"

And the prophet replied, "Here am I ; send me!"(Isaiah 6:8)

Jesus himself replies much more than the prophets: "A body you have prepared for me;...See , God, I have come to do your will, O God."(Hebrews 10: 5-7)

Today too, Jesus who sacrificed Himself on the Cross, is an example to all who have received the call of God.

Are you also ready to accept the call of The Heavenly Father? He says:

1. If you want to come to Me,

take yourself time.

1. If you want to find Me,

then keep quiet and listen to me.

1. If you want to love Me,

then feel with me.

1. If you want to understand Me,

Carry my care to the world.

1. If you want to help Me,

Do not forget ever:

No effort is too little,

No sacrifice is too small,

No love goes waste.

It is an ascent from the beginning to the end!

I wish you all joy.

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## THY KINGDOM COME !



## Jesus The Lord Our Saviour

We Shall Train Ourselves To Be Mentally Prepared To Meditate On The Passion Of Our LORD During Lent. It Is Good To Read Matthew Chapter Six As A Preparation To This.

Three Action- Plans:

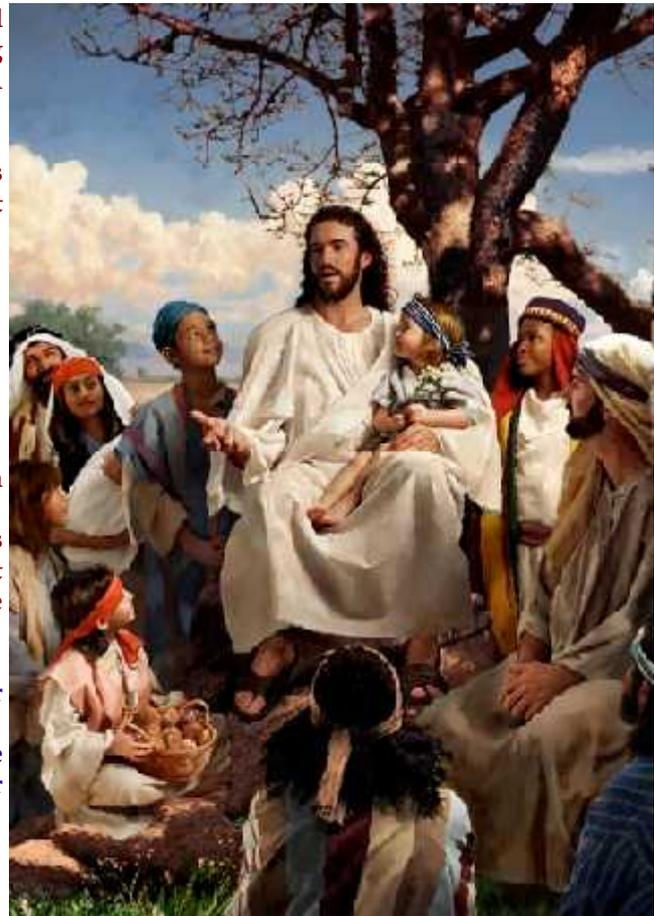
The Sixth Chapter Of Matthew's Gospel Propounds Three Excellent Action- Oriented Plans As Excellent Ways To Lead A Witnessing Life In Christ:

1. Charitable Deeds - (Matthew 6 :1)
2. Petitions Or Prayers- ( Matthew 6:5)
3. Penance Or Fasting- ( Matthew 6:16)

### 1. Charitable Deeds

" Beware Of Practicing Your Piety Before Others In Order To Be Seen By Them;" ( Matthew 6:1)  
Once You Hear This Word, A Negative Tone Reflects In It.It States What One Should Not Do. But What Stands Foremost Is A Motto For A Responsible Action,"One Should Do Good Deeds."

Those Seeking Political Gain, Inflate Some Of Their Good Deeds, Establish Groups Of Fan- Following, In Order To Create A Good Impression In The Minds Of The Electorate, And To Continue In Their Seat Of Power



There is no need for this mega show for the disciples of Jesus. Considering well what pleases God, as this Word encourages us to try to 'live pleasing to Him'. When we solely seek the glory of God, uprooting our selfishness, then our good deed yields spiritual fruit.

There is a principle in Bhagavat Gita called, 'Nishkamakarma'. We could explain it as a selfless deed , having won over one's own wish. A seed that falls to the ground "forgets itself", dies 'to itself' and sprouts. This grows into a plant, a tree that yields manifold benefits. Similarly Matthew's Gospel reiterates the importance of doing a good deed , keeping 'God's glory'in focus , leaving our 'selfishness' behind.

### 1. Prayer

" Whenever you pray, do not be like the hypocrites". ( Matthew 6:5)

There is an immense growth in Communication technology today. Newspapers, movies, tv shows, telephone networks, cell phones, internet services are some of the media for communication which has seen a rapid growth. All this is targeted towards enhancing 'relationships' one with the other and to grow in humaneness!

