John 1: 45-51
Philip found Nathanael and told him,
"We have found the one about whom Moses wrote in the law,
and also the prophets, Jesus son of Joseph, from Nazareth."
But Nathanael said to him,
"Can anything good come from Nazareth?"
Philip said to him, "Come and see."
Jesus saw Nathanael coming toward him and said of him,
"Here is a true child of Israel.
There is no duplicity in him."
Nathanael said to him, "How do you know me?"
Jesus answered and said to him,
"Before Philip called you, I saw you under the fig tree."
Nathanael answered him,
"Rabbi, you are the Son of God; you are the King of Israel."
Jesus answered and said to him,
"Do you believe
because I told you that I saw you under the fig tree?
You will see greater things than this."
And he said to him, "Amen, amen, I say to you,
you will see heaven opened and the angels of God
ascending and descending on the Son of Man."

Our Scripture Reflection
“How do you know me?": this question posed by Jesus to His soon-to-be disciples is one that
each of us must reckon with if we are to truly become His disciples. How did you come to know
Jesus? Forget about perusing a Theology degree. Pray to Him, read about Him and live like
Him. If you do, you will come to know Jesus.
Food for your Journey

Everywhere in the world people are in search of love, for everyone is convinced that love alone can save the world; love alone can make life meaningful and worth living. But how very few understand what love really is and how it arises in the human heart. It is so frequently equated with good feelings for others, with benevolence or nonviolence or service. But these things in themselves are not love.

Love springs from awareness. It is only inasmuch as you see someone as he or she really is here and now and not as they are in your memory or your desire or in your imagination or projection that you can truly love them; otherwise, it is not the person that you love but the idea that you have formed of this person.


A Prayer from the Heart

Dear God, I beg that You remove all haughtiness and arrogance from my heart with regard to Your Son. Never let me settle for a surface level knowledge of Him. May I spend time in prayer, study and works of charity so that I may come to know and love Him as He truly is. Amen