

In today's readings, we are presented with two important approaches to our spiritual lives.

In the first reading, St. Paul points out that the law of Love surpasses the law of rules. Too often we reduce our behavior and actions to lists of rules, and miss out on living out God's Love. It is vitally important that we give Love the primacy of place in how we live our lives.

In the Gospel, Jesus speaks about taking up one's cross ... as well as renouncing - or separating oneself from our possessions. Again, without Love, sacrifice ... taking up the cross ... can become a drudgery. Love is essential to Christian sacrifice.

As well as renunciation without Love ... is senseless self-imposed poverty.

St. Paul summarizes this when he says - "*Love is the fulfillment of the law*".

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ ... as we receive the Author of Love ... in the Most Blessed Sacrament ... let us ask for the transforming graces that we need to be submerged in the Love of God, and to allow the Love of God to penetrate all our thoughts and all our actions.