

May 26, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

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DO YOU LOVE ME?

By Sister Jane DeLisle, CSJ

An Excerpt from 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."

JOHN 21:15-17

Reflection

Whether spoken aloud or held in the silence of the heart, the question "do you love me?" is a universal quandary and desire of the human heart. To love and be loved is an essential need and desire for everyone, even Jesus.

The mental, emotional, and social benefit of being loved helps us maintain a positive, long-lasting relationship. I know from personal experience and in listening to countless people in spiritual direction that confidence and self-esteem are bolstered by the love we experience from significant people and from God.

Love is who God is and what God does, all-inclusively and unconditionally. We are made in God's image and likeness and so are to be love in this world. Jesus, as a human person, even in his resurrected state, valued his relationships and desired the same loving unity with us and for us that he knew from his Father.

Love is beyond words and emotions. Love is a choice with actions that flow out of loving without condition. The question to ponder is rooted in love of God and others, both given and received. Love enables me to forgive, mend broken relationships, and give in service, responding to personal struggles and hardships that ask, "***Do you love me?***"



Two people place their hands together in the shape of a heart
Photo by Jasmine Carter / Pexels

For Pondering

- How well do I love? Is my love conditional?
 - What behaviors and actions give evidence of my love?
 - Does my love have a positive impact on the people I love?
 - How does my love spill out into the world and to whom?
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