

REFLECTION

22nd Sunday in Ordinary Time, Year A, August 30th, 2026

Scripture: Romans 12: 1-2

In this passage, St. Paul writes, "...present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." Paul envisions Christian sacrifice as an offering of our entire lives—our thoughts, words, deeds, relationships, work, and decisions.

According to Paul, the transformation begins with the mind. When we let God's Word change our thinking, we gradually start to perceive life differently. We learn to ask not only, "What do I want?" but also, "What does God want from me?" As a result, a fresh mind will lead to a rejuvenated heart and, eventually, a renewed way of life. Paul also reminds us that Christian faith entails more than just attending service or understanding religious doctrines. True worship is demonstrated in our daily lives. The way we treat others, forgive, serve, communicate, work, and respond to challenges can all be considered an offering to God. When we Christians live a life of testimony, we become tools for evangelization, missionary work, and discipleship.

Therefore, Scripture invites us to examine ourselves: what aspects of my life have I yet to offer to God? Maybe it's our family life, our goals, our finances, our relationships, our habits, or our worries. Thus, God urges us to submit everything before him. May the Lord take our entire lives and transform them into pleasing offerings to Him.

"If you have God at the center of all your action, then you will reach the goal."

- St. Pier Giorgio Frassati