



ON OUR KNEES IN HIS HANDS

DAILY READINGS & REFLECTIONS

SEPTEMBER 2025



St. Lorenzo Ruiz



ON OUR KNEES IN HIS HANDS

SEPTEMBER
2025

“If I had a thousand lives,
I would give them all
to the Lord.”

- *St. Lorenzo Ruiz*

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01st September 2025

Twenty-second Week in Ordinary Time

1 Thessalonians 4:13-18 | Psalm 96:1,3-5,11-13 | Luke 4:16-30

Do not lean on your own understanding

Recently I prayed for a mother of a terminally ill child. I recalled my experience—how dark and imprisoning hopelessness can be. It isolates and consumes. In my quest for divine intervention, what kept me captive in despair was my understanding of how God should heal my son. I had a fixed idea of what his intervention should look like, and when it did not happen as I expected, my faith wavered. In today's Gospel reading, Jesus' hometown missed out on his blessings because they were blinded by preconceived ideas. Their expectations prevented them from receiving his grace. If we are to receive his grace, we must let go of what we think we know and surrender our need for control. True surrender is allowing the Lord to free us from what holds us captive. The world still offers no hope for my son, yet he lives by God's grace. Jesus takes the reins, and I am free despite my chains. As St. Paul tells the Thessalonians, let us encourage one another to live in hope.

PRAYER: Abba Father, give me wisdom to let go of my flawed understanding. Amen.



Tuesday

02nd September 2025

Twenty-second Week in Ordinary Time

1 Thessalonians 5:1-6,9-11 | Psalm 27: 1, 4, 13-14 | Luke 4: 31-37

The day of the Lord

On the Last day there will be a triumphant manifestation of the Lord Jesus' presence and power, as he returns in glory. Each of us will also experience our own "day of the Lord" at the moment of death when we stand before him to give an account of our lives. Yet, there is another way to encounter the Lord, a way that is not distant or final, but present and transformative. The Gospel reading shows us how Jesus revealed his authority by casting out an unclean spirit. His power was undeniable, leaving the people amazed. This same power of Christ, works in and through us today. We are called to be awake, prepared, and surrendered to him. St. Paul urges us to be children of the light, not of darkness. The Holy Spirit is ready to move in our lives, but he seeks hearts that are fully yielded to him. True Christian life is one of constant surrender. Let us not wait for the final day, instead live each day as a Day of the Lord!

PRAYER: Abba Father, grant us the grace to live in the Spirit. Amen



Wednesday

03rd September 2025

*Memorial of St. Gregory the Great,
Pope & Doctor of the Church*

Colossians 1:1-8 | Psalm 52:10-11 | Luke 4:38-44

Do we spend quality time with the Lord?

Today's Gospel reading reveals the Lord's compassion towards Simon's mother-in-law, who was ill with a high fever. Once healed, she rose and began serving others. Some things in life cannot be delayed, ignored, or put off—this was one such instance. Her healing was not just for her benefit but for those around her. Yet when our prayers are answered, whether for healing, provision, or guidance, do we pause to acknowledge and glorify God? True gratitude goes beyond words; it moves us to action, just as she responded through service. Another key lesson is that, after ministering, Jesus withdrew to a desolate place to pray. We often assume we can continuously serve without renewal, but without quality time in God's presence, we risk becoming spiritually drained. Jesus teaches us the secret to maintaining strength, retreating in prayer to be replenished by the Father. A weak prayer life makes us ineffective. Let us cultivate a committed, disciplined prayer life.

PRAYER: Abba Father, may we grow in intimacy and depth in our prayer lives. Amen



Thursday

04th September 2025

Twenty-second Week in Ordinary Time

Colossians 1:9-14 | Psalm 98:2-6 | Luke 5:1-11

Called and Empowered

St. Paul reminds us of God's desire for his people to grow in wisdom, spiritual understanding, and strength, enabling them to live lives worthy of his calling. He highlights the power of Christ, who rescues us from darkness and brings us into his kingdom. It is a call to persevere with joy and gratitude, recognizing that our redemption and forgiveness come through Jesus' sacrifice. The Gospel reading complements this theme as it recounts the miraculous catch of fish and the calling of Simon Peter. Despite his initial doubt and exhaustion, Peter obeys Jesus' instruction to cast the nets again. His faith results in an overwhelming blessing, revealing the abundance that comes from trusting God. Peter's humility in recognizing his unworthiness is met with Jesus' reassurance: "Do not be afraid; from now on you will catch people". God not only calls us to live fruitful lives but also empowers us. As we respond to his call, we experience his grace, strength, and provision.

