

The Word Made Flesh



Thirty Meditations On

The Gospel of John

written by Paul Buis

Table Of Contents

Introduction.....	3
John 1.1-18.....	4
John 1.19-34.....	5
John 1.35-51.....	6
John 2.1-12.....	7
John 2.13-22.....	8
John 3.1-21.....	9
John 3.22-36.....	10
John 4.1-42.....	11
John 5.1-47.....	12
John 6.1-69.....	13
John 7.1-52.....	14
John 8.1-11.....	15
John 8.12-59.....	16
John 9.1-41.....	17
John 10.1-30.....	18
John 11.1-46.....	19
John 12.1-11.....	21
John 12.12-26.....	22
John 12.27-50.....	23
John 13.1-17.....	24
John 13.21-38.....	25
John 14.1-31.....	26
John 15.1-17.....	27
John 15.18-16.33.....	28
John 17.....	29
John 18.....	31
John 19.....	32
John 20.1-29.....	34
John 21.1-14.....	36
John 21.15-23.....	37
Conclusion	38
References.....	38
Copyright Notice.....	38

Introduction

The Gospel of John bears witness to the Life and Mission of Jesus Christ, the Son of God, who lived as one of us and sacrificed Himself to redeem each of us in His merciful love.

St. John the Evangelist, one of the twelve Apostles of Jesus, participates in the Gospel narrative as ‘the beloved disciple’. He bears witness to the Truth of Jesus and reveals the heart of His love for us, so that we might have faith in Him.

“Now Jesus did many other signs in the presence of (his) disciples that are not written in this book. But these are written that you may (come to) believe that Jesus is the Messiah, the Son of God, and that through this belief you may have life in his name.” (John 20.30-31)

This series of meditations has been created as a companion to the spiritual reading of the Gospel of John. Each meditation is meant to be read slowly and savored following the careful reading of the Gospel passage. In this way, the spirit of the Word may flow through meditation to the heart and soul of the reader.

May you meet Jesus Christ, the Word of God made Flesh, through this Gospel and the following meditations.

John 1.1-18

Jesus, the Word of God became one of us. He is the source of all life and truth.

The Word Is Light

In the beginning was the Word;
The Word was God; in Him He is.
Through Him, all creation has stirred;
The source and breath of life are His.

His life is the great light that shines
In darkness for the human race:
In Him all that is truth aligns;
From Him we receive grace on grace.

In time, He came among His own,
Becoming flesh to dwell with them:
In the world, He was not known;
He came to save, not to condemn.

For those who hear His gentle call,
And believe in His holy name,
He lifts them to Himself in all
As God's children – for this He came.

The glory of the Father's Son
Reveals His Truth – the Three are One.

May the Light of the World shine on our interior darknesses,
cleansing us, strengthening us, and transforming us into this light.

John 1.19-34

St. John the Baptist bore witness to Jesus as the Lamb of God who takes away the sins of the world.

The Word's Herald

A voice cries: "in the wilderness,
Make straight the path; the Lamb draws near!"
John the Baptist was this witness:
His ways prophetic and austere.

"Repent and be renewed in heart;
The One who will come after me,
Will take away what sins impart –
How great He is! – I'm not worthy.

Spirit, descending like a dove,
Remained on Him when He emerged
From the waters, the Lamb of love,
As the Father and Son converged."

The Lamb baptizes with Spirit:
Love descends like a living flame,
Consuming hearts that draw near it –
This is the reason Jesus came!

"Behold the Lamb, gentle and meek;
He is the Way for all who seek."

May the Lamb of God instill a spirit of gentle humility and peace as His presence is announced in the wilderness of our hearts.

John 1.35-51

As Jesus first called His disciples, He invites each of us to
'come and see' Him as a brother and friend.

Follow Me

To those with sincere hearts who seek,
He asks, "What are you looking for?"
The Truth shines on the poor and meek;
Those willing to hear Him, find more.

Inquiring where the Rabbi lives,
He welcomes them to "come and see."
How rich is this new life He gives!
He invites them to "follow Me":

To follow Him as a true friend,
To dwell with Him in word and deed,
To keep His hope until the end,
And share His love with those in need.

He is the Son of God on whom
The heavens dwell with joy and grace;
As Son of Man and the Bridegroom,
With Him, each soul will find her place.

Love invites each soul to His side;
To live in the Truth and abide.

May we hear His call and follow Him to the fullness of love
with the deepest humility.

