



**T**here's a very big difference between being regarded as a person of worth and feeling worthy. A person may feel they are worthy ... but cannot see that this is not true, or indeed the reverse!

There is a story of one budding musician who visited the Beethoven museum in Bonn and couldn't resist the opportunity to touch and attempt to play one of the great composers instruments. When he asked the curator if many visitors longed to do the same thing. The curator quietly remarked that the Polish Composer Paderewski had been in the previous week and said he was not worthy to even touch it. You could say the music student felt he had worth – but was he really worthy? Probably not.

The good news for the Christian is that in Christ we are all found worthy. He alone makes our mortal nature of inestimable value.

A lot of people try to gain worth through perfectionism, to earn love and regard from people by dint of our achievements, academic or otherwise. When that is the case, shame creeps in ... and distorts our understanding of our self-worth. But when our hearts are attuned with God, the opinions of others lose their weight. Living to please the Lord brings a peace that the world cannot give or take away. We know instinctively that everything has a

**For the kingdom, the power and the glory are yours now and for ever.**

Lord Jesus Christ, ... **Amen.**  
The peace of the Lord be with you always.

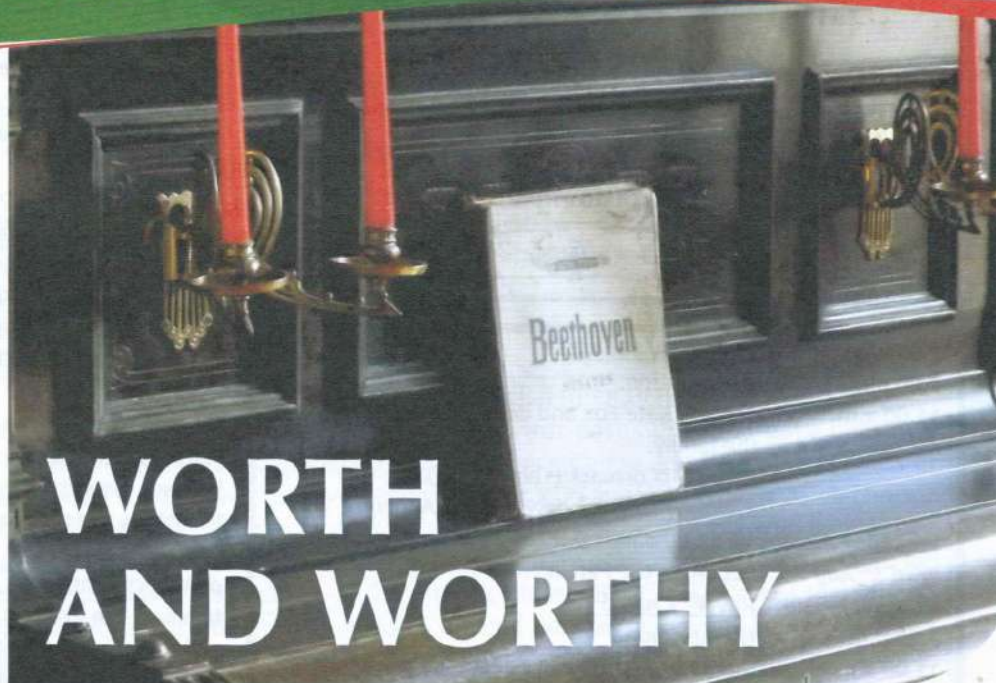
**And with your spirit.**

**Lamb of God, you take away the sins ...**

*Showing the Host to the people, the priest says:*

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy that you should enter**



## WORTH AND WORTHY

cost. Some things are cheap for a very good reason – they are not worthy items in themselves. Following the Lord involves a struggle at times but it's a good struggle. The German Pastor Bonhoeffer wrote a book called *The Cost of Discipleship*. It warned against 'cheap grace' ... a grace without discipleship and the holy struggle involved in following what Christ asks of his followers. The following poem by Steve Page, called 'Counting the Cost', might speak to you.

*Have I loved enough,  
Have I denied myself?  
Have I ducked the responsibility  
That comes with so much grace?  
Is mine a cost worth counting?  
Is mine a cross worth lifting?  
Have I reduced my discipleship  
To a too comfortable pace?*

**under my roof, but only say the word and my soul shall be healed.**

**Communion Antiphon** (Cf. Ps 102:1)  
**Bless the Lord, O my soul, and all within me, his holy name.**

**Prayer after Communion**

May this divine sacrifice we have offered and received fill us with life, O Lord, we pray, so that, bound to you in lasting charity, we may bear fruit that lasts for ever.

Through Christ our Lord. **Amen.**

*Lord, I'm tired of this highway  
With its crowded lanes and tolls  
to pay.*

*Let me live your love without  
speed limits*

*Along your narrow way.*

May we welcome Christ through hospitality (First Reading) and self-giving and if we receive others in his name (Gospel) we receive true life in him.

'I do not care very much what men say of me, provided that God approves of me.' (St Thomas More)

— Tom Cox



### Reflection

Reflect how the Gospel of God can become the central love of your life.



### Lesson

Committed disciples must be ready for the Cross and to lose even their lives for Jesus.



### Prayer

Lord, you are peace to the mind and contentment to the heart.

