

# *Simplicity*



## **Unraveling The Complex Heart**

*“The unfolding of your words gives light;  
it imparts understanding to the simple.”*  
(Psalm 119.130)

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## Introduction

**Simplicity** is an e-book of poetic meditations covering a breadth of spirituality topics from the perspective of the simplicity of spiritual childhood.

To be simple, is to be child-like before God, allowing the heart to return to its created origin in unity with God in the simplicity of love.

Please take the time to ponder and wonder, reflecting on the complexities of our lives, which have come to be so different from the simple nature of God.

May the simplicity of God inspire you and draw you near to Him in love and in the transparency of the Truth. Amen.

## **Emptying Hands**

Our time in this world offers so many ways to become engrossed and ensnared in whatever we have and do. How quickly the heart becomes attached to work, pleasures, possessions, and our relationships with one another! Detachment involves a letting go of all that is not God so that our hands are emptied and our hearts are opened to receive the fullness of God. The heart which strives to detach itself from the things of this world will be the one which maintains a right relationship with the world, living in peace and freedom, simply as a child of God.

*“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”*

(Matthew 6.19-21)

### **Treasure Chest**

The owner toils for the prize:  
Possessions, honour, and money;  
The manager works to realize  
Stewardship with integrity.

The owner attaches his heart  
To all he gathers in his lair;  
The manager remains apart  
From what's entrusted to his care.

The manager's heart is steadfast:  
By grace and faith, strength is sustained;  
In hope held high, trust will outlast;  
Through Christ's own love, love is maintained.

The world, and all it can hold,  
With time, will see death and decay;  
Hearts set on heaven stay unsold –  
Shielded from this life's disarray.

Strive to detach from world demands;  
This world's held with empty hands.

*"I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!"* (John 16.33)

Lord, keep my heart free of the lures and snares of this world, that I may serve Your will faithfully with a steadfast heart, caring for what You have entrusted to me in this life. Amen.

## **De-cluttering The Mind**

How often we hear only what we want to hear and see only what we expect to see! Our opinions can distort what we perceive before reality has a chance to set in our minds. For many reasons, we often complicate matters by protecting our minds from the truth of reality. The Spirit is Truth, and the mind can only receive understanding to the extent that it is open to receiving the clear and undistorted truth.

*"For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth,*

*so are my ways higher than your ways and my thoughts than your thoughts.” (Isaiah 55.8-9)*

## **Enlightenment**

The passage of what is perceived,  
Through layers of the mind, is fraught  
With countless notions pre-conceived –  
Can truth untainted reach the heart?

Affections and afflictions goad  
The mind to judge relentlessly;  
Massaging both message and mode –  
Can subjectiveness cease to be?

What fraction of reality  
Can the mind grasp with its own light?  
Presumption and audacity  
Next to the Lord’s omniscient might!

The truth, held with simplicity:  
Clears the clutter, opens the mind,  
Yields insight with integrity,  
Restores what once was deaf and blind.

When truth’s received as it is sent,  
Then it is true enlightenment.

*“O the depth of the riches and wisdom and knowledge of God!  
How unsearchable are his judgements and how inscrutable his ways!  
For who has known the mind of the Lord? Or who has been his counsellor?” (Romans 28.33-34)*

Lord, simplify the complexities of my mind, that I may be opened  
to receive the fullness of Your truth. Amen.

## Shining On The Shadows

In hidden corners of the heart, fragments of brokenness lay scattered and forgotten. The brokenness of past sins unconfessed, past hurts unhealed, and past needs unfulfilled collectively burden the heart in countless ways. This brokenness, left untended, can lead to much misunderstanding, escapism, and hardness-of-heart, as the heart finds unhealthy ways to deal with its pain. If we could be opened to receive the grace of healing mercy in these depths, we would discover the fullness of God's eminent love.

*“By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace.”* (Luke 1.78-79)

### Burning Bog

So many hearts cannot accept  
The shadows which the corners keep;  
Weakness and sin are overstepped –  
Scabbing the wounds which run so deep.

These wounds, mired in shame and guilt,  
Yield darkened debris left to float  
In fear and pain like swirling silt –  
Untreated wounds canker and bloat.

The heart, ashamed, rationalized  
This state, accepting its new norm:  
What's not hidden is tranquilized;  
Truth's distorted to fit its form.

O how the Spirit longs to plunge  
Into these depths with healing rays!  
Absorbing all this like a sponge;  
Burning this bog with love ablaze!