John 2.1-12

Jesus invites each of us into an ever-deepening relationship with Him. He is the spiritual Bridegroom of each soul.

The Wedding Feast

At the Cana wedding banquet,
His mother said, "The wine is through".
Though His hour had not come yet,
She told them, "Do what He tells you."

With plain water, the jars were filled;
The servers did what they were told.
By this sign, scripture was fulfilled --
An abundance of wine then flowed.

Each soul's called to this wedding feast,
As server in Bridegroom's employ:
With faith and love to serve the least,
Yielding an abundance of joy.
The Lamb builds love with unity;
His kingdom is community.

May the Bridegroom lead our souls to serve in union with Him
and to build up His kingdom with faith and joyful charity.

John 2.13-22

Jesus, who is Truth Himself, yearns to sanctify our hearts of all that is impure.

The Marketplace

The Temple was a marketplace,
Where offerings were bought and sold;
His Father's house, a fount of grace,
Desecrated by hearts grown cold.

He fashioned a whip out of cord,
And drove out all that was profane;
His zeal for the House of the Lord –
Just outrage they could not restrain.

The Temple priests confronted Him,
Demanding a sign for this act;
With hearts so hard and faith so dim,
Even His rising wouldn't exact.

At times, hearts are a marketplace,
Where loyalties are bought and sold;
Yet with the strength of Mercy's grace,
He reclaims hearts that have grown cold.

The heart's idols face a just purge,
That God's true child may emerge.

May the Master of the house of our hearts be vigilant to keep our hearts pure and loyal to His presence.

John 3.1-21

Jesus invites each of us to be born again in His Spirit, as children of God, innocent and pure.

Born Of The Spirit

To see the kingdom of heaven,
Each person must be born again,
As God's child – this pure leaven
Reshapes the heart as bread from grain.

Those reborn in Spirit flow free
Like the wind, known, and yet unseen;
They follow Him through mystery,
By faith and trust with hearts made clean.

Those of the dark prefer the night;
Their sins hidden like heartwood rot.
Those of the truth come to the light;
Their deeds reflect what God has wrought.

For God loved the world so much,
He gave His Son as life for all;
That in His name, and by His touch,
They may believe and hear His call.

Each soul must journey in this way;
Eternal life begins today.

May we be reborn in the image of the Spirit of God, to be sensitive and responsive to the subtle prompting of His grace.

John 3.22-36

St. John the Baptist, a model of humility before the Lord, calls us to find our place at the feet of His Majesty, the Son of God.

His Place

He led them down to the Jordan,
They baptized those who came to hear.
John the Baptist, like the best man,
Rejoiced as the Bridegroom drew near.

“I must decrease and He increase”,
John testified as to his place;
Humility and joy bring peace,
And open the heart to His grace.

Blessed be those who hear His call:
The One from God speaks with His word;
He’s from above and above all;
To Him all things have been conferred.

His Spirit, with abundance, flows;
In humble hearts, His glory shows.

May His Spirit stoke the gift of humility in our hearts, that we will be readied to receive the Lord in all His fullness.

John 4.1-42

Jesus invites each of us, from the most broken part of our being, to find healing and new life in the waters of His Spirit.

The Outsider

A lone woman of low esteem
Encounters Him at Jacob's well:
Engaging her, He will redeem,
And, in her brokenness, He'll dwell.

Trust builds as He slowly reveals,
His presence to her in her place;
Her heart's deep loneliness soon heals --
She draws her neighbors by His grace.

The living waters He provides,
Will quench the parched heart's deepest thirst;
As the heart's barriers subside,
His wellspring opens with a burst.

Living waters of new life flow
From her heart, as a new wellspring,
To her neighbors, she can bestow
His mercy, grace, and belonging.

He draws the lone sheep to the fold;
The loneliest of hearts, He'll hold.

May the Lord of love quench our deepest thirst with His living water.

John 5.1-47

Jesus invites each of us to leave the familiar patterns of brokenness that paralyze our spirits within us and to find the strength to walk in His ways.

The Cripple

At the Bethesda pool, He met
A man crippled for many years;
In rigid, broken ways was set
His heart, chained by despair and fears.

No one will help the lame outcast;
Rejection's left him but a shell.
Jesus, the first to meet the last,
Asks him, "Do you want to be well?"

"Rise up, take up your mat and walk!"
The man was healed in heart and limb;
The hard-of-heart would only balk
And build resentment against Him.

