



Day 26: Mourning

Jesus, Who Mourns and Connects

“Blessed are those who mourn, for they will be comforted.” Matthew 5:4

The gift of mourning is a revelation of a heart that is tender, compassionate, and kind. It is an attitude of sonship that is open to feel and experience reality and not run from it. Jesus lived and embraced reality when it meant facing something painful or difficult. As Jesus embraced the reality around Him, it allowed Him to stay connected, to choose relationship with His Father and identity as a beloved Son, instead of escaping into a fantasy world that promises fleeting amusement or ease. The heart that mourns doesn't escape; it connects. “When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.” (Matthew 9:36) Jesus feels the weight of sin. He feels the weight of pain and sorrow for His people. He chooses to stay connected and embody the suffering of his people that He then in turn offered on the cross. Jesus, as a man who truly mourns for His people, gets to experience the gift of true comfort and consolation. This is what receiving the gift of reality offers: connection and consolation in our suffering and mourning. With this attitude of sonship, Jesus offers us this gift of mourning, of living in reality, and staying connected to Him no matter what the cost.

Mary, Who Mourns with Hope and Trust

Mary at the foot of the cross embodies genuine mourning and compassion that leads to redemptive suffering. Redemptive suffering can be defined as facing the reality of pain and suffering with a firm conviction that I am not alone, and the suffering is not pointless. It is suffering with firm hope and trust in God's promises. Mary did not stand at the foot of the cross in a spirit of self-pity, but a spirit of hope and trust. Her compassionate heart desired to simply “be with” her Son in His agony and pain, knowing that all she could offer was her loving presence. Also, her motherhood was a shelter for St. John and St. Mary Magdalene who were also called to be with Jesus in His darkest hour. As she faced the awful experience of her Son's passion and death, Mary made a radical and free choice to hope and trust in God's faithfulness. How likely was it that an explosion of courage would have erupted in Jesus' heart as He encountered Mary mourning with trust and hope at His feet?

St. Juan Diego and Us

Do not be afraid of sorrow, pain, or sadness. It is through sorrow and sadness that God draws us deeper into the mystery of His love and into the power of the cross. Our Lady of Guadalupe came, and continues to remain with us today, to comfort our sorrows. Listen to her words: "I will listen to their weeping, their sadness, to remedy, to cleanse and nurse all their different troubles, their miseries, their suffering." (*Nican Mopohua*, 32). Juan Diego's mission to establish a "little sacred home" is a mission to provide this comfort to those mourning and grieving. Our Lady of Guadalupe also comforts Juan Diego in his own pain. Faced with the illness of his uncle, Juan Diego tried to abandon his mission, but Our Lady stopped him and offered the comfort that only the Mother of God could give: "Let nothing else worry you, disturb you; do not grieve your uncle's illness...he is already healed." (*Nican Mopohua*, 120) She desires to bring this comfort to us today, easing our worries, comforting our sorrows. When we are told that those who mourn will be comforted, I am reminded of the Holy Spirit, "The Comforter." It is wonderful to believe that in our mourning and grief God sends His Spirit to comfort us. This comfort does not mean a mere relieving of hurt or pain, but a transformation of it by God's grace that bestows strength in the struggle. Brother, when you mourn, turn to Our Lady of Guadalupe who comes to comfort 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 tender and compassionate. You bless those who mourn, who choose to stay in communion when faced with difficult trials. Teach us how to mourn as Your sons. 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 taught St. Juan Diego that he did not have to suffer alone, thus he could face all life's circumstances with confidence. Please come and fill us with your love.

Amen.

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

This reflection is an excerpt from the book *Sons in the Son* written by Fr. Innocent Montgomery, CFR, and Fr. Angelus Montgomery, CFR, and produced by the Knights of Columbus Supreme Council. This reflection is to be used for private devotional use only. For more information, please visit kofc.org/sons.