



ON OUR KNEES IN HIS HANDS

DAILY READINGS & REFLECTIONS

AUGUST 2025



St. Monica



ON OUR KNEES IN HIS HANDS

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“Our hearts were made for you,
O Lord, and they are restless
until they rest in you.”

-St. Augustine

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Editors

Lalith Perera | Mario Dabera

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01st August 2025

*Memorial of St. Alphonsus Liguori,
Bishop & Doctor of the Church*

Leviticus 23:1,4-11,15-16,27,34-37 | Psalm 81:3-6,10-11 | Matthew 13: 54-58

Isn't this the carpenter's son?

God intended us to hear him, walk with him and talk with him. But we try to take control of our lives and become self centred and separated from God. Our spirits become blind and unaware of God. We are preoccupied with the things of this world. Jesus' teachings had great truth and power, and it disturbed many, yet they did not want to accept him claiming that he was from an ordinary family in the village. They did not see Jesus as the Son of God. Today powerful and strong people try to dominate the world and people gladly listen to and follow them even if they know they are not right. Jesus could have come as a king with a powerful army and built his empire. It would have solved many issues but God sent his son in a way beyond the understanding of human beings. The weapons Jesus used were total trust and belief in God, obedience to God's will and then accepting the consequences from God's hands. In the end Jesus became the King of the whole universe.

PRAYER: Abba Father, help us to see through our inner eyes and listen to your voice in the midst of chaos, never wavering in our faith. Amen.



Saturday

02nd August 2025
Seventeenth Week in Ordinary Time

Leviticus 25:1, 8-17 | Psalm 67:2-3,5,7-8 | Matthew 14:1-12

Living for Christ

Sometimes to be a faithful follower of God, we might have to do things that are hard. We might have to sacrifice. St. John did something that cost him his life because he stood up for what was right. This most likely would not happen to us, but living for the Lord may cause us to lose favour with our friends or family if we speak up for what we believe in. Sometimes we may have to sacrifice our time, resources and desires to follow Jesus. But it is worth it. He has a plan and purpose for us and he will continue to work in us and use us if we allow him to. This plan may include some form of sacrifice, but he will be with us. "God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it" (1 Cor 10:13) Bad things will happen in this world, but the power of God is greater than the power of evil. Let us seek his strength to be faithful to him no matter what happens.

PRAYER: Abba Father, may my life be a living sacrifice of praise. Amen.



03rd August 2025

Eighteenth Sunday in Ordinary Time

Ecclesiastes 1:2; 2:21-23 | Psalm 90:3-6,12-14,17 | Colossians 3:1-5, 9-11 | Luke 12:13-21

Eternal purpose

The first reading says that life is fleeting, therefore, human toil is “vanity.” Labor and achievements pursued without an eternal perspective are futile. Worldly accomplishments, while necessary, cannot satisfy the soul’s deepest longing. Hence, we need to seek meaning beyond the temporary, directing our focus toward God’s eternal purposes. The second reading calls us to “set our minds on things above.” St. Paul exhorts believers to put to death earthly desires such as greed and idolatry, which lead to spiritual emptiness. The Parable of the Rich Fool warns against storing earthly wealth while neglecting spiritual riches. The rich man’s mistake was not his prosperity but his failure to consider God’s kingdom. Jesus challenges us to live as stewards, using our resources to serve God and others. Let us realign our priorities, valuing eternal treasures over fleeting gains. True fulfillment comes when we surrender earthly pursuits for a heavenly purpose, living in the fullness of God’s grace.

PRAYER: Abba Father, align our hearts with your eternal purpose. Amen.



Monday

04th August 2025

Memorial of Saint John Vianney, Priest

Numbers 11:4-15 | Psalm 81:12-17 | Matthew 14:13-21

The Lord is Compassion and Love

Despite the many miracles that the Israelites witnessed on their journey out of Egypt, they grumbled. But it did not deter the Lord from heeding their cry, as Moses stood in the gap and appealed to the Lord. The crowd that kept following Jesus, thirsty for the word and his miracles also experienced his love and compassion as he with divine providence satiated even their hunger. Often, the realities of this world lay heavily on us and we are tired and confused. Disregard this and in one moment change can come in to our lives. Remember when he comes, he brings the total answer. And without faith it is impossible to please God, because anyone who comes to him must believe he exists and he rewards those who earnestly seek him. "Do not think of yourself more highly than you ought to think." (Rom 12:3) St John Mary Vianney, whose memorial we celebrate today, sought the Lord and was responsible for many spiritual conversions in his time.