Beneath the shrouds of self and sin,  
The wounded one cries from within.

*“Bless the Lord, O my soul, and all that is within me, bless His holy name. Bless the Lord, O my soul, and do not forget all His benefits— who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle’s.”*  
(Psalm 103.1-5)

Lord, may the healing rays of Your light and truth penetrate deeply into the infected wounds of my heart, cleansing and cauterizing all that bleeds impurity and pain. May I accept the fullness of your mercy wholeheartedly, with unwavering confidence in the greatness of Your love. Amen.

## **Simplifying The Noisy Soul**

Finding simplicity in the clamour of a busy life can be so difficult. The noise within and without never seems to end. Can some tranquility be found despite the turmoil? In the daily practice of a prayerful silence, peace can be nurtured, even to the point where silence becomes the norm. True prayer is, first and foremost, listening and waiting in silence.

*“Be still before the Lord; wait for God.”* (Psalm 37.7)

## Stillness

A restless heart and scattered mind  
By nature, yield much noise within;  
Silence can help the soul to find  
Inner order and discipline.

Silence provides the sacred space  
For prayer to find rest and ponder;  
Fully receptive to God's grace –  
With gratitude, awe, and wonder.

Silence becomes an even keel,  
For the soul through the daily churn;  
Humbly accepting all that's real,  
With means to respond and discern.

Silence pervades the wilderness:  
Temptations fall on deafened ear;  
Desires fast on emptiness –  
In solitude, the soul can hear.

Dwell in silence, so not to miss  
The Spirit's nudge in the stillness.

*“For God alone my soul waits in silence, for my hope is from Him. He only is my rock and my salvation, my fortress; I shall not be shaken.” (Psalm 62.5-6)*

Lord, still the restlessness of my heart and calm my racing mind,  
that I may find You present in the silence of my soul. Amen.



## The Foundation of Humility

Humility is the foundation of simplicity and the entire spiritual life. Self-assurance and self-reliance are rooted in pride, which rebels against God's created order. Humility is a beautiful gift of grace which enables the heart to accept itself in its present state under the light of truth. Humility opens the heart to receive the fullness of God's mercy.

*“He sat down, called the twelve, and said to them, ‘Whoever wants to be first must be last of all and servant of all.’ Then He took a little child and put it among them; and taking it in His arms, He said to them, ‘Whoever welcomes one such child in My name welcomes Me, and whoever welcomes Me welcomes not Me but the One who sent Me.’”* (Mark 9.35-37)

### To Humbly Serve

A humble heart accepts its place –  
A saved sinner — before the Lord,  
Who, by the free gift of God's grace,  
Is forgiven, healed, and restored.

The self's held firmly with distrust:  
Pride's the eternal enemy;  
The flesh, corrupt with craving lust,  
Constantly clamours: “Me! Me! Me!”

By tending to the other's needs,  
Serving freely, without demand,  
The self languishes and concedes –  
Though not conquered, held by command.

Goals and ambitions are dismissed:  
God's will is pre-ordained and right;  
To the degree that wills consist  
As one, is truth seen in clear light.

The heart grows in humility  
Through service and simplicity.

*“Let love be genuine; hate what is evil, hold fast to what is good... Do not lag in zeal, be ardent in spirit, serve the Lord... Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are... If it is possible, so far as it depends on you, live peaceably with all.”* (Romans 12.9,11,16,18)

Lord, weed out all the forms of pride which so often govern my heart, and plant the grace of a deeply-rooted humility in its place. Grant me the opportunities to serve and grow in my capacity to be of service to the needs of my brothers and sisters. Amen.

## **A Call To Conversion**

The work of conversion is truly a difficult pilgrimage. Simplicity helps the heart to leave behind excuses and tepidity so that it may focus on what really matters. With an abundance of grace, the Spirit is ever at work in the heart which is open to conversion.

*“Then He said to them all, ‘If any want to become My followers, let them deny themselves and take up their cross daily and follow Me. For those who want to save their life will lose it, and those who lose their life for My sake will save it.’”* (Luke 9.23-24)

## Climbing

Each day, the simple heart reflects  
On its failings, however small;  
Seeking mercy for its defects,  
It strives to improve through it all.

Conversion's graces are designed:  
To lead the soul to walk in light;  
Leaving its former ways behind,  
Opened to change, with fresh insight.

