

The Holy Spirit is the blood. The blood nourishes me, cleanses me, and strengthens me. A body without blood is a dead body. A Christian without the Holy Spirit is a dead desert creating illusions of oasis for the thirsty soul looking for a place to rest.

Just as the body needs blood to keep it going, so do I,
as a Christian,
I need...

the Holy Spirit,
the Spirit of Truth,
and the Comforter

I need the Advocate...

who cleanses me;
who nourishes me;
who teaches me;
who guides me;
who comforts me;
who enlightens me;

We are one Christian body with God, the Father, as our skeleton and brain; our foundation for faith.

With Jesus, our Lord and Savior, as the flesh I see

the human I know
the man I love
the Savior I long for

With the Holy Spirit, the blood,
to make me holy
to prepare me
to feed me
to quench my thirst
to make me the right vessel
in which the Holy Spirit
through Jesus
sent by the Father
dwells within me
in my pursuit of happiness
through my mortal life
to eternity. Amen.

On the third day God created the "earth" and the "sea" and ordered the earth to bring forth vegetation and fruit trees of all kinds - and it happened.

Before humanity was created, God was already thinking of my well-being by providing a place to live
to rest
with food to eat
with water to drink

What an awesome God I serve! Then creation continues according to His plan. All these things were done with Jesus and the Holy Spirit present enjoying the moment of Creation and contemplating its magnificence! I can almost hear God the Father saying to Jesus: "I am making this world for you to rule; for glory and worship of my Name through eternity. Amen."

And Jesus loved it. He loved me since day one even knowing how I would
Reject Him
Crucify Him
Believe in Him
and be a martyr for Him.

But everything was worth it and willingly He accepted me and others as His sheep and He became the Shepherd from the first day!

For three days and nights Jonah remained in the belly of the fish. During these days Jonah repented of his stubbornness and asked forgiveness and accepted his mission of preaching the goodness of God's kingdom to the wicked land of Nineveh.

For three days Jonah traveled until he reached Nineveh and preached a message of forgiveness and the love of God.

He warned them about God's punishment;
He delivered a message of hope to this lost city;
The people of Nineveh repented and God forgave them.

Whether I am a new, old, or constant sinner; I am the same in God's eyes.

I am the lost sheep looking for redemption.

I am the sinner who has forgotten his way back home.

I am the sinner in great sin
too embarrassed to initiate
the process of redemption
that God sent me a liaison
to let me know

He is waiting for me,
to ask for forgiveness
and to truly repent
and turn away
from my wicked ways
so He could say,

"Your sins have been forgiven. Come home and sin no more."

For three months Mary stayed with Elizabeth until it was her time to go home and give birth to Jesus. The first trimester during a pregnancy is the most important. It determines if the child will remain or not inside your womb. It's a time of joy and rejoicing, as the child grows quietly and rapidly inside you.

The first three months of a pregnancy is a time of preparation, changes, and expectations. It's a time of preparation as your body goes through changes to accommodate this new being growing inside of you. It's a time of expectation, since you are wondering the baby's forms, personality, and gender.

Just as the first three months of pregnancy bring joy and anxiety to the parents, so is the work of the Heavenly Host and angels every time a sinner asks for forgiveness and repents from his wicked ways.

There is a lot of joy,
worship, and praise
in Heaven
for every mortal or soul

who accepts Christ
as his Lord and Savior
and accepts the promises
of Redemption and Salvation
as his own
and changes his garment
to be properly dressed
to be in God's presence.

At the age of 12, Jesus remained at the temple for three days listening and asking questions to the teachers. Then Mary and Joseph found Him and took Him home with them.

Jesus was homesick. He missed Heaven and the Heavenly council. He missed sitting and talking with the Father and the Holy Spirit. He decided to visit God, the Father's earthly home, "The Temple," the closest place to home he would be able to go for now.

How many times I have felt homesick, just like Jesus, and I find myself visiting
Your house
The Temple
The Church
The Place of Worship
Where I gather with other Christians
to partake
of the dinner table
and enjoy our togetherness
through the blood and body of Christ
present in the blessed Eucharist.

When the going got tough, Peter denied Jesus three times the same night. What an act of betrayal and lack of faith! A man to whom Jesus offered and gave the keys of His kingdom is denying their relationship! How many times in my daily live I deny Jesus with my sinful behavior, thoughts, and actions!

Just as Peter denied Jesus, I have denied you, too, for fear of retaliation. But just like Peter, I regretted and repented bitterly for my cowardly act. I showed distrust in your promises of always being with me. But also like Peter, I straightened up my path and fell in love with you deeply and fervently. I don't have the keys of your kingdom, but you have the keys of my heart and my internal castle, so you are my God and my Lord.

During the crucifixion, two criminals were crucified with you. Even at the time of death, you were hanging out with the lowly ones. You were keeping your promises and looking out for those needing your help.

