

May 14, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

LOVE, PEACE, AND JOY!

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's Gospel

Jesus said to his disciples: "As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love. I have told you this so that my joy might be in you and your joy might be complete. This is my commandment: love one another as I love you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. ... I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another."

JOHN 15:9-17

Reflection

This passage from the gospel of St. John sums up our mission as disciples, which is to love one another. It sounds so simple, yet it takes the Holy Spirit, prayer, humility, and so many graces from God to live this edict fully.

What inspires me are the words “that my joy might be in you and your joy might be complete.” We are given this love and joy through the life, death, and resurrection of Jesus. It is a gift we must embrace with our whole being if we desire to love one another and love God. We cannot love if we don’t have the power of love in our hearts. Through prayer and reliance on God and one another, we continually evolve and strengthen our love of God, self, and one another. Let us continue to express and live into loving one another as God loves us.

Prayer response to this reading

Love, O love of our lives, infuse in us the desire to be love.
Let us not restrict the love you so generously pour into our hearts.

Peace, O peace of God within,
Illumine the path before us as we place our trust in you.

Joy, O joy Divine, may we exude joy that knows no bounds,
In response to the generous gift of your Son, our Savior, Jesus Christ.



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For Pondering

- As you reflect on the words "love, peace, and joy," which one speaks most profoundly to you today? How might you embody this grace in thoughts,

words, and actions?

- How has God's command to "love one another" been operative in your life this past week?
 - How might this command of "love one another" be evidenced in your actions this day?
-

For Prayer

We pray for the desire and perseverance to love one another.

*May our presence point to the source of love
that flows from a heart steeped in intimate relationship with the Beloved.
Amen.*

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