Conversion's a lifelong pursuit,  
And, brick by brick, the Kingdom's built;  
The Father's will is resolute:  
He yearns to free all from their guilt.

The heart which perseveres will grow,  
With hope of sanctity held high;  
A new creation it will know –  
Unfolding as the days go by.

Christians are called to climb, not coast;  
The cross is conversion's guidepost.

*“So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!” (2 Corinthians 5.17)*

Lord, open my heart to be willing to embrace and cooperate in the difficult and often painful work of conversion. May Your Spirit work tirelessly to build a new creation in the construction site of my heart. Amen.

## Purifying the Heart

Purity is an important dimension of simplicity. Much grace and effort is needed daily to purify the heart so that it is prepared to receive the Lord. A pure heart is more effective in receiving the grace of the Spirit and in collaborating with His will. If we keep the goal of our salvation in mind, we will find the motivation we need to pursue the daily purification of our hearts in earnest.

*“Blessed are the pure in heart, for they will see God.”* (Matthew 5.8)

### Cleansed Garments

The Father’s glory is sheer light;  
No stain of sin can co-exist.  
As noon-day sun dispels all night,  
So heaven’s souls are the purest.

He wills that ev’ry soul be saved;  
He has prepared a place for us.  
Turning from Him, one is enslaved –  
Why would one, then, betray His trust?

The soul that trusts invites His grace  
To purify the heart of all  
Its stain of sin — ev’ry last trace –  
Heaven’s garment cleansed from a pall.

The purified strives to preserve  
Its state from its old ways of sin;  
Yet not hesitating to serve –  
The light of Christ shines from within.

Repentant hearts are purified;  
To them, mercy’s never denied.

*“Beloved, we are God’s children now; what we will be has not yet been revealed. What we do know is this: when He is revealed, we will be like Him, for we will see Him as He is. And all who have this hope in Him purify themselves, just as He is pure.”* (1 John 3.2-3)

Lord, purify the depths of my heart, that my soul may be a transparent reflection of Your light and love. Amen.

## **Fidelity**

The nature of God is simple in that He is all love. We, as creatures, are not simple by nature. Our hearts are seldom undivided in faithfulness to God. We must strive to persevere in renewing our commitment to Christ daily and in striving to remain faithful to Him, without losing hope in His merciful love and grace.

*“For the Lord is good; His steadfast love endures for ever, and His faithfulness to all generations.”* (Psalm 100.5)

## **Faithful Heart**

Our God’s truly the Faithful One  
He is the Truth, the Life, the Way.  
We are entrusted to His Son,  
Though we, His sheep, so often stray.

To be faithful demands a choice:  
To go our way or follow Him.  
His faithful lambs will heed His voice,  
Trusting He knows what’s best for them.

A faithful heart seeks to embrace  
All, with the love the Lord has shown;  
Striving to build a lasting peace –  
The kingdom come is true shalom.

A faithful heart strives to discern  
The Lord's will in the everyday;  
Collaborating in its turn –  
His grace is multiplied this way.

In faithful hearts, Christ will emerge;  
In them, His truth and love converge.

*“For You are great and do wondrous things; You alone are God. Teach me Your way, O Lord, that I may walk in Your truth; give me an undivided heart to revere your name. I give thanks to You, O Lord my God, with my whole heart, and I will glorify Your name for ever.”* (Psalm 86.10-12)

Lord, grant me the grace to renew my commitment to be faithful to You each day, that I may serve You out of love, with my eyes set on You alone. Amen.

## **Unifying The Heart**

The human heart is fragmented by many competing forces. Simplicity requires the heart to find a way to live for a higher, unifying purpose. What is the heart's true master at this moment?

*“No slave can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth.”* (Luke 16.13)

## Masters

A heart which serves many masters  
Is divided and won't withstand  
Competing causes and pressures  
Which pound and pound: "Demand! Demand!"

The heart should strive to serve the Lord  
Above all that attracts its will.  
Resting in Him, with one accord,  
Demands weaken and slow to still.

The heart opened to serve Him well,  
Responding: "Here I am, send me!",  
With gratitude, will often dwell  
In peace and equanimity.

The heart, whose Master is its lead,  
Entrusting all into His hands,  
Will find His stewardship will heed  
All of its needs, not its demands.

In Master's care, all hearts are held  
In unity — discord is quelled.