PRAYER: Abba Father, help us to trust, obey, and live for your glory. Amen.



05th September 2025

Memorial of St. Teresa of Calcutta, Virgin

Colossians 1: 15-20 | Psalm 100: 1- 5 | Luke 5: 33-39

New Wine

Jesus is the firstborn of all creation. He existed before anything else. He is not merely another prophet but God incarnate, completeness and wholeness itself. Everything, known and unknown, was created through him and dwells in him. He is God, who came down to earth to reconcile creation to himself. Only perfection can heal imperfection, and Jesus accomplished this through the blood of his cross. By dying on the cross, he restored creation, paying the penalty for humanity's sin. His blood was shed to pave the way for us to enter into a relationship with God as his children—an invitation extended to all who believe and follow him. As Jesus welcomes us with open arms, inviting us to come as we are, are we willing to surrender everything to him? Will we allow his Word to radically renew our minds, letting go of old ideas and perceptions to embrace the new wine and wineskin he offers? Or are we still clinging to the old wineskin of the world?

PRAYER: Abba Father, I lay my life at your feet. Renew my mind and transform me.
Amen.



Saturday

06th September 2025
Twenty-second Week in Ordinary Time

Colossians 1:21-23 | Psalm 54:3-4,6,8 | Luke 6:1-5

Love is the supreme law

Jesus says that love is more important than merely following rules and regulations. God, who is love itself, took on human form to rescue us from our fallen state. As St. Paul reminds us, though we were once alienated from God, Christ reconciled us through his sacrifice. It was his love that compelled him to be born among us. Even now, he remains with us in the Eucharist. In the Gospel reading, Jesus showed compassion for his disciples when they were hungry, allowing them to pick grain on the Sabbath. The Pharisees, however, failed to understand the heart of God's law. Are we like them, rigidly clinging to rules while ignoring the needs of others? Or are we sensitive to others? Do we make time to listen to a struggling colleague? Can we extend a helping hand to a needy person? Do we give our time to ageing parents longing for our presence? The Pharisees judged others instead of loving them. Let us examine our hearts: are we loving, or are we only following the rules?

PRAYER: Abba Father, give us the grace to be more open to the needs of others. Amen



Sunday

07th September 2025

Twenty-third Sunday in Ordinary Time

Wisdom 9:13-18 | Psalm 90:3-6, 12-14, 17 | Philemon 9-10, 12-17 | Luke 14:25-33

The cost of being a Disciple

In today's Gospel reading, the Lord Jesus tells us that we must count the cost of discipleship. Following him requires sacrifice. Do we give him our whole self? Jesus wants us to be intentional and prudent in our decision to follow him, we must do it with everything we have. To follow the Lord, we must consider what we are leaving behind and ask ourselves if we are willing to let go. We have to make the conscious decision to leave everything else behind, as we embark on the journey with the Lord. This journey has its ups and downs, joys and sorrows. However, the Lord assures us that he will not leave us nor forsake us. As disciples our journey requires sacrifice, whether it be time, money, or other commitments. Do we weigh the cost of discipleship? Do we wonder whether it is worth giving up everything for him? Yes! It is absolutely worth it! The joy, fulfillment, and peace that Jesus gives far exceed anything this world can offer.

PRAYER: Abba Father, may I be able to follow you faithfully and never lose my way.
Amen.



Monday

08th September 2025

*Feast of the Nativity of the
Blessed Virgin Mary*

Micah 5:1-4 | Psalm 13:6 | Matthew 1:1-16, 18-23

Most Blessed among all Women

Today's Gospel reading presents the genealogy of Jesus. It shows the special role of our blessed Mother and her unique place in the plan of salvation. She was set apart and predestined to be the mother of God. As a mother, she would have experienced all forms of emotional, social and physical turbulences on her journey of life. Nevertheless, she faced all that with patience and grace, without doubting or losing hope in God. As we celebrate her nativity may we have the same grace, and humility. As we take each day as it comes, let us, like her rejoice in the Almighty, sing praises to magnify the Lord, be joyous, blessed and submissive, imitating her virtues. She is the shining example we have and is the perfect role model for us. Let us seek her intercession and imitate her exemplary life, as we follow her son Jesus Christ our Lord, so that we could grow in real discipleship. What she said at Cana, she would say to us too: "Do whatever Jesus tells you to do."

