# Not Alone



THE ASCENSION OF THE LORD YEAR C • 1 JUNE 2025

## **GOSPEL**

Luke 24:46-53

Jesus said to his disciples: 'You see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.

'And now I am sending down to you what the Father has promised. Stay in the city then, until you are clothed with the power from on high.' Then he took them out as far as the outskirts of Bethany, and lifting up his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. They worshipped him and then went back to Jerusalem full of joy; and they were continually in the Temple praising God.

## REFLECTION OF POPE FRANCIS

29 May 2022

Today in Italy and in many countries, the Ascension of the Lord, that is, his return to the Father, is being celebrated. In the Liturgy, the Gospel according to Luke narrates the final apparition of the Risen Christ to the disciples (cf. 24:46-53). The earthly life of Jesus culminates precisely with the Ascension, which we also profess in the Creed: "He ascended into heaven and is seated at the right hand of God the Father". What does this event mean? How should we interpret it? To answer this question, let us focus on two actions that Jesus performs before ascending into Heaven: first of all, he announces the gift of the Spirit, and then he blesses the disciples. He announces the gift of the Spirit, and he blesses.

First of all, Jesus says to his friends: "I send the promise of my Father upon you" (v. 49). He is talking about the Holy Spirit, the Comforter, he who will accompany them, guide them, support them in their mission, defend them in spiritual battles. We thus understand something important: Jesus is not abandoning the disciples. He ascends to Heaven, but he does not leave them alone. Rather, precisely by

ascending towards the Father, he ensures the effusion of the Holy Spirit, of his Spirit. On another occasion he had said: "It is to your advantage that I go away, for if I do not go away, the Counsellor will not come to you", — that is, the Spirit — (Jn 16:7). In this too, we see Jesus' love for us: his is a presence that does not want to limit our freedom. On the contrary, he leaves space to us, because true love always generates a closeness that does not stifle, is not possessive, is close but not possessive; Indeed, true love makes us protagonists. And in this way, Christ reassures, "I will go to the Father, and you will be clothed with power from on high: I will send you my Spirit and with his strength, you will continue my work in the world!" (cf. Lk 24:49). Thus, ascending to Heaven, instead of remaining beside a few people with his body, Jesus becomes close to all with the Holy Spirit. The Holy Spirit makes Jesus present in us, beyond the barriers of time and space, to make us his witnesses in the world.

Straight afterwards — it is the second action — Christ raises his hands and blesses the apostles (cf. v. 50). It is a priestly gesture. Ever since the times of Aaron, God had entrusted the task of blessing the people to priests (cf. Nm 6:36). The Gospel wants to tell us that Jesus is the great priest of our life. Jesus ascends to the Father to intercede on our behalf, to present our humanity to him. Thus, before the eyes of the Father, with the humanity of Jesus, there are and always will be our lives, our hopes, our wounds. So, as he makes his "exodus" to Heaven, Christ "makes way" for us. He goes to prepare a place for us and, from this time forth, he intercedes for us, so that we may always be accompanied and blessed by the Father.

Brothers and sisters, let us think today of the gift of the Spirit we have received from Jesus to be witnesses of the Gospel. Let us ask ourselves if we really are; and also, if we are capable of loving others, leaving them free and making room for them. And then: do we know how to make ourselves intercessors for others, that is, do we know how to pray for them and bless their lives? Or do we serve others for our own interests? Let us learn this: intercessory prayer, interceding for the hopes and sufferings of the world, interceding for peace. And let us bless with our eyes and our words those we meet every day!

Now let us pray to Our Lady, blessed among women, who, filled with the Holy Spirit, always prays and intercedes for us.

### **REFLECTION QUESTIONS**

What stood out to you from the Gospel or Reflection/ Homily?



**Head:** "Jesus becomes close to all with the Holy Spirit." In what ways does the Holy Spirit help us to become close with Jesus?



**Heart:** Pope Francis asks us three questions: Are you really a witness? Do you love others? Do you pray for others? How would you answer?



**Hands:** What can we do to prepare for the gift of the Holy Spirit at Pentecost (next Sunday) this week?

### **PRAYER**

Spend some time in prayer with one another:

- 1. Conscious of what has just been shared, members briefly name/describe their prayer needs.
- 2. Intentionally call on the Holy Spirit to be present (e.g. "Come Holy Spirit, please be present as we pray")
- 3. Offer prayers of thanks and praise to God.
- 4. Pray for each others' prayer needs. Where appropriate, you may like to encourage the group to place a hand on the shoulder of the individual that you are currently praying for.
- 5. Conclude your prayer time with another prayer of praise, perhaps praying the 'Glory Be'.