PRAYER: Abba Father, renew us with stronger faith in the power of the Holy Spirit through Jesus Christ your son. Amen.



05th August 2025

Eighteenth Week in Ordinary Time

Numbers 12:1-13 | Psalm 51:3-7,12-13 | Matthew 14:22-36

God walks with us

In today's Gospel reading, we see Jesus walking on water and the disciples being terrified unable to comprehend this power. Peter walks on water with faith, but when he begins to doubt, he starts to sink. Jesus' compassion and love are there for us, amidst the storms and crises of our lives, when the things that we cherish seems to be destroyed. When we shift our focus from Jesus to the problem we are in; we would sink, as we listen to the sounds of this world. But Jesus says to us "Take courage it is I. Do not be afraid" (Mt 14:27). How often have we fought against such circumstances? We are often adamant and stubborn. As the Psalmist says, God allows us to follow our own devices, and we end up in more confusion and chaos, until we come to our senses and realize that his power was always present in our lives every step of the way. But our lack of faith obstructs that realization. We need to step back and allow God to work in our lives.

PRAYER: Abba Father, help us to live a life surrendered to your will. Amen



Wednesday

06th August 2025

Feast of the Transfiguration of the Lord

Daniel 7: 9-10, 13-14 | Psalm 97: 1-2, 5-6, 9 | Luke 9: 28-36

Listen to Jesus

Jesus is a king, but not in the worldly sense of the word. What sort of a king is he and what implications does his kingship have for 21st century Christians who no longer think in terms of kings and kingdoms? Jesus the meek king comes to serve. His rule is not the rule of a tyrant or a despot. Temptations to greatness and power have no hold on him. Pride, ambition and self-glorification are not found in him. His only thought is to be the servant of all. He has come “as one who serves.” The Gospel teaches us about listening. Because if we are willing to listen, we are willing to be changed. That is why, when we argue, we raise our voices and interrupt—refusing to listen. We do not want to be changed. We do not want to learn something new. We do not want to be moved. “This is my Son—listen to him!” Listen to Jesus. Because if we listen to Jesus, we will be changed. We cannot stay the same after listening to the Son of God. We will be moved. We will be transformed.

PRAYER: Abba Father, open my ears to hear your voice. Amen



Thursday

07th August 2025

Eighteenth Week in Ordinary Time

Numbers 20:1-13 | Psalm 95:1-2,6-9 | Matthew 16:13-23

Faith and Obedience

Moses struck the rock at Meribah to provide water for the Israelites. Moses' act of disobedience, rooted in anger and a lack of trust, resulted in Moses being denied entry into the Promised Land. It shows the importance of faith and obedience, especially as leaders. Even great faith can falter, and the consequences of disobedience emphasize the need for humility and reliance on God. In the Gospel reading, Peter declares Jesus as the Messiah, a profound moment of faith and revelation. Yet, shortly after, Peter rebukes Jesus for predicting his suffering and death, earning a sharp correction. This contrast shows the tension between spiritual insight and human misunderstanding. Like Peter, we can have moments of deep faith yet struggle to align our perspective with God's plan. Even faithful people can falter when emotions or human reasoning overshadow trust in God. Let us seek God's will with humility, trusting his wisdom even when it challenges our understanding.

PRAYER: Abba Father, help us to trust, obey, and follow your perfect will. Amen.



08th August 2025

Memorial of Saint Dominic, Priest

Deuteronomy 4:32-40 | Psalm 77:12-16,21 | Matthew 16:24-28

Discipleship demands Commitment

In today's Gospel reading, Jesus speaks of taking up our crosses to follow him. Carrying one's cross is a symbol of submission. Jesus' call to follow him requires a wholehearted commitment, even at the risk of death. There is no turning back. Discipleship demands commitment. It means surrendering ourselves to his service. If we focus on preserving our physical life—avoiding pain, or discomfort—we may lose the gift of eternal life. By shielding ourselves from the challenges or suffering that God allows, we risk becoming inward-focused, losing our spiritual vitality and intended purpose. But when we lay down our lives in service to Christ, we discover the true meaning of life and the joy of fulfilling God's purpose. For most of my life, I was a people pleaser. In my desire to make others happy, I neglected my family and risked my well-being. Through prayer and intentional effort, the Lord is changing me. Are we people-pleasers, or God-pleasers?