The union of Father and Son,
The source of life for those He heeds,
Is Truth – in Him, God's will is done --
As testified by all His deeds.

The brokenhearted can be healed;
The hard-of-heart stay far afield.

May the Lord heal the deepest paralysis of our hearts that love
may flow fully once more.

John 6.1-69

Jesus is the Bread of Life. He is nourishment for our souls,
from the altars of the Word and of the Eucharist.

The Bread Of Life

The crowds tasted His providence;
They hungered for Him selfishly.
To have their fill was their pretense –
He knew their hearts; He had to flee.

Abandoned, His disciples left,
But found themselves in a dark storm:
Tossed by the waves, they were bereft
Of His presence – their faith lukewarm.

He rescued them from their distress,
And led them safely to the shore,
Where He would once again address
The crowds that gathered to hear more.

“I am the Bread of Heaven sent;
My flesh and blood are food and drink.”
But few could fathom what this meant;
Their hearts of shallow faith would sink.

He asked the twelve if they would leave.
Peter said: “Lord, where would we go?
Your word is life and we believe;
You are God’s Holy One, we know.”

Food for eternal life He gives;
The Father wills that each soul lives.

May our deepest hunger be nourished by the Bread of Life each
day of our lives.

John 7.1-52

Jesus invites each of us to soften the hardness that remains in our hearts, to renounce our instinctive judgments, and to discover new life in His Spirit.

Hearts of Stone

In hearts crowded with disbelief,
Confusion and sharp judgments reign;
The truth's regarded as a thief,
And justice is held in disdain.

He went among them secretly,
As rumors swirled all about;
No one spoke of Him openly,
For fear those in charge would find out.

He stood to teach and challenge them
“Did Moses not give you the law?
By what you perceive, you condemn.”
His teaching left many in awe.

“Let all who thirst come unto Me;
Rivers of living waters flow
Out from their hearts, abundantly.”
On them, His Spirit He'd bestow.

They stood dumbfounded at His word;
Yet few would accept what they heard.

May the Lord humble whatever hardness remains in our hearts
so that we may thirst deeply for the life-giving waters of His
Spirit.

John 8.1-11

Jesus calls us to forgive one another from the heart and to see our neighbor in the same light of Truth that He shines on us.

The Accused

The men brought the adulterer
Before Him, scheming to betray:
“Moses’ law says we must stone her;
Teacher, what have you got to say?”

At first, His word remained within;
Humble silence He broke at last:
“Let the one who is without sin;
Be the first with a stone to cast.”

Then, one by one, they walked away;
The woman was left all alone.
Justice had conquered hearts that slay;
And mercy had subdued the stone.

With mercy, one’s own fault is known:
Truth shines, like a revealing light,
On brokenness which hearts disown --
Healing begins in hearts contrite.

Forgiveness liberates the heart,
Enslaved by sin and enmity;
Enjoining what was far apart,
As love conquers the enemy.

The contrite heart that can forgive
Will love, will liberate, and live.

May the immense mercy of His love liberate our hearts and the hearts of those we forgive fully and freely.

John 8.12-59

Jesus is the Light that reveals the true state of each heart in order to build it up in humility, wholeness, and freedom.

Accepting Truth

He said: "I am the world's light;
The one who follows me will live
Apart from sin's dark march of night --
It is the light of life I give."

Those of this world did not know
Him, nor the One from whom He came:
Their faith was but an outward show;
Children of Abraham their claim.

"Know the truth; remain in My word,
And then the truth will set you free."
Reality's no longer blurred
In light of truth – humility.

The fear of truth can close the heart
To change -- to see things in new ways;
We lose the chance at a fresh start
When walls of resistance are raised.

Hardened children of Abraham,
Could not accept the true I AM.

May the Light of the World reveal the truth of our hearts and grant us the grace of a humble determination to change.

John 9.1-41

Jesus clears the sight of each heart so that the truth becomes clear and our prejudices fall away.

The Blind Men

“Master, what caused this man’s blindness?
His parents’ sin or just his own?”
“He is this way to bear witness,
That through him, God’s works might be shown.”

He smeared a mix of spit and clay
On the man’s eyes, giving him sight;
Even this healing could not sway
Their disbelief as dark as night.

The Pharisees questioned the man;
He bore witness unto his cure:
“Who could do this? – no sinner can!
He is from God – now I am sure!”