*"In singleness of heart, ... obey Christ... as slaves of Christ, doing the will of God from the heart. Render service with enthusiasm, as to the Lord and not to men and women, knowing that whatever good we do, we will receive the same again from the Lord."*  
(Ephesians 6.5-8)

Lord, master all the cares of my heart. May Your will be done in me and may I strive to serve You well in all things. Amen.

## The Simplicity Of Love

In so many Gospel stories, Jesus is moved with deep compassion for those in need of Him. Authentic charity looks beyond the limits of the heart into the eyes of the other who is in need of our time, understanding, and acceptance. Our hearts become vessels of God's mercy as we strive to serve one another with an authentic and generous spirit.

*"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another."* (John 13.34)

### Serving

Natural love can be tainted  
With selfishness, envy, and pride;  
Covert motives over-painted –  
White-washed smiles have much to hide.

The love of God encompasses  
All other loves faithful and true;  
In love, we're His accomplices:  
'Love each other as I've loved you.'

A simple heart is straightforward:  
Serving with authenticity;  
Seeing the image of the Lord  
In others served with charity.

To serve the Lord and each other  
In love surpasses all our goals;  
In Him, we're sister and brother –  
He is the union of our souls.

In Him, no mercy is denied;  
Love and truth simply coincide.



*“For it is God who is at work in you, enabling you both to will and to work for His good pleasure. Do all things without murmuring or arguing, so that you may be blameless and innocent children of God without blemish in the midst of a crooked and perverse generation, in which you shine like the stars in the world.”* (Philippians 2.13-15)

Lord, source of all love and truth, simplify and straighten out my heart, that I may serve You and my brothers and sisters with an authentic and loving spirit. Amen.

## **Listen To Him**

The Bible is so much more than the world’s all time best-seller. Christ is the Word made flesh who dwells among us (c.f. John 1.14). He longs to have His Word etched deeply within our hearts. (c.f. Jeremiah 31.33) If we can find the proper attitude of humble simplicity and reverence in listening attentively to the Word of God, we will find the seeds of life and fulfillment in Christ.

*“Let the word of Christ dwell in you richly.”*  
(Colossians 3.16a)

### **Treasure Chest**

A simple heart treasures the Word:  
It savours the soul’s daily bread;  
In listening, its depths are stirred –  
Its pondering is Spirit-led.

An oratory of the heart  
Is formed around the treasured Word;  
This inner sanctum’s kept apart –  
As zeal and silence undergird.

The Word is life for all who hear;  
In truth, the Word sets the heart free.  
The Word yields grace to persevere  
Through this life to eternity.

Christ is the Word we welcome in;  
He is the life the Word will give.  
Emmanuel's with us, within –  
In His Spirit, we truly live.

Humbly, the docile heart is led,  
To live the Word which it has read.

*“Your word is a lamp to my feet and a light to my path.”* (Psalm 119.105)

Lord, open my heart to welcome Your Word into the depths of my being, and guide me to know Your truth in the Spirit. Amen.

## **Set Free In Simplicity**

The old ways of self-indulgence and self-centeredness bound the heart, focusing it inward on itself. Through the grace of inner conversion and loving service to others, the heart is opened and gradually freed from its old ways. While the victory is never certain until we meet our eternity, there is a point in the journey where we realize the gift of becoming truly free children of God. It is in this freedom that we are truly able to serve the Lord freely in love.

*“Jesus answered them, ‘Very truly, I tell you, everyone who commits sin is a slave to sin... if the Son makes you free, you will be free indeed.’”* (John 8.34,36)

## **New Creation**

The simple heart's liberated  
From the distractions of this life:  
Inner being integrated,  
With self subdued — set free from strife.

Though broken shards of heart still heal,  
The peace of Christ surpasses all;  
Creator's hand lifts to reveal  
A new creation from the thrall.

New tender shoots spring from the earth  
In fertile ground — once barren stone:  
A humble spirit has its birth  
In submitting to God alone.

Gentleness flows like a warm breeze  
With empathy for hearts in need;  
A kind word is offered with ease —  
Love is now lived in selfless deed.

A new creation He'll impart —  
Emancipation of the heart.

*“For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.”* (Galatians 5.1)

Lord, set me free from all that still binds my heart. Grant me the grace of courage to treasure the gift of freedom and to guard my heart from all that may enslave it again. Amen.

## **Thankfulness**

The showers of God's blessings often drain away like tears without penetrating the ungrateful heart. Can mercy or grace be given to the heart that is neither willing to receive nor

acknowledge the Giver with thanksgiving? Gratitude opens our hearts to receive the fullness of His graces, including those of the cross.

