

When I was a kid, I remember professional wrestling on TV. It never seemed very entertaining to me. But there were other kids who really thought it was something to watch. It seems to have run its course, as all things come and go.

In St. Paul's letter to the Ephesians, we hear about our "struggle." The Greek word here is perhaps more properly "wrestle." St. Paul uses athletic images ... running the race ... fight the good fight ... and here, wrestling with spiritual forces.

His advice, is of course to put on God's armor: truth, righteousness, peace, salvation. Shielded in faith, and armed with the Spirit of God.

What is important here is perseverance - that is, not giving up. We do struggle or wrestle daily with good and evil ... sometimes its just easier to do nothing than it is to do what we may know is the right thing.

But we have, as our advocate, the Spirit of God - our weapon against anything that may try to hold us back from being the disciples God has called us to be.

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray to persevere in our own struggles - whatever they may be - health, family, personal, spiritual - and trust in the power of God's truth and righteousness, our faith and our salvation, and the presence of the Holy Spirit in our lives - to help us deal with them.