They recoiled and threw him out.
“Do you believe?” Jesus asked him;
“I do believe, Lord, without doubt!”
He knelt, with sight no longer dim.

The light of truth sets the blind free;
The blind of heart no longer see.

May the Light of the World enlighten our hearts and heal any blindness that keeps us from knowing the fullness of Truth.

John 10.1-30

Jesus is the Good Shepherd who calls each of us and guides us each step of the way as He walks before us.

The Shepherd

The Shepherd knows each of His sheep:
He calls their names; they hear His voice
And follow Him – they're in His keep;
They heed His guidance in each choice.

They keep their distance from the thief,
Who comes to steal and to deceive;
They're held secure in their belief
He gives life to all who believe.

The Good Shepherd lays down His life:
He has compassion for their need;
He rescues them in all their strife;
He gives Himself as the flock's feed.

He gathers sheep from far and near
Into one flock, which He will guide:
He conquers prejudice and fear;
For all His sheep, He will provide.

Abundant life He came to bring;
Like greening pastures in the spring.

May the Good Shepherd gather us to His side and guide us to the green pastures of eternal life.

John 11.1-46

Jesus calls each heart out of the tomb of its brokenness into the light of new life.

The Rising

Now Lazarus had fallen ill,
The sisters sent word to the Lord.
He stayed two days, as was His will,
That God's glory might be outpoured.

He left that place for Bethany,
Where Lazarus was laid to rest;
The people who mourned were many;
Martha met Him with this behest:

“Lord, were you here, he'd be alive,
But I know that Your grace is rife.”
He said, “Your brother will revive.
I am resurrection and life.”

“He who believes, although he die
Will live again – do you believe?”
“I do believe”, was her reply.
She summoned Mary to receive.

Mary's grief pierced Him to the core.
“Where have you laid him?” “Come and see.”
“Remove the stone.” “You will abhor
The stench.” “You will see God's glory.”

They took away the stone, He cried
Out loudly, “Lazarus, come out!”
The man, who four days past, had died,
Emerged; his rising beyond doubt.

Each heart entombs its brokenness;
Jesus exhumes its guilt and pain,
To heal it of sin and distress,
That it might rise and live again.

He meets us fully in our grief;
Life eternal is our belief.

May the deep compassion of the Lord be moved by the plea of
our prays, that many hearts may be revived to life.

John 12.1-11

Jesus is worthy of all adoration, love, and awe.

The Anointing

He visited at Bethany,
And rested next to Lazarus;
Martha served dinner while Mary
Anointed the feet of Jesus.

A liter of costly perfume,
She poured on his feet with great care;
Its precious fragrance filled the room,
As she stroked His feet with her hair.

At this sight, Judas was appalled;
He questioned her extravagance.
Mary, in silence, was enthralled;
Jesus chided his verbal lance.

In Mary's soul, He was adored;
To Him, she surrendered her heart.
She worshipped her Savior and Lord;
No greater joy could He impart.

Mary danced this eloquent prayer;
As heaven's fragrance filled the air.

May the Master grant us the grace of complete surrender and awe, that we may adore Him with the fullness of our souls.

John 12.12-26

Jesus enters triumphantly into Jerusalem, amidst the crowds waving palm branches with joy. He comes with the determination to offer Himself as the Lamb of God, sacrificed to redeem us from our sins.

A Grain Of Wheat

Jesus entered Jerusalem
The crowds cut palm branches and waved;
They welcomed Him, God's chosen Lamb:
"Hosanna to our king!", they raved.

Some Greeks asked: "We would like to see
Jesus." He knew His time was near;
"And soon, the Son of Man will be
Glorified", He said without fear.

"Unless a grain of wheat will fall
And die, it stays a grain of wheat;
But if it die, resigning all,
It will yield a harvest replete.

The one who lifts their life in Me,
Remains in Me, and disesteems
This life, will live eternally."
Self-sacrifice is what redeems.

The self that dies bears love and peace;
This is the cross by which wars cease.

May our Savior guide us in the ways of self-sacrifice that we
may embrace the cross with all our heart.

John 12.27-50

Jesus asks each of us to walk in the light of life, to renounce the darkness, and to cling to His Word.

The Hour Has Come

He said, “My heart has grown heavy.
This is the reason that I came.
What shall I say – Father, save me?
Father, glorify Your name!”

“I have and I will glorify”
His Father’s voice thundered above.
Although the Son of Man would die,
He’d rise again, lifted in love.

