

May 12, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

RISE UP!

By Sr. Jayne Helmlinger, CSJ

A Reflection on Today's Readings

Today we celebrate the Ascension of our Lord Jesus Christ. This moment is one which gives hope to all that we will one day be in heaven. Before Jesus ascends into heaven, he gives the people of God, his church, the mission to “go to the whole world and proclaim the gospel to every creature” (Mk 16:15). This is our ongoing call to discipleship through Jesus’ own words and invitation.

It is the Good News of Jesus that we are called to proclaim with our lives. Just saying this brings great joy to my being. In coming to know and love Jesus through our personal relationship in prayer and the experiences of life, we come to know ourselves more deeply. It is in and through Jesus that we have life and have it to the fullest!

In the Second Reading from Ephesians, St. Paul prays that we receive a “Spirit of wisdom and revelation resulting in knowledge of Jesus. May the eyes of your hearts be enlightened, that you may know what is the hope that belongs to his call...” (Eph 1:17-18). These are beautiful, poetic words, asking us to give sight

to the stirrings of our hearts as we reflect on the mission Jesus has given us. Through the prayers found in this scripture passage, we receive wisdom and revelation so that we might know Jesus more profoundly. We are to know and experience the hope that belongs to the call of Jesus. These elements of our faith are foundational and inspirational to our lives today. It is through our relationship with Jesus that we come to know him in the intimacy of our being. It is our very lives -- our inner terrain where we speak to the Lord from our heart -- that join with our outer lives of faith in action to give testimony to our love of God ... and witness to our deepest held beliefs.

At the conclusion of today's gospel from Mark, we read of the sending forth of the disciples where they "preached everywhere" and the Lord "worked with them and confirmed the word through accompanying signs" (Mk 16:20). This is the promise that Jesus will be with us through the gift and power of the Holy Spirit.

The readings today reminded me of Maxim 57 from the "Maxims of the Little Institute" of the Sisters of St. Joseph. The Maxims are a resource that speak to our lives and reveal how God's imprint is found within and among us, generation to generation. As we live our lives, we are guided by our charism of unity and reconciliation, and the message of Jesus to love one another. Maxim 57 reads, "At the end of your good works, give all the glory to our dear Savior, who by his death has truly become the inspiration of your life and of your good works." This is what today's readings are all about. It is not about what we do, per se; it is why we do what we do. It is our response to God's great gift to us for the hope of salvation. It is our witness and embodiment of the message Jesus gave the first disciples to preach the Good News and evangelize all of creation.

Rise Up!

Rise up, for the Lord has called us by name.
We are given a mission to preach the Good News.

Rise up, even if we grow weary and disillusioned.
The infinite power of God's love for creation propels us forward.

Rise up, O skeptical and doubting mind.
Do not allow false gods to impede your road of discipleship.

Rise up, O heart full of joy.
Creation is aching for the embodiment of love, tenderness, and compassion.

Rise up, O faithful servant of God.
Allow the Holy Spirit to guide each step of your journey.

Rise up and be on your way!

There is no greater time than the present to be who you are called to be,

In faith, hope, and love.



Photo by Falco

For Pondering

- As you reflect on the Ascension, how does it inspire your own discipleship?
 - As you reflect on Maxim 57, can you find your own lived experiences in its deeper meaning?
 - Which stanza of "Rise Up!" calls to you today?
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For Prayer

O God of infinite love,

*you gave your only Son for our salvation.
May we continue to follow the instructions from Jesus
to preach with our lives the message of the gospels.
May we be conduits of your love and compassion for all living creatures.
Amen.*

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