

# Reflection:

December 2025

## FOR WHERE YOUR TREASURE IS, THERE YOUR HEART WILL BE ALSO

*Mathew 6:21*

Thomas and Therese had been married for eight years and were blessed with three children. In their early years, their shared dreams revolved around comfort — a good house, vacations, parties, and friends. But with the arrival of their children, life turned upside down. Juggling work and parenthood without support strained their relationship; Thomas slipped into phone addiction while Therese buried herself in work. Tension grew until, providentially, a friend invited them to a Jesus Youth family group. That encounter slowly transformed their marriage, helping them rediscover the true treasure of their relationship. Through formation and fellowship, they learned to reorder their priorities and embrace a life of discipline and communion.

Like Thomas and Therese, God has created each of us with an innate hunger for happiness. It moves quietly beneath our longing to be holy and fruitful, to love deeply and serve generously — as well as beneath our constant urge to check the phone, take another bite, or seek comfort in entertainment or affection. We are beings who hunger not only for food or pleasure, but for meaning, beauty, and communion. A vital part of personal formation is to protect and nurture that holy hunger, so that it is not numbed by the small satisfactions that demand nothing yet leave us emptier than before.

Meditating on the Word of God illumines the intellect and strengthens the will, enabling them to guide our desires in a mature way. Jesus said, “Where your treasure is, there your heart will be also.” The heart always follows what it treasures. The question is not whether we desire, but what we desire most. In a culture that craves comfort over communion, ease over effort, and stimulation over stillness, we must deliberately form our higher faculties — the intellect and the will — so they can lead our passions toward what truly fulfills. When the soul, created for eternity, feeds on what fades, it grows weary. What we call boredom is often a symptom of disordered hunger.

Modern science echoes this truth. Every scroll, like, or notification releases a spark of dopamine — the brain’s pleasure chemical. But overstimulation dulls our capacity for genuine joy. The ancient monks called this state *acedia* — a sadness of the soul, a heaviness toward what is good and life-giving.



This is why disciplining our desires is essential; it lies at the heart of Catholic formation. Formation is not merely learning doctrines or doing ministry – it is about shaping what and how we love. To discipline desire is to learn to hunger rightly, allowing God to purify the will and steady the heart. The saints show us that self-mastery is not the denial of desire but its redemption.

The answer, however, is not withdrawal from the world, but a healthy balance – the middle way of freedom. God does not ask us to reject creation but to live in it with clarity and purpose. The disciplined heart learns to enjoy good things without being possessed by them. Food, rest, friendship, creativity – all can become paths to holiness when received with gratitude and moderation. This middle way keeps us both rooted and free: rooted enough to love this world as God's gift, and free enough not to live for it.

We form and direct our desires through small, intentional acts of love and restraint. When we fast, we train hunger to serve freedom. When we silence the phone to pray or truly listen, we re-center our attention on His presence. When we choose integrity in thought and action, our emotions become whole and vibrant. Each act becomes a schooling in love – a re-education of what the heart finds delightful. Formation bears fruit in the movement when courses, assignments and study go hand in hand with intentional personal discipline.

In this formation month, can we allow Jesus to become our true treasure – the center around which all our desires are ordered? Perhaps that means fasting not only from food, but from noise; pausing not merely for rest, but for recollection in His presence. When we feel the ache of letting go – that quiet emptiness that follows restraint – let it become prayer, a space where love matures. For holiness is not the absence of hunger, but the grace to hunger for what truly satisfies – the Lord Himself.

“For where your treasure is, there your heart will be also.” May our treasure be in Him, and may our hearts learn again the grace of holy hunger.