“The time of judgment has now come:
The exile of this world’s king.
Walk in the light; do not succumb
To the dark – know where you’re going.

My words are of the Father’s choice;
These words are life if you believe.
Mercy’s for those who hear My voice;
Judgment’s for those who won’t perceive.”

His words condemn those who won’t hear;
Listen and live – these words are clear.

May the Lord teach us to turn to Him and listen with all our hearts, that we may always walk in the light.

John 13.1-17

Jesus asks each of us to be washed in His mercy and to humbly wash one another's feet with His merciful love.

Be Made Clean

He wrapped a towel 'round His waist,
And, one by one, He washed their feet;
Peter viewed this act with distaste –
His understanding incomplete.

“Unless you're washed, you have no share
with me”, He checked Peter's protest.
“Then wash my feet and hands and hair”,
Peter answered the Lord's request.

“Do you see what I have shown you?
You call me 'Lord', and rightly so,
Yet the slave's role is what I do --
The master's called to serve below.”

He washes the soul's dirty feet,
Cleansing the heart with gentle care.
With His mercy, grace is replete;
In His kingdom, the soul will share.

“Wash each other's feet, as I do,
If you do this, blessed are you.”

May the Lord guide us in the virtue of humility as we strive to
serve one another with His love.

John 13.21-38

Jesus depends on each of us to be trustworthy in our service to Him, and to not fall into the traps of rebellion and self-reliance.

Trust

Deeply troubled by betrayed trust,
He turned to one who shared His bread:
“Go do this quickly, as you must.”
From life eternal, Judas fled.

On his own strength, Peter relied:
“Master, I’ll lay down life for You.”
“Will you? Amen, I’ll be denied
Three times by dawn” -- faint hearts fall through.

The one whom Jesus loved reclined,
On His heart and stayed at His side;
His heart united and entwined,
To Him whose love wouldn’t be denied.

“A new commandment I now give:
Love each other as I’ve loved you.
In this way, all will know you live
As My disciples, pure and true.”

The hard of heart betray His love
And the self-reliant will fail;
The one who trusts will let go of
Selfish ways and let love prevail.

His love channels through hearts that trust
In His Spirit – we are but dust.

May the Spirit grant us the grace of complete confidence in His strength and complete surrender of self so that God’s love may flow unobstructed through our hearts.

John 14.1-31

Jesus will provide His Spirit to all who believe in Him and strive to do His will.

Believe

The dwellings of the Father's place,
Deep in each soul who does His will,
Are formed by the Spirit, with grace
Of His presence, strong and tranquil.

Christ is the Way, the Truth, the Light:
Through Him, the Father draws all near;
With Him, all hearts will be set right;
In Him, pure love casts out all fear.

The one who loves Him, does His will;
To that one, He will be revealed;
In love united, He'll instill
Eternal life's hundred-fold yield.

"The Paraclete, sent in My name
Will teach you all you need to know;
And dwell within you to proclaim
The Truth – He will come when I go.

Peace I leave you; My peace I give."
Believe in Love, that you may live.

May the Spirit prepare a place in us for the Most Blessed Trinity to dwell as we strive to believe with unwavering faith and live in the truth of His merciful love.

John 15.1-17

Jesus, the Vine from which each of us draws life, asks us to remain firmly planted in His love, that we may know life and be abundant in good works.

Fruitful Branches

Remain in Me as I'm in you,
Like branches stemming from the vine;
The sustenance of life flows through,
The one that remains one of mine.

The branches which remain barren,
Are cut off and burned in the fields;
The branches which blossom are then
Pruned back to bear abundant yields.

My words will sustain life within,
That you may live with joy replete.
Love each other; strive not to sin,
As one with Me, wholly complete.

You are My friends; all that I've heard
From My Father, I've shared with you;
You are chosen to bear the Word
Abundantly, as I imbue.

Keep My Word, to My Spirit cling;
Without Me, you can do nothing.

May the True Vine sustain His life in us, that the fruit of true charity may be borne abundantly through us.

John 15.18-16.33

Jesus warns us of the pitfalls that this world holds for His followers and asks us to rely on the power of His Spirit to guide us through all of the difficulties we face.

This World

Fearing the truth, shunning the light,
The world will hate His good news;
Their hearts find comfort in the night --
Both love and life they will refuse.

They will condemn those who are just
Who call for repentance and change;
Regarding Him with blind mistrust,
They'll mock His message, seen as strange.

