



### **Holy Gospel of Jesus Christ according to Saint Luke 21: 34-37.**

*Jesus said to his disciples: "Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life, and that day catch you by surprise like a trap. For that day will assault everyone who lives on the face of the earth. Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man."*

#### **Introductory Prayer:**

Dear Jesus, I believe in you and in the Kingdom you are building in and through me. I believe in the value of my sacrifice and struggles united to yours. I hope to arrive to heaven when you say it is time. I wish to spend myself for those I should love the most.

#### **Petition:**

Rouse my heart, Lord, to live in you!

#### **1. Drowsy Hearts:**

Our life is a time of preparation, not only for an eternal friendship with God, but for the "assault" of the "tribulations" that must come first. The spiritual battle is real, whether or not we are aware of it, whether or not we want it. We fight each day and in many ways, but the battle is ultimately won in the depths of our hearts. All that puts our hearts to sleep and gives us a false sense of security must be avoided. I may not "carouse and get drunk" in the typical fashion, but do I wander about seeking satisfaction from the world? Am I superficial in my judgments? Do I become so engrossed and absorbed in material matters, works and worries that I am unable to pursue my spiritual life and vocation with a clear and focused attention?

#### **2. That Day:**

It seems that none of us will escape the trial of that last day. For some it will be sudden and painful, for others it will be prolonged and difficult. But we are all mortal creatures. The great saints all lived with their end in mind. Death was a healthy meditation that moved them to live the present day to the full. Death is the door to my real life. The anticipation of that day need not rob us of joy; rather, it must call us to love. How I live

this day determines how I will live “that day” and the everlasting day of eternal life with God. How do I want to live that day?

### **3. Vigilance and Prayer:**

This is how Jesus invited his closest friends, the apostles, to live “that day” of his Passion: “Watch and pray that you may not enter into temptation” (Matthew 26:41). The final words of the Our Father must find resonance with how we live. Vigilance requires awareness not only of the enemies and threats that surround us, but also of the weaknesses within us. These elements are at work each day, and so we must be on guard each day to check their influence. This must be the simple and serene priority in our life. But it must always lead us to Christ, to stand before him sincerely and trustingly in prayer. Prayer and vigilance lead to each other. If we do not make prayer the air we breathe, we will suffocate in a polluted world. How much importance am I giving to my habits and life of prayer?

### **Conversation with Christ:**

Grant me, dear Jesus, a sense of urgency. Wake me up from any drowsiness or spiritual carelessness. Allow me to see both the threats and opportunities for my life of grace. Keep before my eyes the real meaning of my life and the limited time I have to conquer and to grow in love.

### **Resolution:**

I will pray today for the soul in purgatory who was most distracted or least prepared for “that day” of his death.