PRAYER: Abba Father, help us understand that you are above all.
May you receive all the glory. Amen.



Saturday

09th August 2025

Eighteenth Week in Ordinary Time

Deuteronomy 6:4-13 | Psalm 18:2-4,47,51 | Matthew 17:14-20

God is Love

Today's first reading is calling us to live as God intended, which is to love and be loved by God. Because we are created in his image, his love is within us and has the power to transform us. Knowing that God loves us is a blessing. We should not take any of the good things in life for granted or as being our right, as everything we have is a gift from God because of his love for us. If we love him with all our heart, soul and strength, we will have no hesitation in surrendering our life to him. When times are good, it is easy to forget the giver. We fail to see God's hand in our success and thank ourselves instead. God is the source of our blessings, and we should honour him for his goodness. God's love must live in our hearts before we can share it with others. When I was growing up, I did not know how much God loved me, as I was taught to fear him. Let us therefore be diligent in teaching our children about God's love. Let us love God and love others.

PRAYER: Abba Father, let your love continue to transform me from within so that I can love my neighbour as myself.



Sunday

10th August 2025

Nineteenth Sunday in Ordinary Time

Wisdom 18: 6-9 | Psalm 33: 1, 12, 18-22 | Hebrews 11: 1-2, 8-19 | Luke 12: 32-48

Intimacy with God

We are called to be ambassadors of God's Kingdom: by spreading the love of God. Our lives should be built on love, surrounded with walls of hope, and shielded with faith. In today's first reading we see God's mighty works. The intimacy between God and Moses was strong. Moses was instructed and everyone else hoped for the best and acted in faith; thus they were delivered from slavery. We are called to have an intimate relationship with God. The purpose/mission given to us is the result of that intimacy, because if we do not know God we would not love him, nor hope nor trust in him. The Gospel reading tells us to be vigilant, never to slumber, and fulfill the mission given to us. Jesus has made a clear distinction between those who are aware of the job that the Master has given them and those who are ignorant of the job. Therefore, we as baptized people, should not get distracted but rather carry out our mission with open hearts and in intimacy with God.

PRAYER: Abba Father, let your love make me to be
and do what you require from me. Help me to love you. Amen.



Monday

11th August 2025

Memorial of Saint Clare, Virgin

Deuteronomy 10:12-22 | Psalm 147:12-15, 19-20 | Matthew 17:22-27

A call to Obedience and Humility

Today's readings speak of God's profound love and guidance. We are called to fear the Lord, walk in his ways, love him, and serve him with our hearts and minds. This emphasizes the importance of obedience and reverence towards God, who is mighty and just, showing no partiality and accepting no bribes. He defends the fatherless and the widow and loves the foreigner among us. The Responsorial Psalm continues this theme of divine protection and blessings, highlighting how God strengthens our gates, blesses our children, grants peace, and satisfies us with the finest wheat. His word runs swiftly, revealing his statutes and ordinances to his people, a privilege not given to other nations. In the Gospel reading, Jesus teaches about humility and obedience, showing that as children of God, we are free, yet we must also respect earthly authorities. Let us live in love, obedience, and humility, trusting God's providence and guidance.

PRAYER: Abba Father, strengthen us
and help us to serve you with all our hearts and minds. Amen.



Tuesday

12th August 2025

Nineteenth Week in Ordinary Time

Deuteronomy 31:1-8 | Deuteronomy 32:3-4,7-9,12 | Matthew 18:1-5, 10, 12-14

Courage and Childlike Faith

The first reading presents Moses' final words to Israel before they enter the Promised Land. As he passes leadership to Joshua, Moses reminds the people that God will go before them and never leave them. His charge to "be strong and courageous" emphasizes trust in God's presence and provision, especially in the face of uncertainty. We are to rely on God's faithfulness as we navigate challenges, knowing that he equips and strengthens us for the journey. In the Gospel reading, Jesus highlights the value of childlike humility and trust in the kingdom of heaven. He calls us to embrace a child's openness and dependence on God, rejecting pride and self-reliance. The parable of the lost sheep illustrates God's relentless pursuit of every individual, showing his deep love for the vulnerable and the wayward. Let us trust God's presence like the Israelites, while maintaining a childlike faith. God honors both our strength and our surrender, in his love and care for every one.

PRAYER: Abba Father, grant us courage, humility, and faith in your unfailing presence.
Amen.



