

## Fourth Sunday of Easter

April 30, 2023

### He Gave Himself To Others

*“Giving our lives to and for others is different from giving up our lives. It’s the difference between commitment and surrender. When we commit to marriage and family, we’re not surrendering. We’re not losing ourselves. In fact, it is in this giving that we receive. We become part of and contribute to something so much bigger than we could ever be individually. We become part of and contribute to the body of Christ.*

*Offer yourself up, the teacher says. Break yourself open and pour yourself out. Keep your heart centered on the WHY—loving relationship with Creator and creation—and share yourself generously and lovingly with those relationships. This is the way to eternal life. **Do this** in memory of me.*

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

#### Questions To Ponder:

What in your life brings you the most joy?

What do you fear the most in life?

How would you sum up the Why of your life — your ultimate purpose?

In what ways have you given your life over to love, rather than relegating yourself to the dualism of flight or fight? Describe the results.

#### Lectio Divina: Read John 14:15-21

*I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, whom the world cannot accept, because it neither sees nor knows him. But you know him, because he remains with you, and will be in you. I will not leave you orphans; I will come to you. In a little while the world will no longer see me, but you will see me, because I live and you will live. On that day you will realize that I am in my Father and you are in me and I in you.*

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:** Create a chart of significant events in your life this week. For each encounter or event, what was most shown: fight, flight, or love? Do you see any patterns? Are there any patterns in need of change?