

Reflection Monday week 16 2022

When we hear or read the words *“act justly, love tenderly and walk humbly with your God”*, they resonate with something deep within us and we want to reply, *“But of course!”* These words are the basis on which we live our lives. They tell us that we do not live life alone, God shares the journey with us. We experience these words in everything Jesus said and did while he lived among us. Becoming aware of the presence of justice, love and humility in our lives makes it easier to become aware of the presence of God.

The Scribes and Pharisees asking Jesus for a sign is like the story of the inquisitive little fish who swam around asking all the older fish where he could find the ocean, when he was already swimming in it!! Jesus is the sign. In fact, Jesus had to leave his disciples so that they would be able to discover his presence in the most extraordinarily wonderful and impossible encounters in their lives and do even greater things than he did (Jn 14:12).

The story of Jonah the reluctant prophet who did everything to avoid preaching repentance to the Ninevites and wanted them to be punished, shows the power of the message of repentance. The who and how the message is delivered seems unimportant.

The message of repentance ultimately is about setting free the presence of God in people's lives. We do not have to be experts in theology, great speakers or teachers, we only have to deliver the message. Recognising the presence of God in ourselves and those around us makes this mission so much easier.

- **The UK is officially changing its name in honour of mental health awareness.** The new name is "U.O.K.?"
- It seems that **next week is diarrhoea awareness week.** Runs until Friday.