Wednesday

13th August 2025

Nineteenth Week in Ordinary Time

Deuteronomy 34:1-12 | Psalm 66:1-3,5,8,16-17 | Matthew 18:15-20

Leadership in Community

Today's first reading concludes the story of Moses. Despite his intimate relationship with God and his tireless guidance of the people, Moses is only allowed to view the Promised Land from a distance. God's plans often extend beyond our personal journeys. Leadership involves planting seeds of faith and trust, even if we do not see the fruits. Moses' life reflects obedience and humility, encouraging us to trust God's greater purposes. The Gospel reading shifts our focus to community and reconciliation. Jesus teaches about addressing conflict with grace, aiming to restore relationships. This process of accountability shows the importance of unity in the body of Christ. Jesus' assurance of his presence gives us comfort. It affirms that God values both the collective and the personal, guiding his people in their spiritual and relational lives. There should be a balance between individual faithfulness and collective harmony. Let us lead with humility and seek reconciliation in community.

PRAYER: Abba Father, guide us in humility, reconciliation, and trust.
Amen.



Thursday

14th August 2025

*Memorial of Saint Maximilian Kolbe,
Priest and Martyr*

Joshua 3:7-11,13-17 | Psalm 114:1-6 | Mathew 18:21--19:1

Forgiveness

The first reading shows the victories of the Israelites, as they experienced God's guidance and protection. This reminds us that God is present among us today, not distant but actively guiding and strengthening us. The Gospel reading teaches us to experience his presence through forgiveness. We are forgiven by God, and we are called to extend that same forgiveness. St. Maximilian Kolbe lived this truth to the fullest. In Auschwitz, he offered his life for another, embodying Christ's love in the most radical way. Even in suffering, he forgave his captors and remained steadfast in faith, showing that true freedom is found in love and self-giving. By choosing forgiveness, we open our hearts to God's peace, allowing his grace to work within us. Like St. Maximilian, let us embrace love over hatred, mercy over resentment. Forgiveness frees us from bitterness and unites us with Christ. Inspired by his example, may we walk each day with love, mercy, and compassion.

PRAYER: Abba Father, give us your grace to forgive others
and to experience your love every day. Amen.



15th August 2025

*Solemnity of the Assumption of the
Blessed Virgin Mary*

Revelation 11:19; 12:1-6, 10 | Psalm 45:10-12, 16 | 1 Corinthians 15:20-27 | Luke 1:39-56

Hope of Seeing God

The Solemnity of the Assumption celebrates Mary's entrance, body and soul, into heavenly glory. In the book of Revelation, Mary is depicted as the woman clothed with the sun, crowned with stars, and laboring to bring forth life. This imagery calls to mind her pivotal role in salvation history as the Mother of Christ, the victor over sin and death. Mary's assumption is a sign of hope for all who trust in the Lord. In the second reading, St. Paul declares that Christ's resurrection is the "firstfruits" of those who have fallen asleep. Mary, preserved from sin and filled with grace, follows her Son in his victory. God's plan is to transform and glorify all who remain faithful. The Gospel reveals Mary's humility and faith as she visits Elizabeth, singing her song of praise. Mary recognizes that her greatness lies in God's action within her. May the Blessed Mother's example inspire us to live with faith, humility, and hope, so we too may one day share in the glory of heaven.

PRAYER: Abba Father, may we, one day, behold you face to face. Amen.



Saturday

16th August 2025

Nineteenth Week in Ordinary Time

Joshua 24: 14-29 | Psalm 16: 1-2,5,7-8,11 | Matthew 19:13-15

When I am weak, then I am Strong

We often ask people to pray for us and people ask us to pray for them. In today's Gospel reading, parents bring children to Jesus so that he may lay his hands on them and pray for them recognizing Jesus as a man of God. In the time of Jesus, children were way down the pecking order; they were without rights or status. Perhaps the disciples thought that these children were not 'worthy' of Jesus' attention. If so, they had a great deal to learn about the values of the kingdom of God. Jesus insisted on allowing the children to come to him. He identifies them as those to whom the kingdom of God belongs in a special way. In the inverted world of God's kingdom, those who have little or no status or importance in this world have a special place. "God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing". (1 Cor 1:27-28a)

PRAYER: Abba Father, may our lives proclaim the values of your kingdom.
Amen.



