

## Reflection of Our Lady's Message 25th July 2011

*“Dear Children! May this time be for you a time of prayer and silence, rest your body and spirit, may they be in God's love. Permit me little children, to lead you, open your hearts to the Holy Spirit so that all the good that is in you may blossom and bear fruit a hundredfold. Begin and end the day with prayer, with the heart.”*

The scriptures tell us that there is a time for everything under the sun. The blessed Mother encourages us once again to make time for prayer and silence. We should never count the time spent in prayer and silence before God, but rather regret the times we could have and should have spent in prayer and silence to avail ourselves of the opportunity for grace, peace, and rest in the Lord.

### **REST YOUR BODY AND SPIRIT MAY THEY BE IN GOD'S LOVE**

In Psalm 23 we have this image of the Good Shepherd and the sheep of his flock. At that time in the Middle East, a shepherd could walk with his flock up to ten or fifteen miles to find fresh pastures and still water. Once having arrived, some of the sheep would not always lie down to rest, so often he would tie their legs and force them to lie down to rest after the long journey. **“He makes me down to lie.” Ps23:1**

We should never wait until we are forced to lie down in some hospital bed or at home to rest for a time of healing. And yet sometimes it's the only way the Lord can get our attention today with all our busy activities.

I often tell my flock not to wait for the hearse to bring you to church to spend the night resting in a box before the Lord all night long. By the way, that is not the box that will take us to heaven but the confessional box where we know Gods' mercy and eternal rest.

### **PERMIT ME, LITTLE CHILDREN TO LEAD YOU, OPEN YOUR HEARTS TO THE HOLY SPIRIT SO THAT ALL THE GOOD THAT IS IN YOU MAY BLOSSOM AND BEAR FRUIT A HUNDREDFOLD.**

Mary herself knows the great benefits of being open to and being led by the Spirit. It is one thing to have the Holy Spirit in us through baptism and confirmation, it is another thing to allow that same Spirit of love, of power and self control to leads and guide us in our daily life, to surrender all of ones being over to Him, the Spirit of Truth and lead us according to God's holy will.

Mary invites us to be open to the Holy Spirit so that all the good that is in us may blossom and bear fruit a hundredfold.

A farmer will usually buy the best seed and plant it in his fields. In the same way God plants nothing but goodness in our hearts and there is enough good soil in us to allow God's word to grow.

As children of God and Mary, we are good seeds. God expects us to grow and blossom and bear fruit that will last. For that to become a reality we must learn to imitate God Himself and live as children of His that He loves. Imitate Him who has

such a big, noble and generous heart that he sent His only Son to save us. Not content with sending His son, He also sent the Spirit to be the Lord and giver of life. The blessed Mother too herself comes to call us back from a living death to life in the Spirit, from our evil thoughts and ways to witness the triumph of good over evil.

### **BEGIN AND END THE DAY WITH PRAYER WITH THE HEART**

Just as Mary begins this month's message with an encouragement about prayer and silence, so too, we are encouraged at the end of her message to begin each day with prayer, with the heart.

I wish you all a very good heart to heart communication this month with the heart of God Himself and the Immaculate Heart of Mary. Let us conclude this reflection with a prayer from our hearts to the Holy Spirit.

**Breathe in me O Holy Spirit, that my thoughts may all be holy. Act in me O Holy Spirit that my work to may be holy. Draw my heart O Holy Spirit that I love but what is holy.**

**Strengthen me O Holy spirit to defend all that is holy, Guard me O Holy Spirit that I may always be holy with your holiness and gift of peace.**

**God love and bless you all.**

**Fr Ciaran**