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There was a young professional — successful, respected, and outwardly happy. One day, a friend asked him, “How are you doing — really?” And after a pause, he said, “You know... I have everything I once prayed for. But I still feel like something’s missing. I don’t even know what it is. I just feel... tired in my soul.”

Have you ever felt that way?

That sense that you’re doing everything right, life looks fine on the outside — but something inside is restless, unsettled?

That’s the feeling that connects both readings today — and it’s the feeling God wants to speak to.

In the first reading, the people of Israel are in the Promised Land — they’ve arrived, things are going well, and slowly... they forget.

They forget the God who brought them out of slavery.

They forget the one who carried them through the desert.

And they turn to other gods — idols, the Baals — hoping for something more, or maybe just chasing what everyone else around them is chasing.

Doesn’t that sound familiar?

When life is hard, we remember God. We pray. We reach out. But when life feels secure — we drift. We forget. And slowly, other things take

God’s place: success, comfort, control, pleasure, even just busyness.

And then... we feel it. That restlessness. That fatigue in the soul.

But what is most striking about that reading isn’t the people’s failure — it’s God’s response. Every time they cry out, God hears. Every time they turn back, God sends a deliverer. He never stops reaching out.

God is faithful, even when we’re forgetful. That’s who He is.

We meet the young man in the Gospel of the day. And we should be clear: this is a good person.

He’s not a Pharisee. He’s not testing Jesus. He comes sincerely: “What must I do to gain eternal life?”

He has followed the commandments — he’s lived a morally upright life.

But... there’s still something missing. And he knows it.

Jesus sees that hunger and lovingly says to him:

“If you want to be perfect — sell what you have, give to the poor, and come, follow me.”

Jesus is not scolding him. He’s inviting him into something deeper.

And then... we hear that heartbreaking line:

“He went away sad, for he had many possessions.”

He wanted more — but not enough to let go. His heart was divided.

What Holds My Heart Back?

So, what about us?

What’s the one thing we’re holding onto — that’s keeping us from going all-in with God?

Letting go—two small words that carry the weight of a lifetime.

Whether it's a past hurt, a failed dream, a toxic relationship, or even just our need for control, the struggle to release what no longer serves us is one of the most deeply human—and deeply spiritual—battles we face.

Jesus said, “Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit” (John 12:24). That’s the heart of letting go: trusting that in surrender, there is new life.

But let’s be honest: it’s hard.

It’s hard because letting go often feels like losing.

It’s hard because our hearts become attached—not just to people, but to outcomes, to expectations, to how we think things should be.

It’s hard because surrender feels like weakness in a world that tells us to stay in control.

Spiritually, letting go is not giving up—it’s giving over.

It’s placing our hopes, fears, and wounds into the hands of the One who sees more than we do.

It’s saying, “Lord, I don’t know where this road leads, but I trust You with it.”

Letting go might mean forgiving someone who never apologized.

It might mean stepping away from something good to follow something greater.

It might mean quieting our plans so we can hear God’s whisper.

But here's the mystery: the more we let go, the freer we become.  
We stop dragging the weight of yesterday into today.  
We stop clinging to illusions of control and open ourselves to grace.  
And most importantly, we start to live not from fear, but from faith.  
Look at the Cross. That's the ultimate surrender.  
But look also at the Resurrection—that's the promise that nothing we  
hand over to God is ever wasted.  
Letting go is hard. But staying stuck is harder.  
Let go, not because you have the strength—but because God does.  
Let go, not because you stop caring—but because you start trusting.  
Let go and let God make something new.

Maybe it's not money. It could be the need to control. It could be a habit  
we won't bring to confession. A grudge we won't release. A fear we  
haven't surrendered.

Jesus doesn't want to take things from us just to test us. He wants to free  
us. He's saying:

“Let go of what's keeping you from Me — and I'll give you what your  
heart is truly longing for.”

This Gospel isn't really about wealth — it's about freedom.

It's about the peace that comes when nothing in this world owns us —  
because we've given our hearts completely to Christ.

St. Augustine put it best:

“You have made us for Yourself, O Lord, and our hearts are restless until  
they rest in You.”

That's not just a poetic line. It's the truth of the human heart.

We were made for God — and everything else, no matter how good, will  
leave us feeling like something's missing, if He's not first.

So today, the Lord is asking each of us:

- Where have I drifted, like the people of Israel?
- What have I clung to, like the rich young man?
- What might Jesus be gently asking me to surrender?

Let's not walk away sad today. Let's walk toward Jesus.

In the Mass, we receive not just His teaching, but the strength to begin again, the grace to let go, and the peace to know that we are deeply, eternally loved.

Let us ask Him, today, for the courage to say:

“Lord, I want to follow you — not just with my words, but with my life.” Amen.