

May 10, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

NO ONE WILL TAKE AWAY YOUR JOY

By Sr. Jeanne Fallon, CSJ

Today's Gospel

Jesus said to his disciples: "Amen, amen, I say to you, you will weep and mourn, while the world rejoices; you will grieve, but your grief will become joy. When a woman is in labor, she is in anguish because her hour has arrived; but when she has given birth to a child, she no longer remembers the pain because of her joy that a child has been born into the world. So you also are now in anguish. But I will see you again, and your hearts will rejoice, and no one will take your joy away from you. On that day you will not question me about anything. Amen, amen, I say to you, whatever you ask the Father in my name he will give you."

JOHN 16:20-23

Reflection

Today's Gospel is a continuation of Jesus' farewell words during the Last

Supper. Jesus gazes on his beloved companions and sees their anguish: *he will leave them for a time*. He offers the image of a woman in labor suffering birth pangs because her moment has arrived; she forgets her pain when she holds her newborn infant in her arms. Jesus consoles his disciples, telling them that their hearts will rejoice, and no one will be able to take their joy away. "*I will see you again* and your grief will turn into unimaginable joy the world does not understand! You will ask the Father anything in my name and he will give it to you."



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The disciples were about to suffer as they realized that Jesus would be leaving them and that he would be going through the agony of dying; likewise, we also have times when we experience loss, anguish, and the sense of abandonment. Suffering is part of our lives. Our faith in Jesus helps us walk through our times of grief and loss, trusting we will have the courage to go through it with Jesus as Companion at our side. He experienced suffering that we cannot imagine, and he knows the anguish we experience. Jesus asks us to trust in his promises: he will bring us through the time of healing into the joy that only Jesus Christ can give.

For Prayer

*Jesus, infinite love,
have mercy on us when we experience
the tangible absence of your presence.
Give us the strength to cling to your promise
that we will never be alone: your love will carry us.
Your love is enough.
Amen.*

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