

May 16, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

LOVE SONG

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

Lifting up his eyes to heaven, Jesus prayed saying: "I pray not only for these, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me. And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me. Father, they are your gift to me. I wish that where I am they also may be with me, that they may see my glory that you gave me, because you loved me before the foundation of the world. Righteous Father, the world also does not know you, but I know you, and they know that you sent me. I made known to them your name and I will make it known, that the love with which you loved me may be in them and I in them."

JOHN 17:20-26

Reflection

This gospel passage from John is a beautiful, soulful, love song to us; a love song prayed by Jesus to his Father, and one we are to listen to and take into our being today. We are the ones who believe in Jesus through his Word. We strive for the unity that Jesus has with his Father. What does this unity look like in our lives?

There is so much discord in life today. How often do we stop and pray to God as Jesus prayed? Let us pray and may this prayer be in words, songs, or in the quiet of our inner being. We can silently lift up all who find themselves in harm's way. Even during times of crisis or conflict, we can remain united with God and one another through prayer and knowing we are all a part of the Body of Christ.

In his prayer, Jesus says, "Father, they are your gift to me." We are what Jesus gave his life for and he considers us his gift. How do we cherish this act of love from Father to Son? How do we express our love for one another, those both close to us and those we know only from afar? When I read about the conflicts occurring all over the world, as well as the violence in families and cities throughout this country, I'm inspired to pray for the safety and well-being of others. And my prayer ignites a deep passion to work for justice for all. This is some of what comes to mind as I reflect on Jesus' beautiful prayer to his Father.

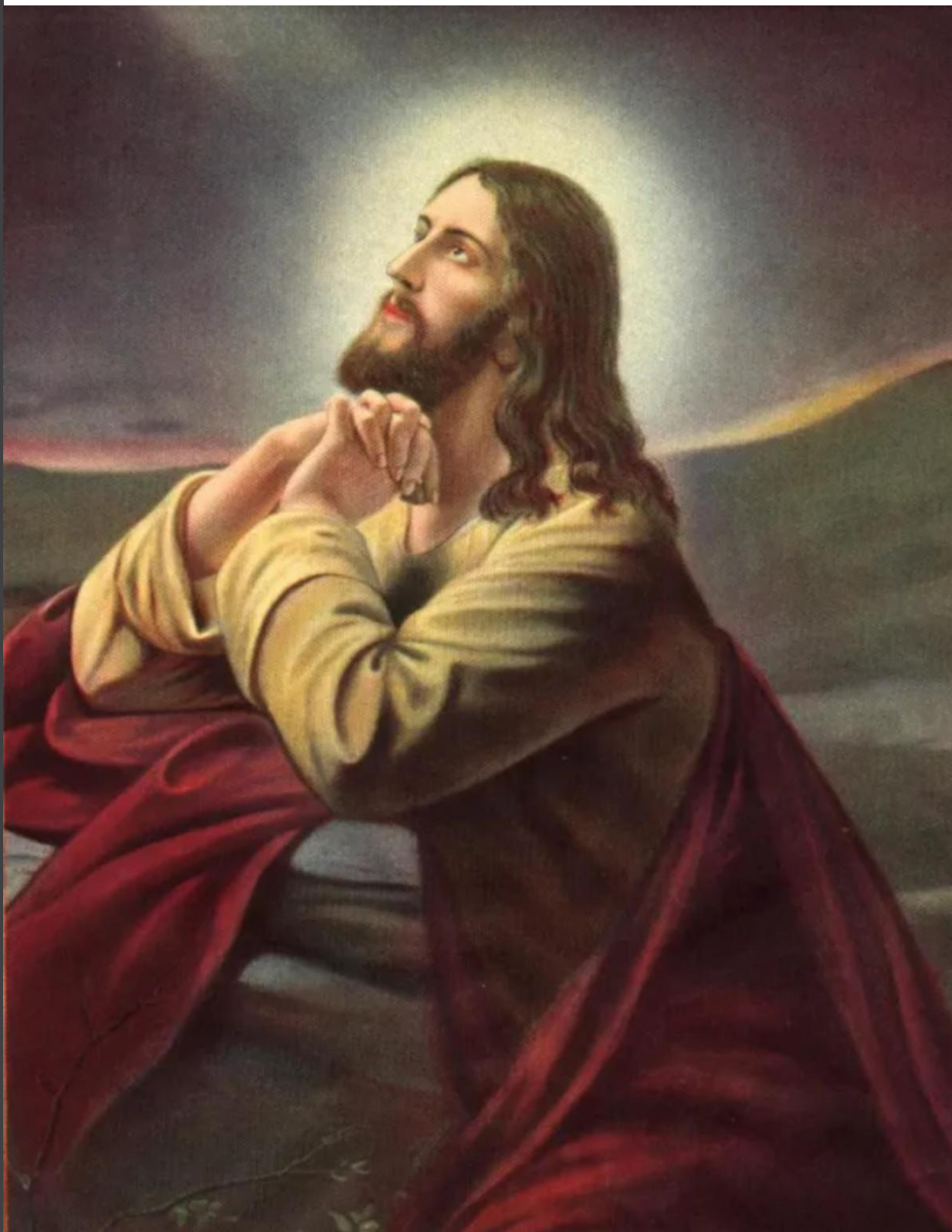
What is my prayer to God? To those with whom I live and minister? What are my prayers for those in far-off places who find themselves without homes, food, shelter, friends, or love? I strongly believe in the power of prayer and this passage from John's gospel invites us all to pray our prayers of love to God passionately!

Prayer-Poem Response to John's Gospel

Unleash in me a well-spring of prayer that flows from a heart aching for all that is wrong in our world. May my own life counter the harmful actions and words of those who see others as the enemy or foe.

Ground me, O God of my prayer, as I speak from the depths of my being. I lift up all those bowed down and seek actions that might alleviate the distress and loneliness of others.

Quiet me, O God of the Light. Help me to see with your eyes, hear with your ears, and speak with your tongue. May I contribute to what is right in this world to counter all that causes harm.



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For Pondering

- When you hear this prayer from Jesus, how does it impact you? Do you see yourself as one of Jesus' gifts given to him from his Father? What stirs

in you as you take in these words?

- What does it mean to you to hear Jesus say, "the love with which you loved me may be in them and I in them" from the end of this passage from John?

For Prayer

*Jesus, who sees us as gift,
may we be a gift that is generous of heart and gentle of soul.
Let us be a light in the darkness that, at times, permeates our world.
Let us be a gentle, calming presence
for those seeking shelter from the storms of life.
Amen.*

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