

**Sunday, Jun 19, 2022**

### **The purpose of power**

We can use power to help others—or to help ourselves. Jesus chooses to feed the multitude and invites his followers to do the same. Lord John Acton (1834-1902), an English Catholic historian, counseled caution with our authority: "Power tends to corrupt, and absolute power corrupts absolutely." Acton also noted, "Liberty is not the power of doing what we like, but the right to do what we ought" and "The will of the people cannot make just that which is unjust." This Father's Day, pray for fathers and others to act wisely and lovingly when exercising their authority.

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

TODAY'S READINGS: Genesis 14:18-20; 1 Corinthians 11:23-26; Luke 9:11b-17 (169). "[Jesus] said to them, 'Give them some food yourselves.' "

**Monday, Jun 20, 2022**

### **The only measure that matters**

When you were a kid, did your parents measure you by marking your height on a wall each birthday? Perhaps later report cards and sports trophies were a measure of your progress. In adulthood, do you measure yourself by rungs you've climbed on a corporate ladder, or by the increasing figures in your bank account? Some measures are less quantifiable—and far more important. Are you becoming more forgiving, more patient, more giving, more humble, more faithful? Are you getting closer to God? Comparison to others is no measure at all when God knows your heart completely and is helping you grow.

TODAY'S READINGS: 2 Kings 17:5-8, 13-15a, 18; Matthew 7:1-5 (371). "The measure with which you measure will be measured out to you."

**Tuesday, Jun 21, 2022**

### **Find the happy medium**

Young Aloysius—eldest child of a powerful Italian Renaissance family—was scandalized by all the excesses around him. In his corner of the world, corruption and promiscuity abounded. So impressionable was the boy that, as he began to contemplate religious life, he increasingly added penitential practices that promoted the opposite extreme, excessive mortification. Later, as he entered the Society of Jesus, he admitted "I am a piece of twisted iron" and "I entered religious life to get twisted straight." Are there habits in your own life, no matter how holy, that might benefit from the virtue of moderation?

MEMORIAL OF ALOYSIUS GONZAGA, JESUIT PRIEST

TODAY'S READINGS: 2 Kings 19:9b-11, 14-21, 31-35a, 36; Matthew 7:6, 12-14 (372). "Do to others whatever you would have them do to you."

**Wednesday, Jun 22, 2022**

### **Make some noise**

Paulinus of Nola was a fourth-century Roman poet before he converted to Christianity and became a bishop, which might hint at what inspired him to take the imaginative step of introducing the ringing of bells into church services. The psalms—sacred poetry—encourage us to "make a joyful noise to the Lord" (Ps. 98:4) and that is what bells bring to the life and liturgy of the church. A medieval handbell came to be known as a *nola* and steeple bells as *campanas*, from Campania, the region of Italy Paulinus oversaw as bishop. The clear, crisp tones of a bell at liturgy

remind us that something sacred is in the air. Consider incorporating a bell into your own life of prayer and contemplation.

MEMORIAL OF PAULINUS OF NOLA, BISHOP

TODAY'S READINGS: 2 Kings 22:8-13; 23:1-3; Matthew 7:15-20 (373). "By their fruits you will know them."

**Thursday, Jun 23, 2022**

### **Give birth to possibilities**

Today is the Solemnity of the Nativity of Saint John the Baptist, one of the earliest feast days established in the church. John the Baptist is the only person outside of Jesus and Mary whose birth is honored with a feast day, indicating his importance. His unlikely birth to the aged Elizabeth has long been a popular subject for artists. It has miraculous parallels to the birth of Isaac (born to the aged Sarah and Abraham) and to the birth of Christ himself (born to a virgin). Let John's birth remind you that God continuously brings forth life out of seemingly impossible situations.

SOLEMNITY OF THE NATIVITY OF SAINT JOHN THE BAPTIST

TODAY'S READINGS: Day: Isaiah 49:1-6; Acts 13:22-26; Luke 1:57-66, 80 (587). "Behold, one is coming after me; I am not worthy to unfasten the sandals of his feet."

**Friday, Jun 24, 2022**

### **Don't lose heart**

It's tempting to ditch traditional religious images because they can feel so unrelatable today. They can leave us uttering "meh" instead of "amen." But what happens when we look beyond the artistic style and focus on the symbolism itself? Take the Sacred Heart of Jesus. It is never portrayed as a perfectly pristine heart, untouched and unaffected. Instead, we see a heart that knows both deep suffering and sacrifice (the crown of thorns) and great love and passion (flames). Now that's relatable! You can surf the web and find an image of the Sacred Heart that speaks to you and make it part of your prayer today.

SOLEMNITY OF THE MOST SACRED HEART OF JESUS

TODAY'S READINGS: Ezekiel 34:11-16; Romans 5:5b-11; Luke 15:3-7 (172). "The love of God has been poured out into our hearts."

**Saturday, Jun 25, 2022**

### **Look to your heart**

Today's memorial focuses on Mary's heart, a way of speaking of her profound internal life as depicted in scripture. Images of Mary's heart often show it pierced by seven swords, representing the different sorrows she endured, from having to flee into Egypt with her infant son to having to witness his crucifixion and burial. Each of us has our own list of sorrows accumulated over a lifetime—griefs and losses we carry with us in our hearts. But Mary's heart reflects much more than sorrow. It reflects her love for Jesus, her courage in accepting her calling, her resilience in the face of hardship. These qualities also live in your heart. In honoring Mary's heart, you honor your own heart, too.

MEMORIAL OF THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY

TODAY'S READINGS: Lamentations 2:2, 10-14, 18-19; Luke 2:41-51 (573). "And his mother kept all these things in her heart."

*Invest just five minutes a day, and your faith will deepen and grow—a day at a time*



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