PRAYER: Abba Father, give us the grace to cultivate virtues and follow the path of holiness by the power of the Holy Spirit. Amen.



Tuesday

09th September 2025

Memorial of Saint Peter Claver, Priest

Colossians 2:6-15 | Psalm 145:1-2,8-11 | Luke 6:12-19

The 'Exact' Decision

How often we find ourselves in situations that call us to make a decision. Some decisions do not require much thought. We do not need any brain storming when it involves making choices about things we enjoy doing. Then there are the major decisions in life: which school to pick for a child, which job offer to take up or even whether or not to emigrate. Often these decisions cause tension and anxiety due to risks or uncertainty. How could we deal with these decisions? We might follow lengthy processes to take accurate decisions which pose the least risk. We may write a pro's and con's list, we may ask our friends or seek spiritual advice. Jesus was in such a situation when he had to choose his twelve disciples who were critical to his ministry. Jesus shows us his method: spending the entire night in prayer to the Father. Just like Jesus knew exactly who his twelve disciples should be, the Lord will guide us if we seek his guidance.

PRAYER: Abba Father, show me the path that I should take.
Amen.



Wednesday

10th September 2025

Twenty-third Week in Ordinary Time

Colossians 3:1-11 | Psalm 145:2-3,10-13 | Luke 6:20-26

Seek Heavenly Treasures

St. Paul invites us to focus on heavenly things rather than earthly desires. He urges us to set our minds on Christ, putting to death sinful behaviors and thoughts of anger, greed, and slander. As followers of Jesus, we are called to embrace a new identity, shedding the old self and putting on the renewed self, created in God's image. In Christ, all barriers—whether cultural, social, or personal—are erased, uniting us as one body under his lordship. In the Gospel reading, Jesus presents a striking contrast between blessings and woes. He blesses the poor, hungry, and sorrowful, emphasizing that true fulfillment lies in God's kingdom, not in worldly wealth or comfort. Conversely, he warns those who are rich and self-satisfied, cautioning against misplaced priorities that lead to spiritual emptiness. Earthly success is fleeting, but heavenly treasures are eternal. We find joy, purpose, and unity only in his kingdom. Let us strive to reflect his love and truth, keeping our eyes on the ultimate reward.

PRAYER: Abba Father, help us seek your kingdom and live for eternity.
Amen.



Thursday

11th September 2025

Twenty-third Week in Ordinary Time

Colossians 3:12-17 | Psalm 150:1-6 | Luke 6:27-38

Be merciful like the Father

Today's readings call us to embody the radical love and forgiveness that Christ demonstrated. St. Paul exhorts us to "clothe ourselves" with virtues such as compassion, kindness, humility, and patience. These qualities are not merely idealistic; they are essential for living in harmony with others. Love is the bond of perfection, the thread that weaves together all virtues into the fabric of a Christ-centered life. When we let Christ's peace dwell in us, we create communities of gratitude and joy. In the Gospel reading, Jesus calls us to love our enemies, bless those who curse us, and forgive without limits. This teaching challenges our natural inclinations but mirrors the heart of God. Jesus emphasizes that our mercy, and forgiveness should not depend on the actions of others. Christian life demands more than words or passive belief; it calls for active love and selfless generosity. Let us transform our relationships and communities into spaces of grace and peace.

PRAYER: Abba Father, may we be merciful, as you are merciful. Amen.



12th September 2025

Twenty-third Week in Ordinary Time

1 Timothy 1:1-2,12-14 | Psalm 16:1-2,5,7-8,11 | Luke 6:39-42

Transforming Grace

St. Paul's letter begins with a deep sense of gratitude for the grace and mercy he received. Though he was a sinful man, God transformed him into a faithful disciple. God's grace is not earned but freely given. God's mercy will follow us no matter how unworthy we may feel. We need to extend grace and forgiveness to others and serve others in love, recognizing that God can use anyone for his purpose. Let us take a moment to reflect on God's grace in our lives. What areas of our past have been transformed? Let St. Paul's gratitude inspire us to thank God for the ways he has worked in and through us, even when we felt undeserving. God does not call the qualified - he qualifies the called. In the Gospel reading Jesus reminds us that humility and self-awareness are essential for spiritual growth. How easy it is to notice the faults of others while ignoring our flaws. Let us live in gratitude, recognising our faults, avoiding judgment, and depending on God's mercy and grace.

