



Day 6: Blessed

Jesus, living in the Father's Blessing

"This is my Son, the Beloved; with him I am well pleased; listen to him." Matthew 17:5

As sons, we have a profound need to be "blessed" by our father and mother. A blessing is an intimate revelation of the truth about who we are in the eyes of the ones who love us. It announces and activates the truth within our hearts that we are good, seen, known, and loved. A fatherly blessing gives security to our sonship that blesses us with confidence and strength to live out our calling. As a son, Jesus needed and longed for His Father's blessing. There are several moments in the Gospels where we hear the voice of the Father bless Jesus from the heavens, including at his baptism in the Jordan River and at the Transfiguration. Imagine what joy surged through Jesus' heart as He received his Father's blessing. Also, in His daily prayer, Jesus would go off to be in solitude with His Father to hear His voice once again bless the deepest parts of His heart. Living in the Father's blessing anchors Jesus in the Father's love, which is the life source of His Sonship.

Mary, a Mother who blesses

Mary and her motherhood are given to Jesus as a gift to constantly hold him in the Father's blessing. Her whole motherhood was a source of blessing for Him. From Bethlehem, to Egypt, to Nazareth, through his public ministry, and to the Cross, Mary constantly blessed Jesus with her presence, her words of encouragement, and her unconditional joy and delight in Him. To bless someone is not mere words, but reaches to the depths of our hearts, especially in suffering. As Jesus went through His passion, His Sacred Heart was accompanied by His Blessed Mother along the way of the Cross, blessing Him in the truth of His Sonship. Her very presence in the passion blessed Jesus with truth and love that strengthened him to be faithful to the end.

St. Juan Diego and Us

You are a blessed man. Like Saint Juan Diego, Our Lady of Guadalupe proclaims this blessing of protection and peace over your life: "Are you not in my shadow and under my protection? Am I not the source of your joy? Are you not in the hollow of my mantle, in the crossing of my arms?" The blessing of God is given to *you* in the Immaculate Heart of Mary. You are, with Jesus, held in the bosom of our Lady. You are invited, with and in Jesus, to find Mary standing at the foot of your crosses, giving you courage and strength

through her tender presence. The image of Our Lady of Guadalupe remains for us today as a blessing. She remains present with her people and shows her maternal care not just for a single time and space, but for all of us. Brother, let this blessing empower and encourage you. Your Father in heaven blesses you every day, no matter what you are going through. With Our Lady and St. Juan Diego, receive the gift of their blessing. Through it, God is fulfilling His desire for your restoration and healing.

Prayer

O Jesus, we adore You, we love You, and we thank You for the gift of Your presence. We ask for the fullness of your blessing to come down upon us and activate within us the truth of our sonship. Bless us with Your presence and Your peace. 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. As you blessed St. Juan Diego with your prayers and presence, we beg you to come and bless us in this present moment. We long to hear your voice bless us with the truth about who we are. Please come and fill us with your love.

Amen.

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