Sunday

17th August 2025

Twentieth Sunday in Ordinary Time

Jeremiah 38: 4-6, 8-10 | Psalm 40:2-4,18 | Hebrews 12:1-4 | Luke 12:49-53

Fix your eyes on Jesus

The Lord Jesus came to bring the fire of the Holy Spirit. We receive the Holy Spirit when we accept God's love, repent, and surrender our lives to him. Our hearts are set on fire to witness to him. We did not choose him, God himself chose us to witness to him and declare his love and mercy to all. During the days of Jeremiah, the people of Israel rejected God's message. Similarly, when we stand for Gospel truths, even our family members might reject us and ridicule us, because many prefer to follow external rituals and live at the surface level. Today's readings call us to persevere, to win this generation for the Kingdom of God, in spite of the obstacles and hardships that we may have to face, by "keeping our eyes fixed on Jesus, the leader and perfecter of our faith. Who, for the sake of the joy that lay before him, endured the cross, despising its shame, and took his seat at the right hand of the throne of God." (cf Heb 12:2)

PRAYER: Abba Father, help us to be faithful to you, even when it is hard.
May your love burn within us. Amen.



Monday

18th August 2025

Twentieth Week in Ordinary Time

Judges 2 : 11-19 | Psalm 106:34-37,39-40,43-44 | Matthew 19:16-22

Return to the Lord with a Heart of Repentance

In today's first reading we see the Israelites disowning God who brought them out of slavery and going behind other gods. God was displeased with their action. Even for us this can happen knowingly or unknowingly. Our worldly desires can override us where we fall back to our old ways of life. What the Israelites needed was an internal transformation to walk in obedience. Being obedient to God will be challenging. We see that episode in the Gospel when the rich young man had an encounter with Jesus. Upon living as per the ten commandments he thought he was living a perfect life to inherit eternal life. When Jesus said there was something more that he had to do, he simply could not deal with it as he was attached to his wealth. Sometimes even for us our attachments can lead us to spiritual blindness. This was the case with the young man. Time after time we need to examine our hearts. Spiritual growth happens through prayer.

PRAYER: Abba Father, give us freedom to let go of any attachments that hinder our relationship with you. Amen.



Tuesday

19th August 2025

Twentieth Week in Ordinary Time

Judges 6:11-24 | Psalm 85:9, 11-14 | Mathew 19:23-30

All things are possible for God

God chooses specific people to accomplish his mission on earth. Gideon responds to God's call, although he was apprehensive of the task assigned as he was a weak man. But God showed how he can do the impossible through the weakest. Responding to God's call can be challenging. Jesus teaches his disciples, that riches and possessions can be an obstruction to being saved. But the Lord reminds them that what seems impossible for people is possible for God. St Augustine said: "God became man so that man might become God. The Lord of angels became human so that humans could eat the bread of angels." When we become like him what we think, say, and do will be guided by the power of the Holy spirit. Nothing belongs to us in this world. If we surrender to God's will, we will never fail. "All scripture is inspired by God and is useful for teaching, for refutation, for correction, and for training in righteousness" (2 Tim 3:16). Therefore, let us live according to his word.

PRAYER: Abba Father, let your word guide our feet and enlighten our path. Amen.



Wednesday

20th August 2025

*Memorial of St. Bernard,
Abbot & Doctor of the Church*

Judges 9: 6-15 | Psalm 21: 2-7 | Matthew 20: 1-16

Be faithful in God's vineyard

The first reading teaches us the correct attitude with which we should serve God. The allegory of the trees reveal the attitude of service. The noble trees that are mentioned (Olive, Fig and the Vine) refused the position offered to them to continue in the humble purpose that they had been created for. Often we sidetrack from our original purpose and act selfishly like Abimelech, to come to the limelight. But what is required from us is to have the noble service attitude as God's children. In the Gospel reading Jesus says that every worker in God's vineyard is given an equal share. There again we are taught the attitude of the servers. We are called by God to serve him; the difference is the time that we are called. God is generous to everyone and treats everyone equally; immaterial of the season that we are serving in his vineyard. We should be cheerful to see the new comers doing better in the service than what we have done.

PRAYER: Abba Father, may my heart be pure and steadfast.
Amen.



