

“All Death is Letting go”

+ Unless the grain of wheat falls...and dies, it remains just a single grain; but if it dies, it bears much fruit... John 12: 24

*Death! It is all around me. It is within me. The grain of wheat is falling into the ground at every moment. I embrace these moments of death because I want to be transformed. My transformation gives glory to God and to the Church. With Jesus I say, **“It was for this very reason that I have come to this hour.”***

I reflect now on the many kinds of deaths I have experienced. All death is letting go. Am I ready to let go?

-I let go of my cherished opinions and I am able to listen attentively to another person.

-I let go of my resentments so that my negative energy need never damage another life.

-I let go of my fear that paralyzes me so that there may be more room to love in my life.

-I let go of a loved one in death so that God may possess that person eternally. Holding on to a loved one who has died to this life is refusing to give that person back to God.

-I let go of a relationship because I am finally able to see that the time has come for us to grow in different ways.

I hear Jesus saying, “Unless I go, the Spirit cannot come,” and I understand more clearly the need to turn loose of a destructive, smothering relationship. Unless we go from each other the Spirit, cannot come to us in new ways.

My dear Jesus, I am the grain of wheat falling to the ground and dying. I am dying to my self-centered way of living. I am dying to all that keeps me in bondage. Be present in my dying. You are the Healer and the Healing. I name each death as I put it on the cross with you. I see faint shades of glory that will come from this death and I pray with you on the cross, **“It was for this very reason that I have come to this hour.”** Amen

Read John 12: 20-32