



Daily Reflections

May 18, 2017

Scripture

Jesus said to his disciples:

"As the Father loves me, so I also love you.

Remain in my love.

If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love.

"I have told you this so that my joy might be in you and your joy might be complete."

Our Scripture Reflection

We live in a culture that is obsessed with being happy. And while happiness is a good thing, Our Lord wants so much more for us. He wants us to actually share in His Joy! The way we do that is by staying connected to His heart, and the way we do that is by living His way, loving as He loved.

Food for your Journey

Researchers have long known that regular churchgoers tend to be happier, on the average, than the general population. They just haven't known why.

A 2010 study conducted at the University of Wisconsin found that 28 percent of people who attend church weekly say they are "extremely satisfied" with life. Only 20 percent of non-attenders make a similar claim.

The heightened satisfaction, the researchers discovered, comes from participating in a religious congregation along with close friends, rather than as a private spiritual experience, the study found. Regular churchgoers who have no close friends in their congregation are no more likely to report being "very satisfied" with their lives than those who never attend church.

--Ellin Holohan, "Friends may be key to churchgoers' happiness,"
Healthday.com, December 7, 2010.
<http://consumer.healthday.com/Article.asp?AID=647040>. Retrieved
December 1, 2011.

A Prayer from the Heart

Precious Lord, Please give me the Grace this day to live and love as You lived and loved so that my heart can experience Your Joy. Amen.