

INTRODUCTION

Last week we contemplated Jesus and we were taught on how we need to guard our hearts in front of the many things that may drift our attention to what is misleading and not satisfying. This week, we put focus on our body and how important to be open to the dwelling of the Holy Spirit, we knew from the very beginning how God gave us the Holy Spirit when God breathe our first parent to life. From then, the Holy Spirit dwells in us yet with God's gift of free will somehow we cross the boundary of letting the Holy Spirit leaves, unfortunately we are consider not only the dwelling place but the temple of the Holy Spirit that by all means the Holy Spirit should protect to keep it safe. Our human body is just so valuable that we need to take good care of not only the physical but most importantly the Spiritual. By all means we need to clean and purify our intentions to be aligned to what God prepared for us by listening to HIS words regularly and integrating everything that is necessary in living a life that is pleasing to God. We need to strive and remember always that throughout our life, we need to be fruitful and do have all the opportunities to keep our body the place where God our father, Jesus and the Holy Spirit dwells.

MONDAY

GOD GIVES US THE HOLY SPIRIT

Hope does not disappoint us because the Holy Spirit has been given to us pouring into our hearts the love of God.

Romans 5:5

From the first time we breathe, God knows that we are in need of him to sustain in our journey. Thus HE gave us the very life we need through the Holy Spirit, we may not knew HIM but HE is always present and a part of us.

TUESDAY

GOD DWELLS IN US

Do you not know that you are the temple of God, and that the Spirit of God dwells in you?

1 Cor 3:16

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own”

1 Cor. 6:19

God dignified our humanity for giving it the greatest value of which

HE considers for his dwelling, how blessed are we that our bodies were designed by God in his likeness and image and HE considers us beautiful.

Are we giving honor and dignity to our body as God did for us?

WEDNESDAY

GODS' DWELLING IMPELS US TO DO WHAT IS RIGHT

We know that the law is spiritual; as for me, I am flesh and have been sold to sin. I cannot explain what is happening to me, because I do not do what I want, but on the contrary, the very things I hate. Well then if I do the evil I do not want to do, I agree that the law is good; but in this case I am not the one striving toward evil, but it is sin, living in me. I know that what is right does not abide in me, I mean, in my flesh. I want to do what is right, but I am unable to do it. In fact I do not do the good I want, but the evil I hate. Therefore, if I do what I do not want to do, I am not the one striving towards evil but sin which is in me.

Romans 7: 14-20

Every day in our life, Inside of us, there is always a battle to conquer, flesh against the spirit. We are in dilemma several times in choosing what the spirit wills and what the

body wants, this simply means that the spirit is alive in us and we should be thankful else we are enslave by our sins.

Are we courageous enough to let the spirit wins in our inner battle?

THURSDAY

GODS' DWELLING PURIFIES OUR DEEPEST INTENTIONS

He said to them, “Are even you likewise without understanding? Do you not realize that everything that goes into a person from outside cannot defile, since it enters not the heart but the stomach and passes out into the latrine?” (Thus he declared all foods clean.) “But what comes out of a person that is what defiles. From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile.”

Mark 7:14-23

a lot of advertisement nowadays are promoting to give healthy options that we need to combat with the challenging task day in and day out, others are too busy to earn a living and even extend an hours for additional pay, others are doing different exercise to keep

away from stress. These are all good, but most of all these things in a way should contribute to the inner growth of a holistic person as we can be, we need also to strive to keep our spirit healthy.

FRIDAY

RECOGNIZE AND PRACTICE WHAT IS ESSENTIAL

Jesus said to his disciples: hear the parable of the sower. The seed sown on the path is the one who hears the word of the kingdom without understanding it, and the evil one comes and steals away what was sown in his heart. The seed sown on the rocky ground is the one who hears the word and receives it at once with joy. But he has no root and lasts only for a time. When some tribulation or persecution comes because of the word he immediately falls away. The seed sown among thorns is the one who hears the word then worldly anxiety and the lure of riches choke the word and it bears no fruit. But the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirtyfold."

Mt. 13:18-23

Therefore we are not discouraged. On the contrary, while our outer being wastes away, the inner self is

renewed from day to day. The slight affliction which quickly passes away prepares us for an eternal wealth of glory so great and beyond all comparison. So we no longer pay attention to the things that are seen, but to those that are unseen, for the things that we see last for a moment, but that which cannot be seen is eternal.

2 Cor. 16-18

Giving the sweetest meaning of our life is looking up and satisfies the craving of our hearts to fill our life with what is above not of what is in the world. First we need to listen carefully to what God is telling us in our daily conversation with him and let those words grow and live in us, certainly, God is gradually transforming our hearts to bear fruits and to value more what is eternal.

SATURDAY

KEEPING GODS' ABODE A TREASURE

Jesus answered and said to him, "Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him.

John 14:23

Nothing is more fulfilling in life but by being at home with our creator and our creator is at home with us. When Gods word penetrates to my

soul and formed my being into which God has prepared for me and when I'm pleased and joyful because I am reconciled with the purpose of my existence.

Do we value God and HIS Words?

SUNDAY

17th Sunday in Ordinary Time

1st Reading: 2 Kings 4:42-44

Responsorial Psalm: Psalms 145:10-11, 15-18

2nd Reading: Ephesians 4:1-6

Gospel: John 6:1-15

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GUIDELINES FOR PRAYER

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own"

(1 Cor. 6:19).

July 20-26, 2015

General Theme: "Jesus grew in wisdom and in stature and in favor with god and men."

General Objective:

To assimilate that to form Jesus in our lives and in the lives of others imply that we integrate the Word of God in all dimensions of our life.

Objective of the week:

To open our minds to the reality of the presence of God in us; Jesus assumed our whole humanity Body and spirit. To glorify God with our bodies