MAY 28, 2017

SEVENTH SUNDAY OF EASTER

ACTS OF THE APOSTLES 1:12 – 14

PSALM 27:1, 4, 7–8

1 PETER 4:13–16

JOHN 17:1–11A

REFLECTION

Often, I find myself focusing more on the divinity of Jesus and his lessons than on his humanity. Today's Gospel brings Jesus' humanity into perspective when Jesus said: "I pray for them." Jesus prays for us!

How wonderful it is to know that the Son of God prays for us by name! I am reminded of the incredible power of prayer, even when we know nothing of who is praying for us. This includes the thousands of individuals who have been called to religious life; communities of priests, brothers, and sisters pray specifically for the needs of others, such as Trappists and Carmelites. These individuals believe so deeply in the power of prayer that they have dedicated their lives to it. Remembering this, I am challenging myself, and you, to tap into those prayers the next time we need some.

RANCHING NUNS IN COLORADO

www.today.com/video/today/56977449

ACTION

This week, take some time to pray for a person or a group of people for whom you do not usually pray. Maybe you choose to pray for individuals experiencing homelessness or those who are suffering from

INSIDE THE MONASTIC LIFE

www.youtube.com/watch?v=pnKbPj7EhCg

mental illness. Perhaps you pray for someone with whom you have a hard time getting along. Also, challenge yourself to pray in three new ways this week. You could start by praying a rosary and reflecting on the mysteries for the day or listening to music that has a spiritual meaning for you. Another way to pray is through reflection on your daily activities. St. Ignatius of Loyola encouraged people to think about three great things and three things they would like to improve upon from their day.

JOURNALING QUESTIONS

⊙ In what ways can you strengthen your own prayer life? In what ways can you help strengthen the prayer life of your family? Your community?