

Four-year-old Jenny is in her backyard playing and having fun with her friends. In the midst of her activity, Jenny's Grandfather comes outside to join the group. At one point, he picks up Jenny. She is full of glee at his attention. Grandpa says to Jenny: "You are such a delight!" Jenny giggles and replies: "I know." She and her Grandfather laugh together with great pleasure and joy.

All of us have a place within our hearts and souls, where we know we are loveable and loved....we are precious and special. Our 1<sup>st</sup> reading shares this good news with us today. Through the prophet Isaiah, the Lord says to each of us personally and individually: "You are My Delight." Isaiah goes on to relate that "the Lord delights in us....that God rejoices in us." This is good news at its best.

It takes a lifetime to receive, believe and know this good news because we struggle and experience times of darkness.

When we are sick, suffering and in pain; when we are lonely, discouraged and depressed; when we feel guilt, shame and fear....the Lord is with us.

When we are unemployed, poor and struggling to pay our bills; when we are misunderstood, rejected and feeling worthless; when we feel loveless, hopeless and empty....the Lord is loving us.

When we are alienated in our relationships, angry and impatient; when we are full of hatred, resentment and rage; when we cannot forgive, let go, and surrender....God is holding hope for us.

How is all of this possible? Because we truly are the Lord's Delight. God has made a covenant with us to be faithful. God never gives up on us. God's love is forever.

To receive this good news takes daily effort.

This week be attentive to God speaking to us. See if we can hear and tune into God's love language stating: "You are My Delight"

My sisters and brothers, won't it be wonderful when we receive this good news.... truly believe it and we say to God: "I know."