Thursday

21st August 2025

Memorial of Saint Pius X, Pope

Judges 11:29-39 | Psalm 40:5,7-10 | Matthew 22:1-14

Be ready to meet the Lord

Usually, a person would not refuse an invitation to a banquet hosted by a king. In the Gospel reading, the bridegroom symbolises the Messiah. Jesus is showing how foolish the religious leaders had become by taking lightly the invitation sent by God. Their agendas had become more important and they made fun of the messengers. In Jesus' culture 2 invitations were sent meaning several months were given for preparation. Matthew is reminding the people 'you turned away and rejected God not once but twice'. We are called to 'come as we are'. God expects us to keep up to his high standards in our spiritual journey. Some resort to God only in emergencies while giving priority to worldly possessions, wealth, enjoyment. Do we spend enough time to cultivate a close relationship with God and prepare for the King's banquet? Truly there is a judgement day. Let us not be caught off guard, instead be well prepared for the coming of the Lord.

PRAYER: Abba Father, help us to be focused on you.
Do not allow us to go away from you. Amen.



22nd August 2025

*Memorial of the Queenship
of the Blessed Virgin Mary*

Ruth 1:1, 3-6, 14-16, 22 | Psalm 146:5-10 | Matthew 22:34-40

The Quality of Love

Jesus said: "Love the Lord your God, with all your heart, with all your soul and with all your mind." We may have heard many sayings about love. It is an universally accepted virtue. In the Gospels, Jesus spoke many times about love. But in today's Gospel reading we see a certain quality of love that is important for us to understand if we are to grow as faithful disciples. Love is the foundation of the Christian Faith. It is an essential quality of someone who is called to follow Jesus. A love that is inclusive of all people. A love that does not reject anyone, a love that is accepting, a love that is sacrificial, and a love that is authentic. We need to pray for ourselves and each other that we can grow in love and so reflect the ministry of Jesus in our lives and through his church. Let us pray for that all consuming love of the Lord, that it would flow into every part of our body, soul, and mind so that we can share this same love of the Lord with others.

PRAYER: Abba Father, following the example of the Blessed Mother, may we share your love with others. Amen.



Saturday

23rd August 2025

Twentieth Week in Ordinary Time

Ruth 2:1-3, 8-11; 4:13-17 | Psalm 128:1-5 | Matthew 23:1-12

Humility and Redemption

The first reading tells the story of Ruth's faithfulness and God's providence. Despite her status as a foreign widow, Ruth's humility and hard work earned her favor with Boaz, who ensured her safety and provided for her needs. Ruth's story culminates in her marriage to Boaz and the birth of Obed, an ancestor of David and ultimately Jesus. This story reveals how God works through ordinary acts of faith and kindness, transforming lives and weaving them into his redemptive plan. The Gospel reading contrasts Ruth's humility with the hypocrisy of the Pharisees. Jesus warns against seeking recognition or elevating oneself, instead urging us to serve others with humility. The greatest in God's kingdom are not those who seek power but those who lower themselves in service. Ruth's quiet obedience led to blessings for generations, Jesus teaches us that true greatness comes through serving others. God exalts the humble and brings redemption through their faithfulness.

PRAYER: Abba Father, teach us humility, and faithfulness, as we trust in your plan.
Amen.



Sunday

24th August 2025

Twenty-first Sunday in Ordinary Time

Isaiah 66:18-21 | Psalm 117:1-2 | Hebrews 12:5-7, 11-13 | Luke 13:22-30

Discipline and Inclusion

Isaiah envisions a time when God gathers all nations, offering them a place in his kingdom. It emphasizes the universal nature of God's salvation and his desire for all people to know him. How do we embody this inclusivity, in sharing God's love across boundaries and welcoming others into his fold? The second reading reminds us of the value of discipline. Though it may seem painful in the moment, discipline is an act of love, shaping us for righteousness and peace. We need to persevere through trials, trusting that God's correction strengthens and restores us. The Gospel reading presents a sobering warning about the narrow way to salvation. Jesus reminds us that many will seek to enter but fail because they did not truly know him. This passage compels us to examine our hearts and ensure our faith is active, sincere, and aligned with God's will. God's kingdom is open to all, but entering requires faith, perseverance, and transformation through his loving discipline.

PRAYER: Abba Father, guide us through discipline into your eternal kingdom. Amen.



