

## Ascension of the Lord

- For 40 days...the disciples have had a chance...to recover from the scandal of the Cross...
  - and come to believe in the power of the resurrection...
  - as they've spent that time...with the risen Lord.
- And now their faith is challenged once again...as we celebrate the Ascension.
  - Jesus tells them to get out there reclaim souls...
    - to build up His Kingdom...
    - to perform the same miracles that He did...
    - Oh and by the way...I'm leaving!
    - So they stand there...staring up at the sky in disbelief as He goes.
  - It is then that they enter into that...awkward...in between time...
    - in between Jesus' leaving...
    - and the coming of the Holy Spirit to give them strength.
- In each of our lives...we experience these pregnant pauses.
  - Times when we've just finished one thing...
    - but are not quite ready for the next.
  - It could be something big like the apostles faced.
    - Something like finishing school...
      - but not yet knowing what to do for a career.
    - And so we stand there...
      - staring up into the heavens...
      - waiting for something...anything...to happen.
  - Or it could be small...like waiting to check out at the grocery store.
    - And as you stand there...
      - for those awkward few moments...
    - your eyes drifting back and forth...
      - between your cell phone...and the magazine rack...
      - wondering what Prince Harry...and the rest of the bunch are up to.
    - Wondering why you look...
      - because you certainly don't care!
- These moments...these times of transition...are so easy to overlook.
  - We're so geared towards...doing and moving...
    - and being ready for whatever's next...
    - that it's so hard for us to just sit there...and wait...and be.
  - But these moments are a part of the Lord's plan for us...
    - or else they wouldn't be there.
  - Pentecost would've immediately followed the Ascension.
    - But it didn't.
  - So the Lord wants to use this downtime...to prepare for what's next...
    - But how?
    - Here's one way that came to mind in prayer...

- It's often during these times of transition...
  - that things from our past ...come bubbling up to the surface.
  - Ever have a memory from the past come up to haunt you?
    - And no matter what...it keeps coming up...again and again and again?
    - We all have...right?
    - Past regrets over the things we've done.
    - Past wounds from the things done to us.
    - Transitions...or down time...that's when they usually come.
  - And I think the reason why...
    - is because for those few precious moments...
    - our minds are freed up to focus on other things.
    - So that's when they come to the surface.
  - But when they do...what do we tend to do with them?
    - I don't know about you...
      - but in the past...
      - my instinct has been to try to forget them!
    - Too awkward...
      - too uncomfortable...
      - maybe another time!
    - And so you stare back...deeply...at the magazines instead.
  - But that thought...
    - the memory of that past wound or regret...
    - it's actually an invitation from the Lord...
    - to bring some healing and peace to our past...
    - so we can move on...much more freely into the future.
    - so we'll be much more ready for what's next.
  - We need to take advantage of that grace!
- So the next time it happens.
  - Don't be so quick to brush it off...
    - but instead...
    - invite the Lord in.
- You know...that imagination of yours...
  - it's a gift that's been given by God...
    - especially to be used in prayer.
    - So use it!
  - It might feel awkward at first...
    - but take a chance and use it to enter the scene.
  - The memory is already there...
    - so it shouldn't be that hard.
  - But this time...
    - take Jesus or Our Blessed Mother with you.
  - Let one of them be your guide.

- And as you do...
  - What does Jesus say to you?
  - What does our Blessed Mother do?
- Maybe you need to forgive someone for the pain that they've caused you...
  - and Jesus is standing right next to you...offering the grace.
  - Will you give it a try?
  - Now do you think you can forgive them?
- Maybe you need to let go of some anger...
  - and Our Blessed Mother wants to help...
  - so she's kneeling right in front of you...
    - holding out her hands.
  - Will you give it to her...
    - whatever it is that made you angry...
  - will you give it to her...
    - and finally be free?
- Maybe you've blown something way out of proportion...
  - and you need the Lord's perspective.
  - All things...
    - no matter how overwhelming...
    - are no match for His love.
  - With Him at your side...you can do it!
- If you let the grace of the Lord guide you like that...
  - each time one of those memories come up...
    - they will never ever haunt you again.
    - They'll be healed.
    - And you'll be much more free to move on to what's next.
- We all have these memories...
  - these moments in our lives...
    - that are left by the wayside...
    - waiting to be redeemed.
  - And we will need to walk through them with the Lord...at some point...
    - whether in this life or in the next.
  - So why not use those moments of transition...
    - those awkward pauses in life...
    - to experience more of the love of the Lord.