PRAYER: Abba Father, may we live in humility and gratitude by the power of the Holy Spirit. Amen.



Saturday

13th September 2025

*Memorial of St. John Chrysostom,
Bishop & Doctor of the Church*

1 Timothy 1: 15-17 | Psalm 113: 1-7 | Luke 6: 43-49

A Christ Centered life is Unshakable

A life founded and built on Christ is like a light house beaming light to all who come in contact with it. The inner workings of such a person reflect outwardly, and can be seen by all, through the fruits of their life. They have experienced God's love, compassion and mercy in their lives, and having fully accepted the love of God, they in turn are able to allow his love, mercy and goodness to flow out to those around them. A Christ-centered life is developed through the Word of God, and personal prayer. As we spend time in God's presence a strong foundation is built. As we allow the word to speak to us daily, it begins to convict and correct us, helping us change our hearts and ways. It also begins to nurture, encourage and build us up, helping us grow into the image and likeness of Christ. Such a life is unshakable. It is able to withstand the storms of life with ease, and produce good fruit, that sustains and nourishes those around it.

PRAYER: Abba Father, I accept your love into the depths of my soul,
form me into the image and likeness of your Son. Amen.



Sunday

14th September 2025
Feast of the Exaltation of the Holy Cross

Numbers 21:4-9 | Psalm 78:1-2,34-38 | Philippians 2:6-11 | John 3:13-17

The Cross and my King

In the worldly sense, a king is known by his power, military strength and capabilities. The more he demonstrates them, the more he is recognised. In today's Gospel reading, we are shown what true power is. The one who is able to draw all people (John 12:32) is the one who holds all power. Jesus demonstrated that power not by his might but by laying himself down. Christ's death, seemed futile to the onlookers, because it was his hour of pain, shame, and weakness. Jesus endured it all so that through his hour of suffering we may become one with God. Since Jesus endured pain, shame, suffering and death, so can I. I can abandon myself to God's perfect will in life's situations. His death ended in glory through his resurrection. I too will see God's Glory in and through my suffering, as I hold onto him in faith. As we exalt the cross, we recognise that Jesus is the King of Kings. While kingdoms collapse, and governments change, Christ reigns forever.

PRAYER: Abba Father, may I never shun away from drawing power from the holy cross of Christ. Amen.



Monday

15th September 2025

Memorial of Our Lady of Sorrows

1 Timothy 2:1-8 | Psalm 28:2,7-9 | John 19:25-27

Behold, Your Mother

In today's Gospel reading, Jesus speaks to his mother and the beloved disciple, entrusting them to one another. In his suffering, Jesus expands the definition of family. Even in our darkest moments, when we may feel isolated, God calls us into a loving community. Jesus' final act of care shows us the importance of standing by one another, offering comfort, and extending love to those who feel abandoned or forgotten. Similarly, in the first reading, St. Paul calls us to a life of prayer and intercession, emphasizing unity and peace. He urges us to pray for everyone, especially those in positions of leadership, so that we may live in "peaceful and quiet lives in all godliness and holiness." Just as Jesus formed a new family at the foot of the Cross, we, too, are called to pray for and support one another, building a community rooted in faith. Through prayer, we strengthen our connection with God and each other, fulfilling his desire for all people to be saved and come to the knowledge of the truth.

PRAYER: Holy Mother, pierce me through,
in my heart each wound renew, of my Savior crucified. Amen.



Tuesday

16th September 2025

*Memorial of Sts. Cornelius, Pope
& Cyprian, Bishop, Martyrs*

1 Timothy 3: 1-13 | Psalm 101: 1-3, 5-6 | Luke 7: 11-17

Integrity in Leadership

The first reading outlines some characteristics for those striving to live lives of integrity and service. It emphasizes the importance of being “above reproach, faithful, temperate, self-controlled, respectable, hospitable, able to teach.” Leadership in any capacity calls for accountability, humility, and a heart set on God’s will. We are reminded of the importance of integrity in both public and private life. Our actions must reflect our faith, avoiding any level of hypocrisy and pursuing righteousness in all we do. In the Gospel reading, we witness Jesus’ compassion as he raises the widow’s son. This miracle highlights the depth of God’s love and his power to bring life into situations of despair. Leadership and integrity must be rooted in compassion. Let our lives be marked with integrity and love, drawing strength from Christ’s example of sacrificial compassion and unwavering righteousness. This heart of God will be given to us as we pray in the power of the Holy Spirit.

