

The example of Jesus invites us to that perfection of Christian life in which we practice with actions what we preach with words. Jesus is the new Moses, and He is speaking with authority **You have learnt how it was said but I tell you....** In the old covenant was Moses and the mount Sinai and now is Jesus and the Sermon of the Mount. Jesus' attitude towards the law of God can be summed up in the great prayer of Today's Psalm: *"Train me to observe your law, to keep it with my heart." Happy are they who follow the law of the Lord.*

- Certainly, our exterior behaviour must follow God's will.
- This is what Jesus means when he says, "Do not think I have come to abolish the law..."
- But Jesus is trying to tell us that exterior behaviour, that appearances, are not enough.
- For a true, faithful citizen of the Kingdom of heaven, the attitudes and desires of the heart must also be in harmony with God's plan for our lives.
- This is what Jesus means when he says: "I have come... to fulfil..." - to bring the Old Testament Law to its fulfilment.

In today's First Reading the book of Ecclesiasticus reminds us that our life, from here to eternity, is built on our choices. The Lord created us as free beings, we always have to "own" what we have done and what we have failed to do, which is why we make a Penitential Act at the start of every celebration of the Holy Mass. And it doesn't just remind us today that we're free to choose; he encourages us to make the right choices. Jesus made it very clear that the essence of God's law - his commandments and way of life, must be fulfilled. That's why God commands us to love him above all else and to follow in the way of Jesus who taught us how to love by laying down our lives for one another. All the commandments have a purpose and reflect a wisdom that can shape our lives for the better if we choose to observe them from the heart. In his discourse Jesus is also calling out those who observe the commandments superficially and without heart; Mere external appearances. It is difficult to change our attitudes according with the Gospel instruction. Isn't? For example not killing anybody is good, but we have to go way beyond... lets go deeper than that...**anyone who is angry with his brother...will answer for it....** what should we do as Jesus teaches us?

Let's try to make amends as soon as possible and simply apologize or offer your forgiveness to them as Our Lord's Prayer reminds us, "forgive us our trespasses as we forgive those who trespass against us." everybody hurt, and we have failures; it is part of our human condition but it is part of our faith in Jesus to forgive and understand that with the healing power of Jesus we can always looking forward and to pray for those who have offended me, us....

If you had to choose between an act of worship to God and an opportunity to promote peace among your brothers, choose peace with your brothers an then come back and worship your lord in peace with yourself, with your brothers and sisters and with God. Every true act of worship should lead to reconciliation with those we have offended. Before God's altar there is only room for brothers and sisters who are reconciled with one another. We need to be humble. We must ask the Lord to give us the precious gift of humility so necessary in our daily lives. We as a Christians should be humble in our actions, attitudes, throughout the journey several wounds might be healed if we are truly people of faith. *If our actions goes no deeper than that of the scribes and Pharisees, we will*

never get into the kingdom of heaven. If you do not want to forgive me; then before God I am in peace and you are not. What are we thinking? What are our intentions? Because our actions are the proof of what we have already thought and consented in our hearts. The eyes are the windows to our soul, we need to keep our minds clean of images and videos, bad conversations, bad companies, pornography, bad desires, bad thoughts if we are to preserve our chastity and keep our hearts pure, since no one can intervene regarding the hidden desires of the heart except ourselves. Jesus teaches us that chastity starts in the heart.

If God "wills all men to be saved"

- How can our friendship with him be complete when we harbor resentment or contempt towards some people, or tarnish their good name by spreading rumours about them or speaking ill of them?
- How can I live in intimacy with a God who loves every man and woman as a father loves his children, when in my heart I desire to use some of them only as an object of pleasure and self-indulgence?
- How can I be a true friend of God, when I make promises that I don't intend to keep?

- Nobody can make a mistake with me because I react in a bad way?

"Lord Jesus, begin a new work of love within me. Instil in me a greater love and respect for your commandments. Give me a burning desire to live a life of holiness and righteousness. Purify my thoughts, desires, and intentions that I may only desire what is pleasing to you and in accord with your will."