One criminal insulted you just like my wicked actions, sinful thoughts, lack of commitment, and behavior shouts to your ear: "Are you going to do something"?

One criminal repented and asked for your help and for a room to stay in your big house.

And even at that moment when your breath is short and your pain is great,

you find strength to forgive and forget

to remember no more my sins

to give me a helping hand

to make a commitment

with a sinful being

asking for your mercy
redemption
and salvation.

I was once the first criminal who insulted you and asked for a "sign" in order to believe in you. Then, I realized the foolishness of my behavior and became the second criminal who recognizing and accepting you as the Son of God, kindly asked you for a room. At this point, just like Thomas, I called you "My Lord and my God".

From noon to three there was darkness over the land due to an eclipse of the sun.
At three o'clock Jesus died.

From the time of sin to the time of repentance,
I live my life in darkness
unable to see or to feel the sun.
The moon in this case
are my sins. My sins
block the light of Jesus
who is trying to
shine over me
to light the road,
so I walk secure
and no longer in darkness.
Time passed
and my sins
blocked totally the light.
Do I not know the light
cannot be hidden for too long?
And Jesus triumphant
moved away the darkness
in my life
and His light shines
upon me
so I walk in darkness no more.

At three o'clock Jesus was killed.
My sins condemned Him
to death on a cross.
At three o'clock I realized
my wrong doing
and recognized Jesus
as the Son of God,
but yet not as my Savior.

Three times I denied Jesus.
These are the times Jesus fell carrying my cross,
my sins,
my rebellious moments.
But just like Jesus
was helped by a stranger, so was I.
I fell and I got up.
Some falls are harder than others.

Some falls cause bruises
on my knees and hands.
Some falls are deeper,
but it's never impossible to get up again.
And just as the centurion
provided a helper for Jesus,
so does Jesus
provide a helper for me.
The Spirit of Comfort,
The Spirit of Truth
who makes me free
by acknowledging that Jesus
is the Son of God.
Then, I became the centurion
who helped Jesus
by accepting Jesus as
my Lord and Savior;
by allowing Jesus to
dwell into my internal castle;
by giving the key
of my heart to Jesus
so He could get in and out
and stay with me
as long as He wants to
and I let Him to.

Jesus is polite
and loving
and He will leave
when I ask Him to
as not to impose His
mighty-loving-presence
in my life.
I might kick him out
but He will still
be watching over my shoulder,
quietly and patiently,
waiting for me
to invite Him in again,
but this time to stay.
Jesus could be my guest
or he could be my host;
the choice is mine.

For three days Jesus was
buried and experienced human death!
Then He woke up
from His dream
and went walking around
to say good-bye to His friends
prior to returning to the Father
to prepare a place for me,

so I could be together
with Him
in unity with the Holy Spirit
in the presence of God, the Father,
for ever and ever, Amen.

For three decades of my life
I lived in an eclipse of the sun
then in the fourth decade,
He completely moved away the moon
and the sun light
started to warm up my soul,
to shine upon me,
to create rainbows for me
after the great storm
of my life was over.

Just like Jesus died, was buried, and resurrected,
so my sins have been forgiven, buried, and a new me
resurrected with a new light,
a new garment
a strong faith
a let go attitude
a better understanding and
acceptance of God's love for me
my soul
my well-being
my salvation
my Redemption
through Jesus, my Lord and Savior. Amen.

During His time on earth,
Jesus used many parables to describe the kingdom of God,
His purposes on earth,
His purpose for my life
He showed me a new way
to look and live my life,
but I didn't understand it
just as some others didn't either.

On the parable of Lazarus and the Richman, at the end, the least were rewarded and the proud were
humble by torment in hell. Abraham's words to the tormented Richman were "if they do not listen to
Moses and the prophets, neither will they be convinced, even if someone rises from the dead" are the
words of Jesus prophesying to religious leaders and people their attitude toward Him after his
resurrection.

Not even the resurrection of Christ after three days as told by the Scriptures from the beginning of
time were proof enough to the "chosen people" that Jesus was indeed the Messiah they had been
waiting for. The Law of God dwell among them, just as God promised to them during the time of the
prophet Isaiah.

Since the Books of the Laws were interpreted to accommodate the needs of the religious leaders and

the people of those times, God sent His only begotten Son
to teach us
to guide us
to show us
to serve us
so by his example
the people could understand the
true meaning of God' law-
not man made law created
by man but not inspired by God.

To live
To die
To rise from the death
Three key events in the life
of Christ which very much
applies to my life today.

To live in God
To die for God
To rise from the death to be with God
it's the model
as a Christian I must
follow so I could be counted
among those whose names
are written in the Book of Life.

Three is Key
Three is Essential
Three is Necessary
Three is Survival
Three is Eternity
Three is the Number which
added together equals ONE.

AMEN

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