PRAYER: Abba Father, may our actions reflect our faith
and bring hope to those in need. Amen.



Wednesday

17th September 2025

Twenty-fourth Week in Ordinary Time

1 Timothy 3:14-16 | Psalm 111:1-6 | Luke 7:31-35

God Reigns over all

Today's readings invite us to reflect and respond to the mystery of our faith; the wonder of God taking human nature yet rising above it, conquering death, reigning victorious for all eternity and claiming us all into his family. As St. Paul urges Timothy, we too are called to renew our minds and live a life worthy of this beautiful gift we have received. Often our lives are a mixture of highs and lows, tears and joys, order and chaos. It is through this complexity, that we are invited to remember the greatness of God, who not only rose above human weakness but also empowers us constantly with the power of the Holy Spirit. When we fail to accept this mystery, we too become like the people of Jesus' time, whose hearts were hardened, failing to see the ways of God in action. Let us surrender our worries, disturbing situations and people that seem to be standing against us. Through it all God reigns and there is nothing that is impossible for him.

PRAYER: Abba Father, may we choose to hold onto you through all seasons, for you are good. Amen.



Thursday

18th September 2025

Twenty-fourth Week in Ordinary Time

1 Timothy 4:12-16 | Psalm 111:7-10 | Luke 7:36-50

God knows us by Name

Today's Gospel reading emphasises that it is the merciful love of God that makes us fall in love with him. "We love, because he loved us first" (1 Jn 4:19). In the Gospel reading we see a woman who experienced the mercy and forgiveness of Jesus which in turn made her adore and worship him with her whole being and with everything she possessed. The mercy and love of God is for all peoples. Unfortunately, the Pharisee in today's Gospel reading failed to pay attention to Jesus who was already in his house, as he was busy being judgemental about others. Jesus laid down his life for us on the cross. If only we believe and accept his forgiveness and redemption, we will experience his divine presence and love in our lives. Then we can live, knowing that our past is forgiven and our future is blessed and taken care of by the creator of the universe who knows us by name. No doubt, our hearts will be filled with gratitude and love for the Lord.

PRAYER: Abba Father, open my heart to your loving presence, so that I may love you more than anything else. Amen.



19th September 2025
Twenty-fourth Week in Ordinary Time

1 Timothy 6:2-12 | Psalm 49:6-10,17-20 | Luke 8:1-3

Contentment and Devotion

In today's first reading St. Paul warns against greed and the dangers of pursuing wealth, teaching that godliness with contentment is great gain. We bring nothing into the world and take nothing out. We need to pursue righteousness, faith, love, and gentleness. St. Paul's words remind us that true riches are found in a life devoted to God, not in accumulating earthly possessions. The Gospel reading provides a glimpse into Jesus' ministry. A group of women followed him and provided for his needs out of their resources. These women, transformed by Jesus' healing and teaching, demonstrated a profound devotion and willingness to serve. Their example challenges us to use our resources—whether time, energy, or finances—for God's purposes and to further his kingdom. By turning away from the distractions of materialism, we can focus on building a life centered on faith and love. Serving God with humility and generosity leads to eternal joy.

PRAYER: Abba Father, help us seek contentment and serve you with devoted hearts.
Amen.



Saturday

20th September 2025

*Memorial of Sts. Andrew Kim,
and Companions, Martyrs*

1 Timothy 6:13-16 | Psalm 100:1-5 | Luke 8:4-15

Bear Fruit through Perseverance

The courage and faith of the Korean martyrs, inspire us to live boldly for Christ. Their unwavering witness in the face of persecution reflects their faith. St. Paul urges us to keep the commandments of faith, living with integrity until Christ returns. The martyrs embodied this call, offering their lives in fidelity to the Gospel. In today's Gospel reading, Jesus illustrates the different responses to God's word. The Korean martyrs represent the "good soil," where the word took deep root, and bore fruit through perseverance. Despite immense trials, they remained steadfast. Their sacrifices remind us that faith is not passive but an active, lived response to God's love. Like the martyrs, we are called to nurture the word of God in our hearts, allowing it to transform us and guide our actions. Let us honor their legacy by courageously living our faith, sharing the Gospel with others, and trusting that God's light shines even in the darkest moments of life.

