



Day 10: Communion

Jesus, the Son in Communion

"The Father and I are one." John 10:30

At the foundation of Jesus' prayer life as a Son of the Father is the truth that He is always held in communion with the Father and the Holy Spirit. Quite simply, this is what prayer is for Him. The word "communion" articulates an experience that is the longing of every human heart: the great desire to belong. As a result of the Fall, our communion with God was shattered, and we were exiled from the garden. The wound of sin left us with an ache for wholeness and belonging, to find a medicine for loneliness and isolation. Jesus comes to restore our communion with God. He comes to announce to us the good news that the true medicine we long for is the restoration of communion with the living God. In Jesus, we experience what true intimacy in prayer looks like. He teaches us how to be sons of the Father, at every moment of the day choosing to live in communion with the Father who is constantly with Him in all circumstances. Jesus is never alone but always a Son who lives in communion with His Father.

Mary, the Mother of Communion

From all eternity, Jesus was living in perfect communion with the Holy Trinity. When He became man, the Father was delighted to create for Him living icons of this communion of love in the hearts of Mary and Joseph. We have today in the Tilma of Guadalupe a physical icon of this love, painted by God, that we can look to as well. Love was not an abstract idea for Jesus, but it was found in the daily experience of the love He shared with Mary and Joseph. Mary is the mother of this communion - her maternal energy, human and spiritual, was focused on blessing Jesus with a personal experience of loving communion. In his humanity, Jesus could not forget He truly belonged because of Mary. Mary's motherhood reminded Jesus that He was never alone and that she would be with Him every step of the way.

St. Juan Diego and Us

You are made for communion. Most importantly, you are made for communion with Jesus. It is this communion with Him that ultimately heals us. It brings all that is fragmented, all that is broken, all that is separated into unity and wholeness. We are restored when we receive Jesus, and Mary longs to be an instrument for this restoration. When Our Lady of Guadalupe promises "to listen to their weeping, their sadness, to remedy, to cure all their

various troubles" (*Nican Mopohua*, 32) she is promising to draw us to the Heart of Jesus in the Most Blessed Sacrament. Once a Church is established on Tepeyac, Our Lord will be reserved, honored, and adored in the Most Blessed Sacrament. Her desire is to give us her Son through the sacraments of the Church: "I will give Him to the people" (*Nican Mopohua*, 28) Brother, may you find and deepen your communion with Christ in the Eucharist, and may you let His love, given through Mary's heart and tender words, *heal you*. Pope Francis reminds us of the total gift and healing grace we receive in Holy Communion: "The Eucharist...is not a prize for the perfect but a powerful medicine and nourishment for the weak. (EG #47)" It is the Eucharist, the *real presence of Jesus*, that holds us in communion and restores our identity, and that is what Our Lady of Guadalupe desires for us.

Prayer

O Jesus, we adore You, we love You, and we thank You for the gift of Your presence. You are the beloved Son of the Father who was sent to us to restore our communion with Him. We ask You now to hear this prayer.

Our Lady of Guadalupe, Mother of God and Mother of us, draw us close to your heart. You sought out Juan Diego along the way to remind him that he is never alone and that he was called to do something great for God. Restore the gift of prayer and communion with you in our hearts so that we can say 'yes' to all that God desires. Please come and fill us with your love.

Amen.

After reading today's reflection, [pray the Litany of Restoration of Sonship](#).