

Paschal Triduum Reflections - To Be With Jesus

I. Holy Thursday

When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." (Mt 26: 40 – 41)

When we keep watch with Jesus, we discipline our bodies to obey our spirit. We ask the Holy Spirit for the gift of Fear of the Lord, that we may fear the vices we can fall into without God's help. We ask for the gift of Knowledge that we may know how to let go of all unnecessary actions and habits.

II. Good Friday

Look at the cross.

Look at Jesus.

Look. See. Contemplate.

God is Love. (1 Jn 4:8).

St. John gives us the truest definition of God. John was the only apostle who remained with Jesus and Mary at the foot of the cross. We ask to know God. We ask to know love. We ask to embrace our cross.

III. Holy Saturday

Be with Jesus like Mary.

Look. Listen. Pray.

When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. (Jn 19: 26 – 27)

We are not alone. Jesus gives us Mary, his own mother. We ask for the wisdom to take Mary into the home of our hearts. The Holy Spirit will come to dwell in our souls and Jesus will be enfleshed again.

IV. Easter Sunday

Visit the tomb.

It is open and empty.

Jesus is risen.

Why do you seek the living one among the dead? (Lk 24:5)

Jesus hopes that we will embrace his way, the way of the cross. Then we can ask others, "Why do you seek *death* in me? Do you not realize that I am a new creation because I have died with Jesus?" What is your hope for your live? What is Jesus' hope for your life? We ask to persevere on the way to Calvary so that the true beauty of our persons will radiate.