PRAYER: Abba Father, may we be bold in living out our faith.
Amen.



Sunday

21st September 2025

Twenty-fifth Sunday in Ordinary Time

Amos 8:4-7 | Psalm 113:1-2,4-8 | 1 Timothy 2:1-8 | Luke 16:1-13

Faithful in Little, Faithful in Much

Jesus leaves us a map on how we should be responsible stewards of what he has entrusted to us. Some are wealthier than others. Some are healthier than others. Some are rich in the knowledge of the Lord while others are still seeking or have lost their way. How do we manage what we have received? If my actions do not reveal the goodness of God to those poor in every sense of the word, then my generosity and stewardship are flawed. We are called to live our faith and witness to God, be it in big moments or little things. Amos lays out God's warning of an eventual famine of hearing his word, and of his presence if we continue a box ticking exercise of "seemingly following the ways of God". Jesus desires all to be saved and to come to the knowledge of God. If I am blessed to find my self in the presence of God, it is my calling to intercede for those who have stopped hearing the voice of God, those who need to re-discover God. Can God count on me to carry out his mission?

PRAYER: Abba Father, may my life bear witness to your kingdom. Amen.



Monday

22nd September 2025

Twenty-fifth Week in Ordinary Time

Ezra 1:1-6 | Psalm 126:1-6 | Luke 8:16-18

Faith is a lamp – shine out for others

God not only prepares the heart of Cyrus. He also prepares the hearts of the people he has chosen to be part of the first wave of returning exiles. Even though they are not part of the returnees, “all their neighbours” contribute generously to the cause. Returning and rebuilding is difficult. Are we too tired or complacent or comfortable to become pioneers once again as God leads us? Jesus gives us key insights into the life of faith. If our faith is a lit lamp, then we must let it do what comes naturally to it. It should be allowed to shine, not be hidden. Why? So that people may see the light of faith alive in us and it might not only attract them, but also help light their way ahead. We cannot keep our faith secret, turned in on ourselves – faith is meant to be shared. Even in our secular world we can be a light to others, simply by living our lives faithfully, with joy. Jesus shows us how faith increases, even if we are starting out with just a little of it. “For anyone who has will be given more.”

PRAYER: Abba Father, thank you for the faith you have given me.
Give me the grace to share it with others. Amen.



Tuesday

23rd September 2025

*Memorial of Saint Pius of Pietrelcina,
Priest*

Ezra 6:7-8,12,14-20 | Psalm 122:1-5 | Luke 8:19-21

Obedience and Holiness

Ezra recounts the rebuilding of the temple, a task accomplished through obedience to God's command and the support of King Darius. The leaders and people worked with dedication, relying on prophetic guidance and divine provision. The successful completion of the temple signified a renewal of worship and a restored relationship with God. When we act in obedience and faith, God provides the resources and strength needed to fulfill his purposes. In the Gospel reading, Jesus redefines familial ties, emphasizing that true kinship with him comes from hearing and obeying God's word. Let us prioritize our relationship with God, and strive to live according to his will. Despite trials, Padre Pio's faithfulness bore much fruit, as he became a source of healing and hope for many. His life exemplifies the power of aligning one's actions with God's will. Let us obey God and live in holiness, trusting God's guidance in all things.

PRAYER: Abba Father, help us to obey, trust, and grow in holiness. Amen.



Wednesday

24th September 2025

Twenty-fifth Week in Ordinary Time

Ezra 9:5-9 | Tobit 13:2-4,7-8 | Luke 9:1-6

Repentance and Mission

Ezra offers a heartfelt prayer of confession, mourning the sins of Israel that led to their exile. He acknowledges God's mercy in granting them a "brief moment of grace" to return to their homeland and rebuild the temple. Ezra's humility before God reminds us to seek forgiveness, and recognize the grace that allows us to renew our lives. The Gospel reading recounts Jesus sending out the twelve disciples. He instructs them to travel lightly, relying on God's provision and focusing on their mission. He teaches us about trust, obedience, and the urgency of sharing God's message. The disciples' reliance on God demonstrates the power of faith and the importance of stepping out in boldness to fulfill God's calling. These readings call us to repent and embrace God's grace, then respond by actively participating in his mission. As we receive God's mercy, we are empowered to share his love and hope with the world, trusting in his provision every step of the way.