*“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”* (1 Thessalonians 5.18)

## **Grateful Heart**

Ingratitude turns hearts to stone;  
It disregards what God provides;  
Assuming His gifts are its own,  
They are squandered as it decides.

Ingratitude assumes its right  
As heir, to claim what it is due;  
It takes correction as a slight –  
How hard it is to say: “Thank you”!

A grateful heart opens its eyes  
To see the good in ev’rything;  
Blessings often come in disguise –  
Gratitude transforms suffering.

How generous His providence;  
How great are His mercy and grace!  
His love for each soul is immense –  
The grateful heart knows His embrace.

The grateful heart truly receives;  
Blessings and joy are interweaved.

*“be filled with the Spirit, ... giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.”*  
(Ephesians 5.18b,20)

Lord, thank You for Your many gifts, especially for the gift of the cross in my life. May I never forget to be thankful, especially in difficult times. Amen.

## **A Heart of Prayer**

How often the times of prayer can be overcome by distraction and discouragement. Is the time spent in prayer really worth it? The heart which strives to persevere in prayer, past the many obstacles, will find that prayer is both potent and productive.

*“But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. When you are praying, do not heap up empty phrases... your Father knows what you need before you ask Him.”* (Matthew 6.6-7)

### **A Heartfelt Cry**

A simple heart spends time each day:  
To listen in the Lord’s presence;  
To ponder His Word and to pray,  
With humble trust and confidence.

A simple heart awaits the Lord,  
In silence and in solitude,  
Trusting His grace will be outpoured –  
A prayer of hope and gratitude.

Out of its depths, a heartfelt cry  
Pierces the clouds, pleading its plight;  
With soul enjoined to Spirit’s sigh,  
Drawing down mercy, grace, and light.

A simple heart trusts the Lord's hand:  
"Your will be done" is the best way;  
The kingdom comes, at His command,  
To simple hearts who hope and pray.

Good works are born of prayer and grace;  
Prayer is the soul's true dwelling place.

*"I cried aloud to Him... truly God has listened; He has given heed to the words of my prayer. Blessed be God, because he has not rejected my prayer or removed his steadfast love from me."*  
(Psalm 66.17a,19-20)

Lord, direct my heart in the ways of ardent prayer. May Your Spirit animate my fervor and hope. Amen.

## **Opening Up To The Liturgy**

The liturgy of the Mass is rich in tradition and beauty. Attempts to reconcile the truth of the Mass with human ways of thinking most often end in confusion. The heart which approaches faith from the perspective of a child-like simplicity is opened to enter into God's presence in the divine mysteries of the liturgy.

*"God is spirit, and those who worship him must worship in spirit and truth."* (John 4.24)

### **Divine Mysteries**

Authentic worship is simple:  
In humble hearts, the truth's embraced;  
Detached, open, and flexible  
To the Spirit's movements of grace.

The simple heart asks for mercy:  
That grace may purify and heal;  
So it may be prepared to see  
What divine mysteries conceal.

The Word yields faith for those open  
To listen to the Word in whole:  
Absorbing the Word's light within;  
Enlightening depths of the soul.

The Eucharist is mystery:  
The bread of life, which we receive,  
Through ancient prayers of liturgy,  
For faithful hearts who just believe.

With child-like simplicity,  
Hearts gaze upon the Lord's beauty.

*“Jesus said, ‘I thank You, Father, Lord of heaven and earth, because You have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was Your gracious will.’”* (Matthew 11.25-26)

Lord, open my heart to Your presence in the divine Mysteries of the liturgy, that I may welcome you with faith founded on child-like simplicity. Amen.

## **Keeping The Sabbath**

So much of our time is filled with an endless stream of activity which never seems to slow. We commit ourselves to many pursuits and our time is scarce. Can we make an effort to simplify our existence by making time to slow down for one day in a week? Can we set aside time for God and for nurturing our relationship with Him?

*“Remember the sabbath day, and keep it holy.”*

(Exodus 20.8)

## **Slow Down**

Take a break from the busy-ness;  
Slow down the pace; return to peace.  
Haste fills the heart with emptiness;  
Seek rest, repose, and true release.

The heart which takes a slower path:  
Reintegrates its scattered shards;  
Seeks true Shalom in the Sabbath –  
Holds the Lord’s rest in high regard.