His disciple must not give in
To compromise the Truth that's told;
Nor seek persecution wherein
His merit will be fool's gold.

The Advocate comes to conquer
The world's sin with truth and love;
To help His disciple endure,
To know all Truth, and rise above.

The anguish of this life won't last,
Like labor pains before the birth;
Take heart – to joy and hope, hold fast,
Seek peace in Him -- heaven on earth.

In all the troubles dealt to you,
The Advocate will guide you through.

May the Advocate be our guiding light in the daily trials of this journey of faith.

John 17

Jesus draws each of us, in the unity of love and truth, into the depths of God Himself.

The Prayer of Jesus

Father, give glory to Your Son,
That You be glorified in Me;
In all My works, Your will is done;
Draw glory from eternity.

Eternal life is to know You,
The One true God and Him You've sent;
Grant this life to those who are true,
To Your word with a pure intent.

Out of the world, you have brought
Them to Me -- they know all's from You.
I pray for them, may they be wrought
As one in Us -- Your life imbue.

Father, protect them from evil;
In this world, they will be sent.
As one in Us, may they fulfill
Your will with joy in love's ascent.

Consecrate them unto Your word;
Your word is truth; I consecrate
Myself for them -- My life's conferred
On them in truth and love innate.

I pray for those who will believe
In Me, through their word and their ways;
May all be one; may all receive
Your love with gratitude and praise.

In the glory You've given me,
May they be made perfect as one
In Your love, in our unity,
Just as the Father loves the Son.

Father, I will make Your name known;
That they may live for love alone.

May the Lord's love draw us into Him in unity with complete
surrender to His love and great confidence in His infinite
mercy.

John 18

In each trial we face, Jesus reveals the truth of what lies in our hearts, and He invites us to cling to the truth of His merciful love.

Hearts Exposed

The heart of Judas rejected
The Truth, confronting Him at night;
The Innocent was arrested,
As darkness overtook the light.

The heart of Peter had decried
The loving truth of sacrifice;
He fought against and then denied
He knew the Truth, not once, but thrice.

The heart of Pilate questioned Truth;
His judgment, blind with fear and doubt,
Was led astray by hearts uncouth –
He took the easiest way out.

The heart of John embraced the Truth
From condemnation to the cross
With innocence kept from his youth,
In his heart, Truth suffered no loss.

In light of Truth, the heart's revealed
With its unique identity;
In the darkness, when Truth's repealed,
Hearts disfigure with enmity.

In light of Truth, hearts are exposed;
The Truth can never be deposed.

May the Spirit of Truth draw us continuously into the light with
an ever-deepening humility.

John 19

Jesus sacrificed all for the love of each soul – there is no greater love.

The Passion of Our King

“Behold the Man”, beneath the scourge,
With crown of thorns, beaten and jeered;
“Crucify Him!”, they yelled their dirge:
“He ought to die!”, the leaders sneered.

“Where are you from?”; silent He stayed.
“I can free You or crucify!”
Pilate’s conscience, heavily weighed,
Caved into fear of the crowd’s cry.

“Behold your King”, Pilate told them;
“Take Him away! Caesar’s our king!”
The crowd betrayed the true “I AM”:
Mercy Himself – with words piercing.

Chained to the cross, He persevered;
Each step a struggle to His death.
They crucified what was revered:
“Behold Jesus of Nazareth”.

The soldiers rolled dice for His cloak;
Naked, He hung, soiled with blood.
His Mother’s heart, utterly broke,
Lamenting tears flowed with a flood.

With Mary, stood His faithful John;
Jesus loved him as a brother.
“Woman, behold, here is your son.”
“John, my friend, behold your mother.”

“I thirst!” He called. Wine was given.
“It is finished.”, He bowed His head.
These words – Salvation’s great Amen,
Graced His Spirit, as He hung dead.

Into His side, a soldier thrust
A lance, then blood and water flowed.
The Truth was pierced by the unjust;
His great gift, mercy, was bestowed.

They took the broken Body down,
And laid Him in a fresh new cave,
Bound Him in cloth, from toe to crown.
A stone was rolled to seal His grave.

On Him they’ve pierced, affix your gaze;
No greater Love; once for always.

May we behold Christ crucified and enjoin our hearts, with all
our trials and angst, to His passion, so that we may be
transformed through them in His merciful love.

