

## Email Guidelines

### Holy Week 09

#### Holy Monday: Psalm 131; Luke 18:9-14

We can be very worried for things we think we need. Today, the psalm speaks about peace in the heart. The peace that comes when reality is accepted as it is; when we accept who we are and who we are not. It is the moment of greater peace, freedom and joy all together. It is not an easy thing to have though. It seems so normal to spend our lives trying to “achieve” or trying to get better at what we do. And yet, although that seems normal, it is the cause of so much anxiety. We all have a limit. The psalmist today speaks about having found his limit, and thus, resting finally in God. The Pharisee is on another planet! He is satisfied with himself. It is the image of anyone who achieves everything he wants. The price to pay is pride and absence of God. Today the invitation is to fast on those anxieties (on those thoughts) that make us feel that we should be doing more and more. And feast instead on the eternal truth of God’s love for the real “us”. The tax collector addresses God as the one to whom to ask for mercy and help. Thus, as the Word says, “this man went home justified.”

*Lord, help us to start Holy week with a simple and trustful heart. May we put our hope in the Lord, both **now** and for **evermore**.*

#### Holy Tuesday: Romans 5: 1-5; 2Timothy 1:6-10

The invitation for today is to fast on discouragement and feast on hope. The reason that we can do this is that we have received the Holy Spirit. He is a Spirit of power. This means that He can do in us a lot more than we think. Sometimes we forget the Holy Spirit within us, for this reason we think that we can not change things, or that life is too difficult, or we feel we can’t control what happens to us, nor even ourselves. This is why we need to “run into a flame the gift we have received from God.” Fire needs oxygen to grow. The Holy Spirit needs our yes; that we give him *space to move* in our hearts. Then the feast of hope will start. As Paul says, our hope will never fail because we have the Holy Spirit in us, pouring the love of God constantly into our hearts. He will transform the bad days, the bad moments, situations, injustices, and the loneliness in our lives into a source of hope. The love of God will raise us up after every bad time and we will be stronger than before, more capable of loving. We will understand better the love of God because we will have a greater experience of it.

*Lord, please give us patience with ourselves and faith in the power of your love in us.*

#### Holy Wednesday: Matthew 11:28; Matthew 6:25-34

The actual economical situation is definitely something to worry about. We can not close our eyes to what is happening to so many, and maybe also to us. Losing a job is a very difficult experience. And, as Christians, we are called to give an answer of comfort and hope to ourselves and others. This is why the invitation for today is to fast on thinking about depressing facts. Yes, I am serious, to stop thinking about it. It is the only way to centre on God. Easter is about to start. We need to be ready to put into God’s hands our lives and the lives of so many who suffer this situation. “*Come to me and you will find rest for your souls*” says Jesus. The soul is the deepest part of our selves. It is not only the heart but the whole of our inner self. Jesus offers rest to you, to “everything in you.” Today, rest especially on suffering, because Jesus is going to take the Cross for you. Jesus is going to take, on his Cross, all the sin of the world (included ours) that provokes so much suffering. Today, you rest in him. Feast on this truth. The help that we need to give comes from resting in Jesus, no from our human strength and good will.

*Lord, make me able to rest on you; make me humble to recognize that I can not carry all the weight on my own.*

## HOLY THURSDAY

**Exodus 12: 1-8.11-14; Psalm 115**  
**1Corinthians 11:23-26; John 13:1-15**

*Having those who were his in the world, loved them to the end.*

The expression of this “love to the end” is the Eucharist: a Love that is given everyday totally, a Love that does not stop before anything. In the times of Jesus only slaves would wash feet. Only slaves would touch the *dust* of others. Jesus went to his knees in order to wash the unclean feet of his disciples. He knew that they were clean. He tells Peter so. But there is a part of them that, because of journeying, is dirty. When he comes today and asks you to wash what is not clean in you he knows also that so much is already clean. He knows your faithful moments, your attempts, your good intentions, your acts of self-giving, he knows all that. After loving you throughout it all, now he wants to love you to the end and is asking you for that “last part” that remains only yours, that only you can touch, that embarrasses you. The Eucharist is the daily reminder of that complete union that Jesus want to have with us. He offers himself as a loving friend, as he did with his disciples. Also he offers himself as master and example. So we can learn from him how to approach the “unclean feet” of our friends, relatives, colleges...

## GOOD FRIDAY

**Isaiah 52:13—53:12; Psalm 30**  
**Hebrews 4:14-16; 5:7-9 John 18:1—19:42**

Jesus died on the Cross. Before this reality, I would like to invite you to “take off your sandals”, as God told Moses (Ex.3:5), because this is Holy ground. Jesus, the Son of God, was crucified and died. For some time he was not with us. There was, on earth, the emptiness: An absolute emptiness of Jesus. Yesterday we spoke about his great love, today we will hear how he dies. However, He died victorious, neither the cruelty of his last hours, nor even the loneliness, was strong enough to make him go back in his option for humanity. He won the battle against sin, against lack of love. His last breath as a man was a winning breath because he continued loving to the end. For this, next time you think that God might be upset or disappointed, with you; or that you do not deserve his love or his extended hand that wants to bring you back. Look at the Cross. Next time you feel like having exhausted God’s love or that God is not speaking to you. Look at the Cross. Next time you feel the emptiness of Him in your heart. Look at the Cross. The Cross is a statement. Nothing we can do will ever be stronger than God’s love for each one of us.

*Lord, help us to not be afraid in approaching you, the throne of grace, to receive mercy and to find grace when we are in need of help.*

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