

Reflection Saturday Week 15 –2020

One of the striking features about Jesus was his deep compassion for people which he showed in his healings. Yet, he did not want to be known just for his miracles or to be seen just as a wonder worker, he came to open people to the wonder and love of God. A wonder and love that he experienced. He believed that the Father was working through him which is why he would periodically escape and go off to be with the Father and make sure he was fulfilling his Father's will – not his own. Nor did he go out of his way to antagonise the authorities. If anything, they were the ones who sought him out. The quality that accompanied Jesus' compassion was his gentleness – *he will not even break a crushed reed*. Gentle people are approachable, non-threatening, good to be around. They are also people of strong character, courage, caring and confident.

Pope Francis *"Compassion allows you to see reality; compassion is like the lens of the heart: it allows us to take in and understand the true dimensions of life. In the Gospels, Jesus is often moved by compassion for compassion is also the language of God." "Our God is a God of compassion, and compassion - we can say – is the weakness of God, but also His strength." "When the heart hardens, one forgets the grace of salvation and of gratuitousness. A hardened heart leads to quarrels, wars, selfishness and the destruction of the brother and sister because there is no compassion. The greatest message of salvation is that God has had compassion on us. And the Gospel often repeats that Jesus had compassion on seeing a person or a painful situation. Jesus is the compassion of the Father. Jesus is the slap to every hardness of heart."*

May I live this day
compassionate of heart,
clear in word,
gracious in awareness,
courageous in thought,
and generous *in love*.

John O'Donohue

To end

**Kind hearts are the gardens,
Kind thoughts are the roots,
Kind words are the blossoms,
Kind deeds are the fruits;
Love is the sweet sunshine
that warms into life,
for only in darkness
grow hatred and strife.**

- When I become a lawyer, I want to defend a penguin.

Just so I can say the words *“Your Honour, clearly my client is not a flight risk.”*