

In today's Gospel, Jesus gives us an image of light - admonishing us to let our lights shine, and to not live in darkness.

In our society, people will praise themselves for what little they do; and ignore their own mistakes and failings. They seek to create a false-light on the positive and are like bulls in a china shop, boasting all the way.

In essence, Our Lord is calling us to live transparent lives in His Grace.

If we allow God's light to dwell in our hearts - the Lamp in the parable - then we have nothing to fear. If we instead have no place for God's light in our hearts, then what are we to brag about?

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray that we may cultivate the Light of Christ in our hearts, so that He may shine in our lives and in our actions.