

April 28, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

OUR ACTIONS SPEAK LOUDER THAN WORDS

By Sr. Jane DeLisle, CSJ

From the Gospel of John

*Children, let us love not in word or speech
but in deed and in truth.*

*Now this is how we shall know that we belong to the truth
and reassure our hearts before him
in whatever our hearts condemn,
for **God is greater than our hearts and knows everything.***

*Beloved, if our hearts do not condemn us,
we have confidence in God
and receive from him whatever we ask,
because we keep his commandments and do what pleases him.*

And his commandment is this:

*we should believe in the name of his Son, Jesus Christ,
and love one another just as he commanded us.*

*Those who keep his commandments remain in him, and he in them,
and the way we know that he remains in us
is from the Spirit he gave us.*

Reflection

The Season of Easter continues to color our lives in repetitive themes. In the Ignatian prayer, repetition urges us to go deeper and to discover additional grace. God isn't finished with us yet. We are continually urged to *remain in God as God "remains in us."*

Choosing to remain in God is essential to our life of faith. Jesus is risen, indeed! We are the ones who now tend the love of God present within and around us. It is by our lived example that the WORD is made available to us. God is revealed in the very fabric of our lives.

Today we have Saul telling anyone who will listen that he has seen the Lord. Through the grace of "*seeing*" Jesus in the dramatic experience of encounter, Saul becomes Paul, signaling his soul space transformation. He is different and his vision made new. Conversion is a life-long journey from ego space to soul space. It takes a lifetime.

The apostles listen and tell of their own experiences of seeing the Lord. Their relationship with Jesus through his life, death, and resurrection is transformative. They, too, are different, emboldened by their experience. Faith and courage impel them to speak out, teach, bless and be for others in new ways. Ongoing conversion requires prayer, reflection, discernment, and continual change for "*God is greater than our hearts and knows everything.*"

I find myself wondering, how have the life, death, and resurrection of Jesus transformed my life? As desire to *remain in* Jesus awakens in me, I seek to see him, know him, discover his presence. I ask myself, have I seen the Lord? The answer is a resounding, "Yes!" He is revealed in countless acts of kindness, self-gift, and love demonstrated in my life and the lives of so many other people. Just knowing is not enough. As St. John says, "*We love in deed and in truth.*"



Christ the Redeemer, Brazil

Photo by 4FLY RJ

For Pondering

- How has the Resurrection of Jesus influenced my life?
 - Where do I see Jesus in the people, circumstances, and world around me?
 - How does my life speak of God in quiet and simple ways?
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For Prayer

*Loving God,
thank you for sending Jesus to live and teach among us.
Through him we are blessed to see you
as compassionate, merciful, and forgiving.*

*You are love made manifest in Jesus' life death and resurrection.
May the grace of Easter rise in my soul and flow out
in loving attention to my family and circle of relationships.
May my life speak of your abiding presence within me and all around me.
I pray to always remain in you as you are in me.
Amen.*

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