OUR HEARTS SHOULD REST IN HIS HEART,, A PLACE OF UNENDING LOVE AND MERCY. THERE, WE KNOW WE WILL FIND A PLACE OF REST AND LOVE, AND KNOW WE WILL BE CARED FOR.

PUT YOUR MIND ON THE SACRED HEART OF JESUS,, THE DIVINE MERCY... HE PROMISES PEACE THAT ONLY HE CAN GIVE AND WILL QUIET ALL YOUR WORRYS AND FEARS..

SOMETIMES WE STRUGGLE WITH THE BELIEF THAT JESUS CAN WORK IN AND THROUGH YOU AND ME AND FREE OUR DOUBTS AND ANXOUESNESS.

OUR HEARTS SHOULD REST IN HIS HEART,, A PLACE OF UNENDING LOVE AND MERCY.. THERE WE KNOW WE WILL FIND A PLACE OF REST, AND LOVE AND KNOW WE WILL BE CARED FOR,, WE NEED TO REMEMBER OUR MINDS WERE CREATED FOR LOVE AND PEACE,, NOT FOR POUNDING AND MINDLESS FEAR.. WE SHOULD FOCUS ON THE SACRED HEART OF JESUS, AND HIS DIVINE MERCY. JESUS IS THE ONE WHO LOVES US MOST OF ALL, AND REMEMBER HE GIVES US HIS GOODNESS,, STRENGTH,,HOPE AND JOY.. TODAY WE SURELY NEED THE PERFECT PEACE THAT JESUS IS OFFERING..

IN THE READING FROM JEREMIAH, WE CAN SEE AND FEEL SOME OF HIS TERROR AND FEAR,, SIMILAR TO WHAT WE MAY BE FEELING TODAY,, BUT HE PUTS HIS TRUST IN GOD.. REMEMBER THE LORD HEARS OUR CRIES,,AND HE WILL NEVER ABANDON US,, BUT WILL ANSWER THE WAY HE SEES BEST. THE READING OF SAINT PAUL TO THE ROMANS, REMINDS US WHAT CHRIST DID FOR US,, YOU AND ME.. "FOR IF THE TRANSGRESSION OF ONE MANY DIED,,HOW MUCH MORE DID THE GRACE OF GOD AND THE GRACIOUS GIFT OF ONE MAN,JESUS CHRIST OVERFLOW FOR THE MANY..

THOUGH JESUS WAS WITHOUT SIN,,HE RANSOMED US,,YOU AND ME FROM OUR SINS, AND BURDEN OF ORIGINAL SIN. THE GOSPEL OF MATTHEW TELLS US TO FEAR NO ONE, HE REMINDS US THAT IF GOD IS SO CONCIOUS OF THE BIRDS AND FLOWERS, HOW MUCH MORE IMPORTANT IS EVERY HAIR ON EACH OF OUR HEADS. GOD MADE US IN HIS LIKENESS, AND CONSIDERS US HIS CHILDREN. SO-- DO NOT BE AFRAID,, YOU ARE WORTH MORE THAT ANY SPARROW...

EVERYONE WHO ACKNOWLEDGES ME BEFORE OTHERS,, I WILL ACKNOWLEDGE BEFORE MY HEAVENLY FATHER...--------

-HERE IS A LITTLE SUGGESTION

I HAVE SET MY PHONE TO RING AT 3:15 PM, EVERY AFTERNOON.. I SAY "HELLO, JESUS THANK YOU FOR CALLING",, OR SOME SMALL PRAYER.. WHICH HELPS ME FEEL VERY CARED FOR ,,BY MY LORD,,,JESUS...