



A weekly reflection by members of the Precious Blood Community

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At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will.

All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him." (Matthew 11:25-27)

My mom was a creative, hard-working, German woman, a great cook with a good sense of humor and energy to celebrate life. One thing that bothered me was how negative she could be about things. Having reached my 'breaking point,' I finally said, "You know, Mom, you really go to the dark side of any event. Not only do you see the glass half empty, but you see the liquid as poison"! Some days she agreed with me. *

It is easy to become negative these days. The 24/7 news cycle highlighting cruel things happening in our world; mass shootings, people without homes walking the streets, the division in politics, and the Catholic Church.

Jesus' words of praise to the Father serves as great encouragement to pause, take a breath and speak to Father God in thanksgiving, especially when we look around and see considerable discouragement. Giving praise raises our spirits and sets our minds on things above. So many forces are moving toward the Truth of the Gospel; welcoming inclusivity, healing racism, caring for the earth, to name a few. Jesus is with us in the dark news of the world, and we are saved in His Blood. Jesus is with us in the moments that bring joy and peace if we pause to see something good in the day.

Precious Blood Spirituality speaks about the cup that holds Jesus' blood; his *'self-gift is our assurance of His love for us...'* (translation Nylas Moser, ASC)

As people of the Precious Blood, we are called to see our "containers" not just half-full but filled to the brim because the Blood of Christ renews all things. We are able to do this because we pause and give praise to our loving God.

* A study in 1994 by Dr. Emoto demonstrated that words have a vibration and will actually alter the structure of water crystals. He found that uplifting, positive, and encouraging words created beautiful and symmetric crystals. Destructive, hateful and evil words had the opposite effect on the water crystals. The visual evidence is breathtaking. (for more information, visit <https://www.linkedin.com › pulse › effect-words-water-r>)

Sr. Diana Rawlings is an Adorer of the Blood of Christ and serves on the Board of Directors for the Precious Blood Spirituality Institute.

This weekly reflection is made available to all who are part of our Precious Blood family. Feel free to share it with others. Would you be willing to write a reflection? If so, please contact Vicky Otto at votto@pbspiritualityinstitute.org