

4th Sunday of Easter

The readings and gospel call us to reflect on thankfulness; on whether we are truly thankful to the Trinity for Their gifts of our redemption and our status as adopted children of God. We are called to examine our lives to see if we are truly thankful for the Trinity's ultimate act of sacrificial love, by which we are given Their gifts. Are we truly thankful for Christ's Passion, Death and Resurrection, which the gospel passage reminds us, Christ willingly accepted out of true love; out of sacrificial love for us?

For us to be able to grow in thankfulness for the Trinity's ultimate act of sacrificial love, we need to determine where our thoughts, words, and deeds originate from. Do our thoughts, words, and deeds originate out of a desire to follow Christ's example of sacrificial love and obedience? Or do our thoughts, words, and deeds originate out of secular, worldly passions, desires, and influences which are self-centered, and sinful?

As the gospel passage reminds us, we need to find and weed out those secular, worldly things which prevent us from hearing the Christ's and the other members of the Trinity's voice as expressed in Their commandments and the Church's teachings so that our thoughts, words, and deeds can originate out of a desire to follow Christ's example of sacrificial love and obedience. In order to hear Christ's voice in our lives, we need to ask for the graces to strengthen the Gifts of the Holy Spirit, the Cardinal virtues, and the virtues of Docility, Meekness and Humility, so we can be open to the Trinity's truth and will for us as expressed in the 10 Commandments and our Church's teachings, so as to rid our heart, mind, and will of those sinful, self-centered influences, passions, and desires.

Just before we receive our Lord & Savior at communion, we will spend that time asking the Trinity to help us be open to Their graces given through Christ's Body & Blood so we can grow in our ability to be more obedient to the Trinity's truth and will for us, as expressed in the 10 Commandments and our Church's teachings, in order to rid our heart, mind and will of those sinful, self-centered influences, passions, and desires; so as to become more thankful, intimate adopted members of the Trinity's family.

After we have received our Lord & Savior at communion, we need to spend time thanking the Trinity for Their gifts of our redemption and our status as adopted children of God. We also need to spend some of that time asking the Trinity for the help we need to strengthen the Gifts of the Holy Spirit, the virtues of Docility, Meekness and Humility so we can be open to the Trinity's truth and will for us as expressed in the 10 Commandments and our Church's teachings, in order to more faithfully follow Christ's example of sacrificial love and obedience.

We also need to make use of the sacrament of Confession, so as to receive the graces we need, in order to strengthen the Gifts of the Holy Spirit, the Cardinal virtues, and the virtues of Docility, Meekness, Humility, so we can weed out those secular, worldly passions, desires, and influences in our lives, that lead us into sin which destroys, weakens, our ability to be truly thankful for the blessings the Trinity have bestowed upon us; to be truly thankful for Their gifts of our redemption and our status as adopted children of God, through more faithful following Christ's example of sacrificial love and obedience.

Before we continue on with the Mass, let us ask the Father to send the Holy Spirit now and when we consume our Lord and Savior, in order to be open to the Trinity's graces; so as to become more intimate, loving, adopted family members, of the Father, Son, and Holy Spirit, by strengthening the gifts of the Holy Spirit, the Cardinal virtues, the Cardinal virtues, and the virtues of Docility, Humility, and Meekness.