

# REFLECTION

BLD NEWARK COVENANT COMMUNITY

## WHAT IS IN OUR HEARTS & MINDS?

***Hear me all of you and understand.***” Mk 7:14

Before joining the BLD Community, I was one of those practicing Catholics who attended Sunday masses and during holidays occasionally. I heard the homily but did not practice it in daily encounters with others. I prayed when I needed something. My faith was only superficial. I wore the crucifix which is not the same as carrying the Cross. I busied myself to acquire worldly desires: wealth, property, fame, advancement.

When I joined BLD, I gradually changed. I realized that all the world's possessions only provide temporary happiness. I learned that my value was not determined by valuables, that true security can only be found in GOD. To hear God's word requires that our heart be open to Him. With the total surrender of our mind to His Spirit, we gain wisdom and obedience to His commandments.

Temptations always start in the mind. Jesus said ***“From within people, from their hearts, come evil thoughts. Unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile.”*** Mk 7:21-23. To resist and defeat temptations, we should keep our mind occupied with God's Word, for it is our weapon against Satan and evil thoughts. St. Paul said ***“Put on salvation as your helmet and take the sword of the Spirit, which is the word of God.”*** Eph 6:17.

We can say NO to the devil when we consistently say YES to Christ. God called us to serve Him in the BLD Community. Thru our ministry service, we are taught to serve with humility for His glory. We learn to love each other and to love our enemies, which is not easy. By attending Friday worships, Living Word Groups and teachings, we are formed to be more like Jesus. Our faith is built up in the fertile ground that is BLD.