PRAYER: Abba Father, grant us grace, humility, and boldness to follow your mission.
Amen.



Thursday

25th September 2025
Twenty-fifth Week in Ordinary Time

Haggai 1:1-8 | Psalm 149:1-6,9 | Luke 9:7-9

God is our Security

The prophet Haggai says that we need to give to God what belongs to God. How do we fare, when we live self centered lives? Though one may earn a lot, there will be insecurity and a feeling of emptiness, until they find the Lord. We are expected to use our God given skills, time, resources and money to spread God's kingdom. Do we contribute from what we earn, for the spreading of the Gospel? In the Gospel reading we see Herod becoming uneasy about what he hears of Jesus and his disciples. But he wanted to see Jesus. Worldly power is addictive. When one loses position and money, then he or she will feel powerless in this world. But Jesus gave a different power to his disciples: the power to heal, the power to drive out demons and the power to preach the Word of God. We received these when we were baptized and became adopted children of God. This power was given to us to bring his kingdom to others. Let us actively use our gifts.

PRAYER: Abba Father, may we seek you with all our hearts. Amen.



Friday

26th September 2025

Twenty-fifth Week in Ordinary Time

Haggai 2:1-9 | Psalm 43:1-4 | Luke 9:18-22

Trust in God's Plan

God's presence is what brings us true joy, not the outward appearance of things. When our efforts feel small or inadequate, God reassures us that he is at work, often in ways beyond what we can imagine. Our focus should not be on comparing what we build to others' achievements but on faithfully following God's leading. He promises peace and glory that transcend human expectations. In the Gospel reading, Jesus reveals the unexpected way he will fulfill his mission and what it means to be the Messiah. His path of suffering and self-sacrifice shows us that God's ways are different to our understanding. Following Christ involves surrendering our preconceived notions and embracing the call to trust in his redemptive plan, even when it includes hardships. Like Peter, we are invited to proclaim Jesus as the Messiah, allowing his purpose to shape our identity and actions. Jesus encourages us to persevere in faith, trusting that God's ways lead to peace, glory, and redemption.

PRAYER: Abba Father, help me to trust in your plan, even during challenging times, knowing that your path leads to life and victory. Amen.



Saturday

27th September 2025

Memorial of Saint Vincent de Paul, Priest

Zechariah 2:5-9,14-15 | Jeremiah 31:10-13 | Luke 9:43-45

God's plans for us

In today's Gospel reading, Jesus speaks to his disciples about his suffering and death, yet they fail to understand. Despite hearing his words, the mystery of his mission is too much for them to grasp. Like the disciples, we, too, may struggle to understand God's plan in our lives, especially when it involves pain or confusion. Jesus' prediction of his suffering was incomprehensible to them, and at times, we find ourselves in similar moments of bewilderment, questioning why things unfold the way they do. God's plan often may not align with our expectations. The disciples wanted a triumphant Messiah, not one who would suffer. We, too, may have our own expectations of how God should work in our lives. Yet, Jesus calls us to trust in the bigger picture, even when we do not fully understand. Like the disciples, we may not yet comprehend the depth of God's plan, but we are invited to surrender in trust, knowing that his plan is greater than our understanding.

PRAYER: Abba Father, help us trust in your plan, even when we cannot see the way forward. May we find peace in surrendering to you. Amen.



28th September 2025

Twenty-sixth Sunday in Ordinary Time

Amos 6:1,4-7 | Psalm 146:7-10 | 1 Timothy 6:11-16 | Luke 16:19-31

Eternal Perspective

Today's readings challenge us to reflect on how we live in relation to God and others. The prophet Amos warns against complacency and indulgence, showing how luxury can blind us to the suffering around us. The wealthy in Zion lived in comfort, but their disregard for justice led to their downfall. Similarly, in the Gospel reading, the rich man ignored Lazarus at his gate, failing to see that true wealth is found in mercy and compassion. His choices in life had eternal consequences. In contrast, St. Paul urges us to pursue righteousness, godliness, faith, love, endurance, and gentleness. Instead of being attached to wealth and status, we are called to "fight the good fight of faith" and keep our eyes on the eternal kingdom. These readings remind us that what we do with our blessings matters. Do we hoard them for ourselves, or do we use them to serve God and others? True life is found in living for Christ and seeking his kingdom above all.

