

## Reflection 1

We need to constantly remember God's unconditional love for us each day.

'I led them with reins of kindness, with leading strings of love. I was like someone who lifts an infant close against his cheek; stooping down to him I gave him his food.' Hosea 11:4

There is nothing you can do to make God love you more. There is nothing you can do to make God love you less. Philip Yancey 'What's so amazing about grace?'

## Reflection 2

Today spend some time thanking God for the wonder of your being.

'God created man in the image of himself, in the image of God he created him, male and female he created them. God blessed them... God saw all that he had made and it was very good.' Gen 1: 27-8, 31

'For it was you who created my inmost self, and put me together in my mother's womb; for all these mysteries I thank you: for the wonder of myself, for the wonder of your works.' Psalm 139:13-14

## Reflection 3

Unfortunately sin has consequences.

'Your sins have created a gulf between you and your God' Isaiah 59:2

'By his sin Adam, as the first man, lost he original holiness and justice he had received from God, not only for himself but for all human beings'

Catechism of the Catholic Church 416

With St Paul we ponder our struggles; 'I am full of myself..What I don't understand about myself is that I decide one way, but then I act in another, doing things I absolutely despise' Rom 7:14

Pope Francis asks each of us to reflect on, how have I let myself be deceived or how I have shunned God's love? Joy of the Gospel 3

## Reflection 4

Out of love for us God sent his son Jesus our saviour and redeemer who showed us how to live in right relationship with our heavenly Father.

'God loved the world so much that he gave his only son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his son into the world not to condemn the world but so that through him the world might be saved.' John 3:16

'For the wage paid by sin is death; but the free gift of God is eternal life in Christ Jesus.' Rom 6:23

## Reflection 5

We are invited to make our own personal response to all that God has done for us.

'I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least to an openness to letting him encounter them; I ask all of you to do this unfailingly each day. No one should think that this invitation is not meant for him or her, since no one is excluded from the joy brought by the Lord.'

Pope Francis – Joy of the Gospel 3

'You have made us for yourself oh Lord and our hearts are restless until they rest in you.' St Augustine