



June 1st 2025 Sunday The Ascension of the Lord Year C Luke 24:46-53

^{24:46}and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, ⁴⁷and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. ⁴⁸You are witnesses of these things. ⁴⁹And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high."

⁵⁰Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. ⁵¹While he was blessing them, he withdrew from them and was carried up into heaven. ⁵²And they worshiped him, and returned to Jerusalem with great joy; ⁵³and they were continually in the temple blessing God.

- **Read and re-read** – out loud and slowly the Gospel.
- **Meditate** - on reading as being spoken to you, an experience in your life.

- **Pray** - Thanksgiving – Repentance – Petition.
- **Action** – Attitude (Call to change / to act /to do).

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In this week's gospel we read of the essential stage in the relationship of Jesus with his followers. He has walked with them in their moments of strength and weakness and now he is leaving them. They have witnessed that in his name repentance for the forgiveness of sin would be preached to all nations , beginning from Jerusalem. He told them to stay in the city until as the Father promised they would be clothed with the power from on high.

Are there times in our lives when all that we loved doing or believed in was taken away from us and we felt lost and rejected? Then as Jesus promised when we put our trust in him a new direction is given to us and we are lead to the next stage of our lives with new energy and life

Prayer:

Thank you Lord for the people who help us when we feel useless or rejected. They bring us new belief in ourselves by inviting us to a new challenge which we never thought was possible. .

Forgive us Lord for the times we became impatient waiting for the grace to see where our life is going and did not take your advise to wait for the moment when we would be clothed with the power from on high as your Father promised.

Lord help us to bring your hope to those who are tired waiting for your grace by sharing with them our witness to your helping us on our journey.