

May 17, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

FOLLOW ME!

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

After Jesus had revealed himself to his disciples and eaten breakfast with them, he said to Simon Peter, "Simon, son of John, do you love me more than these?" Simon Peter answered him, "Yes, Lord, you know that I love you." Jesus said to him, "Feed my lambs." He then said to Simon Peter a second time, "Simon, son of John, do you love me?" Simon Peter answered him, "Yes, Lord, you know that I love you." He said to him, "Tend my sheep." He said to him the third time, "Simon, son of John, do you love me?" Peter was distressed that he had said to him a third time, "Do you love me?" and he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Amen, amen, I say to you, when you were younger, you used to dress yourself and go where you wanted; but when you grow old, you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." He said this signifying by what kind of death he would glorify God. And when he had said this, he said to him, "Follow me."

JOHN 21:15-19

Reflection

In today's gospel, three times Jesus asks Peter if he loves him. Peter responds "yes," and Jesus says to Peter that he needs to feed his lambs, tend his sheep, and feed his sheep. As we know, the sheep and lambs represent the people of God. Jesus is telling Peter – and us – to care for all of creation. This prompts us to reflect on how we are caring for our brothers and sisters today. It provides an opportunity to take stock on where we are in using our gifts, talents, and resources for others. By taking the time to do this work, we have the data we need to discern and make changes in how we are living our lives in response to the gospel messages.

At the end of this passage from John, Jesus instructs Peter to "follow me." It's another lens for us to reflect upon our lives and ask ourselves, "Who am I following?" Does the imprint of my daily life reflect my deeply held faith and beliefs? One helpful way to answer this question is to look at my calendar and see where I've been spending my time the past month. Where is my focus and where is my energy being spent? Does it support my intention to follow Jesus or am I overwhelmed with too many tasks that, in the end, are meaningless in the larger picture of my life? Am I fulfilling my desire to live with a generous and giving heart?

Follow Me

Come, come follow me
O pilgrim on the journey.

Through you, my lambs are fed
And creation is tended.

Come, come follow me
And I will give you life.



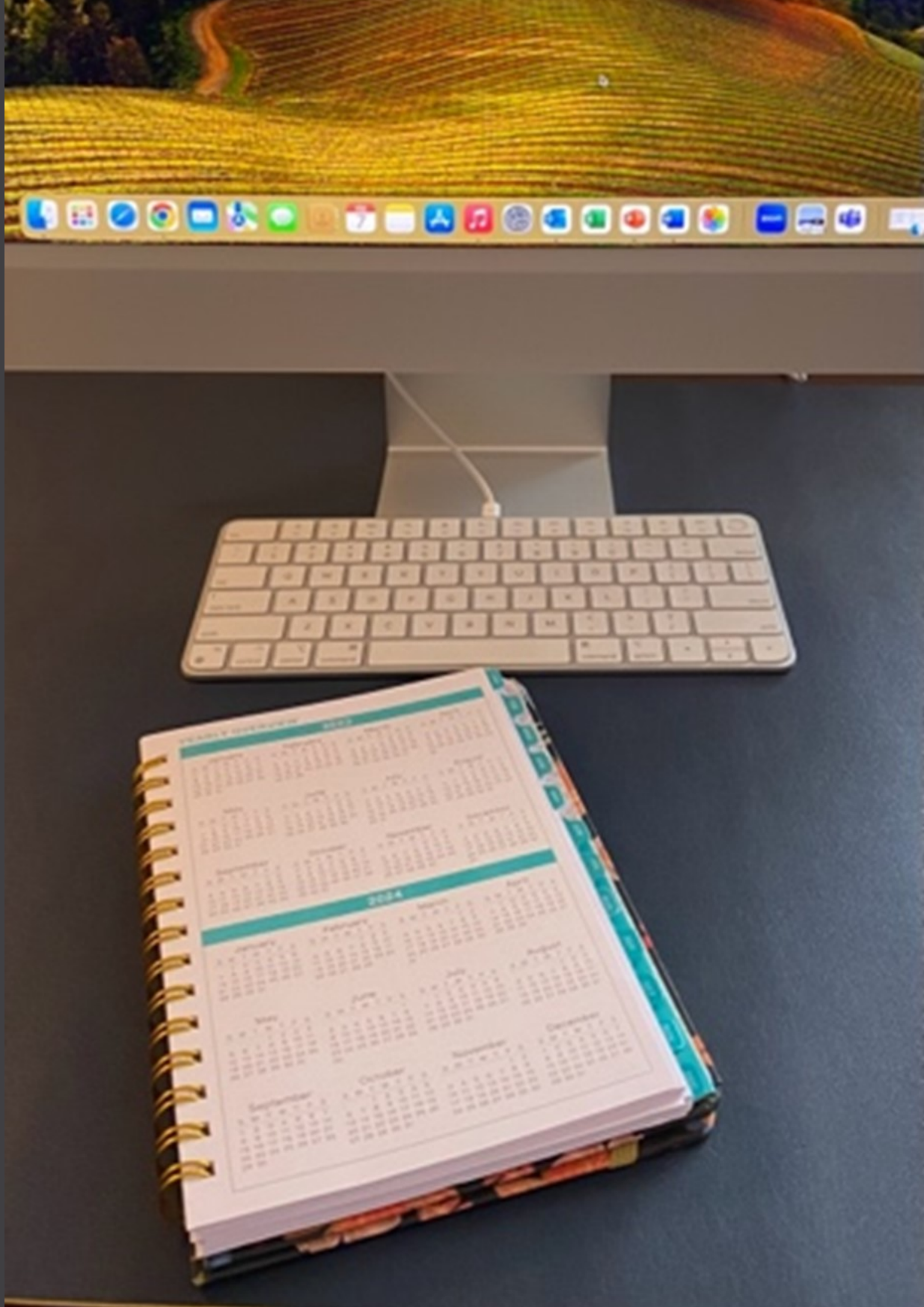


Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Take a moment and look over the past two months of our calendar. Can you point to times where you have “tended” and “fed” the people of God?

What prompted your choices for how you “calendared” your life?

- As you reflect on the week or month ahead, look at your calendar and see where you are “following Jesus.” If you need to make adjustments to your calendar, do so now.

For Prayer

*O God who calls each of us into life with Christ,
may we use our gifts and resources for furthering your kingdom
in the day-to-day realities of our lives.*

*May our choices reflect our desire
to live the fullness of life that is only found in you.*

*May we live with generous and joyful hearts
as we seek to grow ever closer to you and all of creation.*

Amen.

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