Monday

25th August 2025

Twenty-first Week in Ordinary Time

1 Thessalonians 1:1-5, 8-10 | Psalm 149:1-6,9 | Matthew 23:13-22

Hunger for the Word of God

In the first reading St Paul gives thanks to God for the unshakeable faith of the Thessalonians. Amidst their suffering, their hearts were open to hear the word of God, to receive it and to be guided by the power of the Holy Spirit. They were filled joy, changed their ways and became imitators of Christ. When I am faced with a crisis, how often do I try to go around seeking answers rather than spending time dwelling on the word of God? I know the Word of God is my answer but often I get drifted away with the distractions of this world. The Lord is inviting us to hunger and thirst for his word. To have a heart that is open to receive his word, be transformed by his word and be witnesses in the world we live in. Our mission is to spread his word and lead others to Jesus. Let us yearn to read the word of God, and draw power from it. The Gospel reading says that the more we lead people to the presence of Jesus the more we please his heart.

PRAYER: Abba Father, may I have a heart that is open to listen to your word and to share your word with others. Amen.



26th August 2025

Twenty-first Week in Ordinary Time

1 Thessalonians 2:1-8 | Psalm 139:1-6 | Matthew 23:23-26

Integrity in ministry

In the first reading, St. Paul reflects on his ministry among the Thessalonians, about his sincerity, love, and selflessness. He contrasts true ministry with actions driven by greed or deceit, reminding us that serving God means putting others' needs above our own. His gentle and nurturing approach demonstrates the heart of genuine ministry: love rooted in the Gospel. We need to examine our motives and ensure that our actions reflect God's truth and care. In the Gospel, Jesus speaks of the Pharisees, who focus on outward religious practices while neglecting justice, mercy, and faithfulness. Jesus calls for an inner transformation, urging his followers to cleanse their hearts before perfecting outward appearances. His words warn against hypocrisy and legalism, calling us to align our inner lives with the values of God's kingdom. Our motives should be aligned with our actions. Then we could serve others with sincerity, justice, mercy, faith, and love.

PRAYER: Abba Father, purify our hearts to reflect your love. Amen.



Wednesday

27th August 2025

Memorial of Saint Monica

1 Thessalonians 2:9-13 | Psalm 139:7-12 | Matthew 23:27-32

Danger in Elitism

The Lord speaks harshly to elitist groups who think they are better than the rest. They like to appear to the outside world, even to family and friends as better than the rest. The clarion call in today's readings however, says that one who wishes to serve the Lord should do so in humility: considering the other more important than oneself. Due to our fallen nature this could be quite difficult. Pride, power and prestige get in the way. God in his mercy sends prophets to challenge our attitude and way of life. Such prophets could be our spouse, children or even those who unsettle us. This would be an opportunity to experience an inner liberation, a transformation. If our nature rejects such opportunities, we will be the losers. The Word of God would work in us who dare to believe (1 Thess 2:13). The Word is living and active. Our way of life would change to a life worthy of God, who calls us to share his own glory and kingdom. (1 Thess 2:12).

PRAYER: Abba Father, may I learn from your Son to be meek and humble, so that I may learn the secrets of your Kingdom. Amen.



Thursday

28th August 2025

*Memorial of St. Augustine,
Bishop & Doctor of the Church*

1 Thessalonians 3:7-13 | Psalm 90:3-5,12-14,17 | Mathew 24:42 -51

Serve in Faithfulness

In the first reading, we witness the deep joy of St. Paul as he observes the faith and steadfastness of the Thessalonian community. Despite the trials, hardships, and challenges they encountered, they remained unwavering in their commitment to the Lord and his people. Their resilience was not based on their strength but on their trust in God, who renewed their hearts with love and perseverance. Instead of giving in to discouragement, they continued to live holy and blameless lives. This is the same calling Jesus places upon us. He warns us against hypocrisy and urges us to be faithful at all times. We must not waste time on things that do not bring us closer to him. Instead, we should cultivate a greater thirst to serve in love and righteousness. Our actions and words should reflect the Gospel, becoming a source of “good news” for those around us. Wherever we are placed, let us be instruments of his kingdom, bringing light, love, and hope to the world.

PRAYER: Abba Father, strengthen us in love to remain faithful to you
and to carry out our mission. Amen.



29th August 2025

*Memorial of the Passion of
Saint John the Baptist*

1 Thessalonians 4:1-8 | Psalm 97:1-2, 5-6, 10-12 | Mark 6:17-29

Promiscuity Challenged

John the Baptist said to Herod, 'It is not lawful for you to have your brother's wife'. Herodias the 'wife', wanted to kill the Baptist as a result. Why was the Baptist so concerned about sexual promiscuity? He could just have preached charity and love of neighbor, and not challenged the sexual fantasies of the rich and powerful that would backlash on him. Many believe sexual faults are not important and have little to do with the progress of human salvation. Sexual offenses are offenses against God. Sexuality was given for the propagation of life. Life which God has endowed to all living beings. He is directly involved with us, as all life is created and sustained by him. This powerful energy is to be under the control and service of pure love, otherwise it could control us and destroy the harmony of nature. There is a code of ethics operating. Therefore, let us guard ourselves and express love in the way that is suitable to our calling in life.

