Friday of the Sixth Week of Easter

Gospel text (*Jn* 16:20-23): Jesus said to his disciples: “Amen, amen, I say to you, you will weep and mourn, while the world rejoices (…). But I will see you again, and your hearts will rejoice, and no one will take your joy away from you (…)."

The Christian joy

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Today, Jesus predicts His death and resurrection, with the image of sadness that becomes joy. Like the woman giving birth with the pains of labor, but when holding the baby in her arms she forgets her previous excruciating suffering, so Jesus’ death is painful for His own followers, but His resurrection will gladden their hearts.

True joy stems from Jesus Christ dead and resurrected. In Him all suffering turns into joy: redeeming man through pain, Christ has "liberated" (transformed) the very suffering. A pain engendering more pain and despair is not centered in Christ; it is rather a self-centered pain. On the other hand, when linked to Him, the joy in our heart flows like an overflowing torrent.

—Come, Holy Spirit, and in the midst of the sadness in life, grant us the gift of the spiritual joy, and with Mary —source of our gladness— let us live the Paschal joy of the risen Jesus and let no one take it away.