

MORNING MEDITATION

Feast of the Presentation of the Lord

Serenity creates Joyfulness and joyfulness nurtures serenity.

Malachi 3:1-4

This excerpt tells us of Malachi's vision of someone whom God would send to turn the hearts of people away from sinful ways to God's ways. The words and deeds of this person would have the power to cleanse and purify the hearts and minds of people and strengthen and transform their lives.

Be open to the cleansing, purifying and transforming power of the spirit of God!

Psalm 24

**The Lord's is the earth and its fullness
the world and all its peoples.
It is he who set it on the seas;
on the waters he made it firm**

Hebrews 2:14-18

In the biblical sense, "flesh" means human nature considered in its weakness and frailty and is contrasted with the "spirit" which is from God. The author of the letter to the Hebrews tells us that Jesus has conquered this "flesh" by his death and has empowered us to conquer our own "flesh".

Luke 2:22-40

This excerpt from Luke tells us about Mary and Joseph consecrating Jesus in obedience to the Law of Moses, which they have come to know as the law of the Lord. Seeing Mary and Joseph and their baby, Simeon, a holy and wise old man rejoices and sings his song of surrender. This is a beautiful song of surrender which, in essence, says that Simeon has seen all that he hoped to see and now is ready to return to his master. Simeon blessed them and prophesied about the great things the child will grow up to do and the pain that would come to his family.

Simeon was a man of hope and his hope was fulfilled in his vision of Jesus. Be men and women of hope and let your hope be fulfilled in Jesus!

Simeon sang a song of surrender. Sing your own song of self-surrender. Pray for the wisdom to know God's plan and the courage to surrender to his plan for you.

Saint of the Day, February 2 - Feast of the Presentation of the Lord and 27 other saints are remembered this day.

Today we remember and celebrate the joyful event described in the second chapter of the Gospel of Luke. When Jesus was 40 days old, Mary and Joseph brought him to the temple in Jerusalem to present him to the Lord, according to their tradition to fulfill what the law had prescribed.

Anna and Simeon, two elderly people of great holiness recognized Jesus. They were filled with joy. Simeon took Jesus in arms and sang a beautiful prayer song. The young and the old have embraced.....tradition and newness have met...holiness was recognized and embraced!

In his prayer Simeon said, now that he saw the messiah, he could die in peace. This embrace of the messiah was enough...life was fulfilled.... hunger and thirst were satisfied. St. Augustine said, our hearts are restless until they rest in God. This is what Jeremiah had to say: "When you look (search) for me, you will find me. Yes, when you seek me with all your heart...you will find me.... I will let you find me...." (Jer. 29:13ff)

Simeon also spoke of sadness that would come and pierce the heart of Mary. Remember the many mothers, (perhaps someone you know) whose hearts are pierced because of the sufferings of their children.

Simeon called Jesus "a light to the nations". We celebrate the light of Jesus today. And Jesus called us to "be the light of the world". Reflect on this call...on the blessing and grace of being in the light of Jesus and on the responsibility that comes with being called to be light to the world.

Today is also "Candlemas Day". It is a festival of lights. On this feast enough candles are blessed to last the whole year. Many Churches celebrate Mass with people carrying candle lights. Light a candle today. Look at its light. Let the light come into your heart and into your mind. Let the light of Jesus bless you and Grace you. And bring a little light into the life of someone today.

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