But what we see is that most often it is these media of social communication that tarnishes the sanctity of human relationships and good will of people. Innumerable blue films, television programs that promote violence have invaded the scene. In this modern hi-tech world so deeply rooted in communication dominated by cultural extravaganzas, How can we speak and relate with God whom we cannot see? Can we relate with God by launching an INSAT, EDUSAT satellites and speak to Him through establishing a BSNL or an AIRTEL company? Can we use a microphone to carry our messages to God whom we cannot see?

A soulful communication that a human being establishes with God is what we call prayer. A relationship that is built when one is present in the Presence of God. The intimate feelings of love and affection that result from this relationship is what is prayer!

Prayer- This can take the form of words, petitions, or sighs that cannot be explained, or it can be a 'silent

song' of the heart that can never be explained. There are two basic tenets to relationship built on prayer:

1. Faith in God which says, 'O God! In your Presence...'
2. Surrender to God in adoration which says, "Here I come before Your Presence".

We may not be able to express our feelings. The deep love we bear for God may be expressed as a sigh. St. Paul writes about this thus: " The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God , who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God." (Romans 8:26-27) The Holy Spirit Himself teaches us to pray in this manner.

The deep feelings that emanate from within the heart of a faithful Christian .

"Jesus is my all",

"Jesus is my Leader",

"Jesus is my LORD",

"Jesus is my life's breath",

"Jesus is my unshakeable trust"

Thus our hearts will be overwhelmed and dominated with such waves of affection.

A disciple who thus lives in intimate union with Jesus, "Just as he is united with Jesus", so too will he be united with The Father. The Holy Spirit will Himself lead Him towards the fullness of Truth. When one lives in this manner, his petitions will bear full fruit."

" If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples." ( John 15: 7-8)

When our union with Our Lord grows closer, our intimate relationship grows so stronger that we would never ever want to give up on Him and we'd like to say, "My Lord, my Lord, He belongs solely to me." This level of growth in the relationship with the Lord can occur only with the special surprise Act of the Holy Spirit ! When an unseparable union with God happens, the soul's prayer would be 'an incomprehensible secret to the others.' We read in the Church history that several of the saints had grown to this level. St. Teresa of Avila, St. John of the Cross, St. Ignatius of Loyola, St. Francis of Assisi, St. Therese of Child Jesus, St. Faustina Kowalska, all these saints' lives are examples of the pinnacles of the life rooted in prayer. Therefore Our LORD does not mention that it is futile to celebrate mass or conduct general adoration services in the church or in the adoration centres. It is important to pray, but this should not be for a show or an amusement. They should never turn out to be rituals .

It is very good for us to conduct worship services , being one in heart and mind as living witnesses to the faith. This gives us an opportunity to grow in the faith, for all to hear the Word of God, to be healed and to be consoled and grow in the love of God. Let us pray in a manner pleasing to God.

"Your Father knows what you need."( Matthew 6:8)

1. Fasting or penance

A poor person is always dependant on another's mercy.

"As the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until he has mercy upon us." ( Psalm 123:2)

This is what fasting is. When we forget everything for the grace-filled love of God, forgetting our food, when we possess the heart that awaits the LORD with the conviction that God's Word alone is Food, and that His will is my bread. A person of faith who frets longing for this grace, -This is fasting or penance.

The one who waits for the graces of God, does not have selfishness or appreciation from the public. This is not like our politicians who sometimes go on a fast and invite all the media to publicise their breaking the fast with the fruit juices in glass tumblers.

"And when ever you fast, do not look dismal, like the hypocrites, ...so that your fasting may be seen by your Father who is in secret."( Matthew 6: 16-18)

Our LORD fasted for forty days. He was led by The Holy Spirit. Going away from the noise and the din of people and the world, -keeping aside the food which is the basis for this human flesh, He solely desired the will and wish of the Heavenly Father. Our LORD's prayer filled with penance is an example for us.

This is the fasting where one does not depend solely on his own muscle power, or in the power of the armaments like Goliath, but 'trusting solely in the Power of the Name of God, ' and carrying this, Name , the resultant power even to chase away the evil one.

This world is a battle field. To withstand it-we should bear The Word of God as The Sword, seek The

power of God in fasting, and thus be empowered.

Where ever Our blessed Mother appears, she reiterates the importance of prayer coupled with fasting and thus invites us to the same.

Here we present some pebbles given by our Blessed Mother to fight against Goliath the evil one:

1. The Eucharist
2. Confession
3. The Word of God
4. Prayer
5. Fasting

In this world in which we live, there is a battle that takes place apart from our human strength.

“ Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around , looking for some one to devour. Resist him, steadfast in your faith. ” ( I Peter 5: 8-9)

Fasting coupled with deep prayer, will grant us the grace and divine power to fight and win over the evil one !

In this modern world, when the scientific advancements and knowledge have scaled unthinkable heights, The knowledge of God and the wisdom to bear God’s Word has diminished. Worldly worries and earthly attractions have ensnared the people in several ways into the crafty designs of the evil one. To be freed from this- to be preserved from these snares of the devil, let us carry The Word of God, and pray with fasting, and thus seek The power of God!

“Father!... Your kingdom come! Your will be done on earth as it is in heaven.” ( Matthew 6:10)

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