

How Can Our Heavy Cross Become Light?

Gospel: (John 12: 24-32)

Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me. "I am troubled now. Yet what should I say? 'Father, save me from this hour'? But it was for this purpose that I came to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it and will glorify it again." The crowd there heard it and said it was thunder; but others said, "An angel has spoken to him." Jesus answered and said, "This voice did not come for my sake but for yours. Now is the time of judgment on this world; now the ruler of this world will be driven out. And when I am lifted up from the earth, I will draw everyone to myself."

Meditation

St. Augustine said that: "Love first, then you can do whatever you wish." It means, when I wish to love my brothers and sisters, I have to sacrifice for them, I have to carry my cross. And if I have a contract of love with God, he then loves me and sacrifices for me, and at the same time I promise to love him and do whatever I can for him. Then whatever I sacrifice for him and for my brothers and sisters will bring me joy. This joy comes from God through the contract of love between God and me. The heavy cross that I am carrying will become very light because there is joy in my heart. Through the contract of love, whatever God is and has are shared with me and that is the spiritual effect of this mystical life.

Through this meaning, we now understand the following words of Jesus: "When I am lifted up from the earth, I will draw all men to myself" (Jn 12:32). The response that the Lord ardently desires of us is above all that we welcome His love and allow ourselves to be drawn to Him. In the contract of love between God and us, God does his best and we do our best. But what we do cannot be compared to what he does. It is unfair for him, right? But He does not care about this, because He loves us so much, and because he is love, and his love is both agape and eros.

Therefore, we should try hard to do whatever we can for him on our part. Similarly, the Pope said: "Accepting His love, however, is not enough. We need to respond to such love and devote ourselves to communicating it to others." If we accept his love, we already do a part of his will. But that is not enough. We should also do whatever we can to express our love to him. At the same time, We share his love with our brothers and sisters. The Pope said: Christ "draws me to Himself" in order to unite Himself to me, so that I learn to love the brothers with His own love." This is a marvelous mystery of our Christian life! We cannot find it in other religions.

In fact, Jesus became man, lives among us and dwelt with us in order to draw us to himself. The central place where Jesus draws us to himself is the Eucharist.

Questions

How much do I love God, the Father, Son and Holy Spirit?

What gets in the way of me being drawn to Jesus?

How can I respond to His love and share it with others?

Prayer – choose one of these to meditate on – pray repetitively - as you spend time with Jesus present on the altar.

You have seen the weight of my cross. Come, give me your strength and help me so that my cross may become light.

Jesus the Eucharist, attract me by your love and draw me close to you by your power!

Sanctify me by your Most Holy Blood! Strengthen me with your Bread of life!

At this moment, I want to renew what I have promised to you (each one of us may present to Jesus what we had planned or now plan to do in order to serve Him through serving our brothers and sisters).