Thought for the week 22nd Sunday of the Year (B) 2nd September 2018 How do we practice our faith without appearing too holy, righteous and arrogant? We need to witness to Jesus and our beliefs without

We need to witness to Jesus and our beliefs without appearing to judge others who do not believe. It is very hard to be humble and also evangelical. The practice of their faith by some of the Pharisees in the gospel today masked the true condition of their hearts and Jesus knew this. I have many friends who ask me to pray for them as they know I pray but I feel I need to remind them, kindly without being critical, that they could pray too and Jesus would rejoice at them doing so. I am not special but exactly the same in God's eyes as them, although they feel unworthy.

We must live our belief and not just listen and deceive ourselves. We need to try and resist the temptation to keep quiet when we should be speaking out, and vice versa. We should be honest about any feelings that the church has let us down in some things and not cover up wrongdoings. We must speak out against injustice and sin without being angry and judgemental.

We have the wonderful Sacraments to feed us in our attempts to live a life as Jesus wants us to- food for the soul in the shape of Jesus Himself. He is our ultimate friend and helper and as St Peter said today:

"Lord, who shall we go to? You have the message of eternal life and we believe; we know that you are the Holy One of God."

Let us ask the Holy Spirit for the grace not to be hypocriteswe cannot do it alone.

A Parishioner