

Third Sunday of Easter

April 23, 2023

He Poured Himself Out

Most of us have a default tendency to live life from the outside-in. We're preoccupied with how the world, events, and people around us effect our sense of happiness, security, and well-being. It's a self-referential way of being, placing ourselves as the purpose and object of our daily life. We can't even imagine a different way. We then go about the business of trying to orchestrate and manipulate situations, people, and even public policy to conform accordingly, to give ourselves the most favorable experience. When we are unhappy, agitated, or uncomfortable, we automatically start looking for what or who needs to change in the world around us.

That's not how Jesus lived. His energy was outflowing, focused on how he could bring healing, growth, and comfort to others. Rather than being the master of his own life, he became the servant of others. He talked about this quite often and openly.

Do you see the difference—living outside-in versus inside-out? It's really about the directional flow of love and energy in our lives.

Living with Real Presence: Eucharist As An Approach to Life
S. James Meyer, 23rd Publications

Questions To Ponder:

Describe a time in your life when you felt overwhelmed. Who might have supported you, acted as a source of comfort?

Is there an example from your life in which you really "poured yourself out," helping another person in need?

The statement is made in the book: "the Eucharist makes the ordinary extraordinary." What connections do you make?

Lectio Divina: Read Matthew 28:16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."

What word or phrase from this Scripture passage most resonates with you?

How will this reading shape your life this week as you continue your Easter journey?

Challenge for the Week: Jot down some ideas on how you will bring Christ's presence to others this week. Make a list of those who have made Christ's presence real throughout your lifetime and give thanks for their witness.