PRAYER: Abba Father, may my thoughts be surrendered to you.
Amen.



Saturday

30th August 2025
Twenty-first Week in Ordinary Time

1 Thessalonians 4:9-11 | Psalm 98: 1, 7-9 | Matthew 25:14-30

Sacrificial Losing

St. Paul tells us that we are to love one another with pure and sincere hearts. He requests us to live quietly, mind our affairs, work with our hands, walk justly and not be dependent. Everything we do must demonstrate our love for God and for one another. In the Gospel reading, the third servant is condemned as 'wicked and lazy' and the talent is taken from him. The opportunistic and hard-nosed master expected him to take a risk and obtain results, not to play safe by hiding the money in the ground. It is easy to dismiss this as a greedy person's point of view. But in life, one who does not take risks may eventually lose out. This may well be true of eternal life. Jesus teaches that whoever would save his life will lose it, but whoever would lose his life for the sake of Jesus will find it. Those who try to save what they have by not caring for people in need will lose everything. If we do the "sacrificial losing" called for in the process of serving others, we will find ourselves saved for eternity.

Prayer: Abba Father, fill us with grace, peace and wisdom
to love one another as you love us. Amen.



Sunday

31st August 2025

Twenty-second Sunday in Ordinary Time

Sirach 3:17-18, 20, 28-29 | Psalm 68:4-7, 10-11 | Hebrew 12:18-19, 22-24 | Luke 14:1,7-14

Humility

The Bible is filled with timeless principles, clear instructions, and examples of living a balanced, fulfilled, blessed life. God's Word never has, nor ever will become irrelevant, regardless of changing times and seasons, and is available to prepare and equip us to accomplish God's purpose for our lives. By allowing God's word to penetrate our thoughts and shape our conscience, we can examine our attitudes and motives. When we do so, his Word becomes the most effective guide for living life. Understanding God as the Father is crucial because it defines who we are. When we grasp this truth, it changes the way we think. We are no longer orphans, striving for approval or fearing rejection, we are beloved sons and daughters, secure in the Father's love. In the Gospel reading, Jesus says that when we give, we should not expect anything in return. When we lend a hand to those who cannot repay, we reflect God's love. When we share our blessings with others, we share Christ with them.

PRAYER: Abba Father, teach us to be generous as you are,
and help us to be humble and recognise our need for you. Amen.

St. Monica

St. Monica was born in 331 A.D. in present-day Algeria. She was the mother of St. Augustine of Hippo. When she was very young, she was married off to a Roman pagan named Patricius, who shared his mother's violent temper. Patricius' mother lived with the couple and the duo's temper flares proved to be a constant challenge to young Monica.

While Monica's prayers and Christian deeds bothered Patricius, he is said to have respected her beliefs. Monica gave birth to three children. For years Monica prayed for her husband and mother-in-law, until finally, one year before Patricius' death, her prayers were answered and he converted.

As time passed, two children entered the religious life, but Augustine became lazy and uncouth. This greatly worried Monica, so she sent the 17-year-old Augustine to Carthage for schooling.

While in Carthage, Augustine became a Manichaeon, which was a major religion at that time. After Augustine got his education and returned home, he shared his views with Monica, who drove him away. Later she had a vision that convinced her to reconcile with her wayward son.

She continued her prayers and eventually met St. Ambrose, who helped to convert Augustine to Christianity following his seventeen-year resistance. After a period of six months, Augustine was baptized. Monica and Augustine desired to return to Africa, but Monica passed away in Ostia.

In 1430, Pope Martin V ordered her relics to be brought to Rome, and many miracles were reported to have occurred along the way. Her relics were placed in a chapel in the Basilica of St. Augustine.

On Our Knees - In His Hands is a book of reflections and an aid to prayer, based on the daily readings of the Holy Mass. Its purpose is to help Catholics and other Christians engaged in the normal hustle and bustle of life to discover God's presence and direction in the practical situations they are placed in. This is made possible by a group of writers who are lay people living at the heart of busy day-to-day life.