PRAYER: Abba Father, help me live with an eternal perspective, loving you and serving others. Amen.



Monday

29th September 2025

*Feast of Saints Michael, Gabriel, and Raphael
Archangels*

Daniel 7: 9-10, 13-14 | Psalm 138: 1-5 | John 1: 47-51

We are a Victorious People

We often limit God to the realm of human sight and physical experience. Today's first reading; however, speaks of a God that rides upon the clouds, and remains seated on an everlasting throne. In today's Gospel reading, Jesus says: "You will see greater things than this". The Greek word translated as "greater", not only refers to greatness in number or intensity, but also greatness beyond the external form or sensible appearance of things. Jesus urges us to fix our hope on things beyond the natural. In the midst of trials, seasons of waiting, loss and disappointment, we fasten our gaze on the One who exists beyond space and time. The One to whom all victory belongs. Jesus' "dominion is an everlasting dominion, that shall not be taken away." We will never be the victims of the narrative, we will never be the forsaken, nor the forgotten. Let us declare this over our lives and our families. Let us declare it until we believe it. Let us declare it until we see it.

PRAYER: Abba Father, open my eyes to greater things, so that I may rejoice in the wilderness and worship you in the waiting. Amen.



Tuesday

30th September 2025

*Memorial of Saint Jerome,
Priest and Doctor of the Church*

Zechariah 8:20-23 | Psalm 87:1-7 | Luke 9:51-56

God's Love for Humanity

When God comes to us in mercy, we must respond with joy and faithfulness. Zechariah speaks of nations seeking God, drawn by his presence among his people. This foreshadows Jesus' journey in the Gospel reading, where he sets his face toward Jerusalem, knowing he will face opposition and suffering. The Samaritans reject him, yet he does not retaliate but remains steadfast in his mission of redemption. Like Jesus, we too must walk difficult paths with trust in God. Though we may face rejection or hardship, his plan is greater. Zechariah reminds us that what seems like loss can become a blessing, as God draws people to himself through his people's faithfulness. Jesus' journey was not just one of suffering but of ultimate victory. Just as the nations longed to cling to God's people, may our own perseverance in faith draw others to Christ. The road may be hard, but it leads to redemption, where God turns curses into blessings and sorrow into joy.

PRAYER: Abba Father, prepare us to be your sanctuary, pure and holy, tried and true.
Amen.

St. Lorenzo Ruiz

Lorenzo was born in Manila, on 28 November 1594, to a Chinese father and a Tagalog mother who were both Catholic.

Lorenzo served as an altar boy. After being educated by the Dominican friars for a few years, Lorenzo earned a reputation for his skillful penmanship. He became a member of the "Confraternity of the Most Holy Rosary". He married Rosario, and they had two sons and a daughter. The Ruiz family led a peaceful, religious and content life.

In 1636, while working as a clerk for the local church, Lorenzo was falsely accused of killing a Spaniard. Lorenzo sought asylum on board a ship with four priests. Lorenzo and his companions sailed for Okinawa on 10 June 1636, with the aid of the Dominican fathers.

The "Tokugawa Shogunate" was persecuting Christians by the time Lorenzo had arrived in Japan. The missionaries were arrested and thrown into prison, and after two years, they were transferred to Nagasaki to face trial by torture. The group endured many and various cruel methods of torture.

On 27 September 1637, Lorenzo and his companions were taken to a hill, where they were tortured by being hung upside-down over a pit and bled. He died two days later on 29 September 1637, aged 42. Despite his suffering, Lorenzo refused to renounce Christianity and died from eventual blood loss and suffocation. His last words were:

**"I am a Catholic and wholeheartedly do accept death for God.
Had I a thousand lives, all these to him shall I offer."**

After his death his body was cremated, and his ashes were thrown into the sea to prevent other Christians from gathering his sacred relics.

Lorenzo was canonised by Pope John Paul II in 1987, among the 16 Martyrs of Japan, making him the first Filipino saint.

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.