



PRAY:

"Blessed are they who have kept the word with a generous heart and yield a harvest though perseverance." (John 14:6)

READING: John 8:31-36

31 To the Jews who believed in him Jesus said: If you make my word your home you will indeed be my disciples;

32 you will come to know the truth, and the truth will set you free.

33 They answered, 'We are descended from Abraham and we have never been the slaves of anyone; what do you mean, "You will be set free?" '

34 Jesus replied: In all truth I tell you, everyone who commits sin is a slave.

35 Now a slave has no permanent standing in the household, but a son belongs to it for ever.

36 So if the Son sets you free, you will indeed be free.

MEDITATION:

Anyone who commits sin is a slave. The only way to escape slavery is through Jesus Christ. If we follow Jesus' way, and keep his word, then we will be set free. The truth sets us free.

Now, the time has come to ask, am I free or am I a slave? Do I have unhealthy attachments or misplaced priorities that enslave me? What excuses keep me from Mass? What are the sins that bind me?

LET US PRAY:

Lord, give me your light that I may plainly see the sins that bind me. Help me find the courage to strike off these chains. I pray for the truth to set me free.

ACTION:

I will meditate for awhile, thinking about the sins that keep me from Jesus. What excuse do I have to skip Mass, to refuse to help others, or to be selfish? I will work to break these chains.