

# **MORNING MEDITATION**

## **Monday, Twenty Second week of the year**

**Forbearance is putting up with the imperfections of others  
or enduring their shortcoming.**

### **I Corinthians 2:1-5**

Paul taught the Corinthians to trust the wisdom of God and not any philosophical arguments. He said, he did not come with any particular eloquence or “wisdom” but with the message of Jesus, crucified. Faith, he said, rests not on the wisdom of men but on the wisdom of God and this wisdom is revealed in Jesus, in his death on the cross.

**Be humble! Keep seeking the wisdom of God.**

### **Psalm 119**

**How I love your law, O Lord!  
It is my meditation all the day.  
Your command has made me wiser than my enemies,  
for it is ever with me.**

### **Luke 4:16-30**

Jesus came to Nazareth, to his hometown, went into the Synagogue on a Sabbath and read from the Book of the Prophet Isaiah. Then he said: “Today, this Scripture passage is being fulfilled in your hearing”. They admired his eloquence but rejected his message. And what they rejected was “GOOD NEWS” - liberty to captives, sight to the blind - a year of Grace. They failed to look beyond. Hence, they saw only a local carpenter.

**Pray: Lord, help me to look beyond what I see. Give me a clearer and deeper vision of your presence in all that I encounter on my journey of life.**

Prejudice blinds the mind and narrows the heart.

**Pray: Lord, give me the wisdom to recognize and accept my own prejudices and the courage to overcome them.**

The spirit of the Lord is upon me; He has anointed me to proclaim good news....

**Pray: Lord, empower me with your Holy spirit, that I may proclaim your good news.**

**Saint of the Day, September 2 - St. Ingrid of Sweden and 17 other saints are remembered this day.**

Ingrid was born in Skänninge, Sweden, in the 13th century and belonged to the elite of the Swedish nobility. Ingrid married a nobleman who died in 1271. After being widowed, Ingrid and her sister Kristina became a part of a circle of pious women around the Dominican priest Petrus de Dacia in Skänninge. In 1272, this circle of women formed an informal convent under the leadership of Ingrid by adopting the habit of the Dominicans and practicing its rules. Ingrid made pilgrimages to Santiago de Compostela, Jerusalem and Rome. After the death of her sister, Ingrid applied for formal recognition of her convent. This was granted in 1281, a year before her death. She was the first Dominican nun in Sweden and in 1281 she founded the first Dominican cloister there, called St. Martin's in Skänninge. She died in 1282.

Fr. Gus Tharappel,msfs