John 20.1-29

The Risen Lord encounters each of us in the depths of our emptiness and fear, heals us, fills us with His Spirit, and calls us to rejoice in the new life He gives us.

The Healer Rises

Before dawn, Mary Magdalene,
Saw the stone had been rolled away
She told Peter what she had seen:
“They’ve taken Him from where He lay.”

To the tomb, ran Peter and John.
The burial cloths, set apart,
Bore witness to the Life’s New Dawn!
John believed fully from his heart.

But Mary, weeping at the tomb,
Went in, and saw two angels there.
“Woman, why do you weep with gloom?”
“They took my Lord away somewhere.”

Then Mary turned around to see
A man: “Woman, why do you weep?
Who are you looking for? Mary!”
“Teacher!” Her heart soared with a leap.

Mary went to the upper room,
And told His brothers what happened.
“I’ve seen the Lord! His empty tomb!
To His Father, He will ascend.”

That night, the doors were locked in fear.
Jesus appeared to them and said:
“Peace be with you.” Then He drew near
and showed Himself, risen, not dead.

They rejoiced when they saw the Lord!
“Peace be with you!”, He said once more.
He breathed – His Spirit was outpoured.
On them – they were changed to the core.

Thomas, not there when He appeared,
Doubted their word and wouldn’t believe.
The doors were locked, as they still feared.
The Lord returned so he’d perceive.

“Peace be with you. Put your hand here.
Believe what you see; doubt no more.”
“My Lord and my God!” – he drew near
To worship Him as ne’er before.

“So you believe because you see?
Blessed are those who have not seen
And yet believe.” was His decree.
As they were left, full and serene.

The Risen overcomes the gloom;
He enters through the walls of fear;
His Spirit fills the inner room,
Of hearts that believe and draw near.

Draw to the Risen Lord with joy!
All who receive Him, He’ll employ.

May the companionship of the Risen Lord overcome our
gloom, fear, and disbelief and fill us with the joy of new life.

John 21.1-14

The Lord calls us to renew our daily existence in His ways, to yield His works with an abundance of His grace.

Bounty Of Grace

They went home and fished through the night;
At dawn, their nets were still empty.
He called: “Cast your nets to the right.”
Their nets were filled abundantly.

“It is the Lord!”, John told Peter;
Peter dove in and swam to shore.
They brought the boat, nets held secure.
So many fish – their nets weren’t tore.

He made breakfast on charcoal fire;
Peter brought fish, which He prepared.
He served them, to fill and inspire
Them to draw life from what He shared.

To follow Him in a new way,
Transforming their work in their place,
To yield His works and to obey,
He provides a bounty of grace.

They were sent forth, with grace to wield,
To gather His abundant yield.

May we go forth in the way He has laid out before each of us,
striving to do His will in all, with the help of His abundant
grace.

John 21.15-23

The Lord invites each of us to follow Him completely in the ways of obedience and humble love.

Mission

He asked Peter: “Do you love Me?”
Peter replied, “Yes Lord, I do.”
“Feed My sheep”, was the Lord’s decree,
To His Rock, Peter, called anew.

He asked him this three times to test
Him, as Peter denied Him thrice.
Peter, though hurt, did not detest;
He knew the Lord’s grace would suffice.

Peter’s martyrdom was foretold,
But John would remain at His side,
Until the day when he’d behold,
The Bridegroom coming for His bride.

On Peter, the Church was founded --
The rock of true obedience;
In John’s love, the Church was grounded --
Love for the Bridegroom, so immense!

To do His will is His decree;
Love yields new life eternally.

May the Lord grant us obedient hearts to follow Him, in
Mother Church, in the humble ways of love, as children of the
Most High.

Conclusion

“It is this disciple who testifies to these things and has written them, and we know that his testimony is true. There are also many other things that Jesus did, but if these were to be described individually, I do not think the whole world would contain the books that would be written.” (John 21.24-25)

May the Word of God take root deeply in your heart, and yield an abundance of new life in the light and spirit of Truth and Love.

References

Scripture quotations are adapted from several Catholic editions

from *Drawn into the Mystery of Jesus through the Gospel of John*, by Jean Vanier, Copyright © 2004, by Novalis, 49 Front Street East, Toronto ON M5E 1B3 Canada.

Copyright Notice

© Paul Buis, OCDS, 2005, Replication not permitted without permission

Visit our website www.littleway.ca for information on booklets of meditations which are written by the author.