



Scripture nugget – Encountering Christ and building up a personal relationship with Him

Judas, not the Iscariot, said to Him, “Master, [then] what happened that You will reveal Yourself to us and not to the world?” Jesus answered and said to him, “Whoever loves Me will keep My Word, and My Father will love him, and We will come to him and make Our dwelling with him (John 14:22-23).

Encountering Christ through praying with heart. *The way we may be sure that we know Him is to keep His Commandments (1 John 2:3).* The spiritual foundation facilitating a solid relationship with Christ is the filial obedience of His Commandments. Though we cannot encounter Jesus in human flesh like the Apostles did, nevertheless we are not at a spiritual disadvantage. Jesus promises that if we love Him and keep His Commandments, He and God the Father will come and make their home within our heart! (cf. John 14:23). How do we nurture this precious encounter? Christ’s life on earth teaches us many lessons on holiness. One is constantly turning to God in sincere heart-felt prayers. We need quiet time and meditation focused on Christ in order to open our hearts to receive God’s graces and increase in holiness. We are a temple of the Holy Spirit (cf. 1 Corinthians 6:19). The nearest place to find God and His abiding peace is our own heart after it has humbly repented of all wrong doings and selfishness. The Lord desires us to approach Him with the simplicity and trust of a little child, reminding us to be meek and humble like Him (cf. Matthew 11:29) and that unless we become like little children, we cannot enter the kingdom of God (cf. Matthew 18:3). The holy Church has a great treasury of prayers like the rosary, chaplet of divine mercy, stations of the cross, all of which are excellent frameworks to meditate on the key life events of Jesus and our Blessed Mother Mary.

Encountering Christ through His Word and Sacraments. To be like Christ, we need to put on His Heart and Mind. A good way to do this is to have daily prayerful study and meditation of Scripture with an aim to live it in our daily life. Christ is the Incarnate Word of God. The Word of God is alive and active. When we meditate God’s Word in faith, our heart and mind are instructed and healing power extends over our body and spirit (cf. Hebrews 4:12). God’s Word is truth (cf. John 17:17). A soul with a love for God’s Word will have more depth and conviction in his faith in Christ. At the Last Supper, after the Consecration prayer, Jesus said: “Do this in memory of Me.” (cf. Luke 22:19). In a profound act of love, the Eucharist (Holy Mass) and priesthood are instituted, paving the way for souls to partake and enter into the Spirit of Christ in His Supreme Sacrifice at Calvary, transcending time and space by the mighty power of God’s grace. Thus, attending holy Mass is like standing at the foot of the Cross when Jesus died! When we are of proper disposition, the holy Sacraments are a powerful way of encountering Christ, and a sure way of receiving grace in great torrents!

Conversation with Jesus. Precious Lord, please give me the graces to build up a strong, loving, close personal relationship with You. Impart to me great love for Your will and laws. Help me live each present moment fully, always conscious of Your divine Presence in me, around me and in others. May my faith in You be not merely a mental assent to Your truths but may I become what You create me to be so that I am one with You in love, purpose, desires and will. Make my poor heart a tabernacle of Your consolation so that Your Presence in me will always be welcomed, cherished and treasured dearly. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.