The Sabbath helps the heart to hear:  
To welcome and treasure the Word;  
Responding, with resolve sincere,  
To live the Truth which has been heard.

The Sabbath helps the soul center:  
Returning to its proper place;  
With Jesus as Lord and Master,  
And prayerful heart open to grace.

A Sabbath kept draws the Lord near –  
Oasis waters, fresh and clear.

*“So then, a sabbath rest still remains for the people of God; for those who enter God’s rest also cease from their labours as God did from his. Let us therefore make every effort to enter that rest.”*  
(Hebrews 4.9–11a)

Lord, I ask for the grace to cherish the rest Your Sabbath brings to the soul. May each day of rest bring me closer to You and to those I serve in You. Amen.



## Journey Of Simple Faith

God yearns to give us the gift of Himself in countless ways throughout our lives. How often we fall short in answering His call by not responding in the way we should. If we strive to do God's will with a heart that simply believes and does, then we will receive Him in full.

*“He went to be registered with Mary, to whom he was engaged and who was expecting a child. While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.” (Luke 2.5-7)*

### **Their Bethlehem**

The Spirit overshadowed her  
And she answered: ‘Your will be done.’  
An angel came to him to stir  
His heart — he claimed her and her Son.

They journeyed through uncertainty,  
By grace and faith, toward the light;  
With fervour and fidelity,  
They found their Bethlehem by night.

There was no room nor welcoming;  
Though Mercy found a cave to let.  
On stable straw, they laid the King —  
Yet all their needs were humbly met.

They did God's will and they received  
The gift of the Incarnate Word.  
How blessed are those who do believe  
Him and then do as they have heard.

The gift of Himself He'll impart  
To those of simple faith and heart.

*"So they went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child and all who heard it were amazed at what the shepherds told them... The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them."* (Luke 2.16,17,20)

Lord, draw my heart to Bethlehem. Guide me to simply believe and strive to do Your will, that I may receive You in full. Amen.

## **Mary, Our Model**

Mary is our model of authentic Christian simplicity. Her intimacy with Jesus is borne of the union of His Truth with her humility in love. Though Mary is the Mother of God and Queen of Heaven, she is, first and foremost our Mother, treasuring each of us in her heart.

*"Mary said, 'My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has looked with favour on the lowliness of his servant.'" (Luke 1.46-48a)*

### **A Mother's Love**

By faith and hope, He was conceived:  
Spirit descended from above;  
His will was done, as she believed --  
Emmanuel born of pure love.

A simple life of humble means,  
She lived with Him at Joseph's side;  
Hidden beneath life's daily scenes,  
In love most pure, they did abide.

At the wedding, she spurred Him on  
To bring joy to the hearts in need;  
Obediently, He'd provide --  
A Mother's love had sowed the seed.

She stood by Him until the end;  
Not scandalized by cross or death.  
Her greatest Love -- her Son and Friend --  
Heart rent as He gasped His last breath.

From the cross, we're placed in her care:  
"Here is your mother" -- standing there.

*"When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home." (John 19.26-27)*

Holy Mary, Mother of God and our Mother, spur us to your Son,  
that we may be united with Him in the simplicity of pure love.  
Amen.

## **A Child Of God**

Simplicity is personified in the innocence of a young child. Jesus calls us to re-claim that innocence as our own as we strive to grow in simplicity. St Therese of the Child Jesus is a remarkable example of this child-like simplicity lived with a bold confidence in the Father's merciful love.

*“Jesus... said to them, ‘Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.’ And he took them up in his arms, laid his hands on them, and blessed them.”* (Mark 10.14-16)

## **Heirs of the Kingdom**

A child trusts her Father's hand  
To lead her on the road ahead;  
Without the need to comprehend  
His ways -- her faith holds firm instead.

She finds shelter in His embrace.  
She looks to Him for sustenance.  
Her heart is buoyed by His grace.  
Her eyes light up in His presence.

A child knows her littleness:  
Content to walk her Father's way,  
Her heart accepts her dependence  
On Him, her strength and guide each day.

A child reaches out to love  
The hearts of those left in the cold;  
Grace and mercy flow from above  
As seeds of the Kingdom take hold.

"Let all the children come to Me;  
The Kingdom's theirs eternally."

*“O Lord, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvellous for me. But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child that is with me.”* (Psalm 131.1-2)

St. Therese, help me to learn and live the child-like simplicity which you teach us; that through simplicity, the Kingdom may come. Amen.

## References

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