

Pentecost

John 14:15-27

Welcome to Exodus's Kings of Summer Exercise. Following upon the Easter season, we are striving to maintain our consistent growth in the spiritual life. Throughout this Summer, we will be following King David in his battles as we continue to fight our own spiritual battles. We will focus on the need for humility in this battle as we embrace our vocation as Christian men. We must conquer sloth and prepare for our own task as leaders for our families and communities.

This day we celebrate Pentecost Sunday when the Holy Spirit descended upon the apostles as tongues of fire.

Today, listen to the voice of the Lord.

How is he calling you this summer?

You are with the apostles on the day of Pentecost. Jesus is sending his Spirit upon his disciples so that aflame with his love, they can set the world on fire.

Pray that the Lord draws you out of sloth to embrace the kingly mission he has given you. Pray for the grace of freedom and humility for all Exodus Men, just as they are praying for you.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter. Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love. Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for you are blessed forever and ever. Amen.

A Reading from the Gospel of John

"If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Counselor, to be with you for ever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him; you know him, for he dwells with you, and will be in you.

"I will not leave you desolate; I will come to you. Yet a little while, and the world will see me no more, but you will see me; because I live, you will live also. In that day you will know that I am in my Father, and you in me, and I in you. He who has my commandments and keeps them, he it is who loves me; and he who loves me will be loved by my Father, and I will love him and manifest myself to him." Judas (not Iscariot) said to him, "Lord, how is it that you will manifest yourself to us, and not to the world?" Jesus answered him, "If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. He who does not love me does not keep my words; and the word which you hear is not mine but the Father's who sent me.

“These things I have spoken to you, while I am still with you. But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Reflection

The Easter season culminates in another glorious day. Jesus has ascended into heaven, and now he gives us his greatest gift at Pentecost. This gift may not be what we think we need most, but with his own Spirit we can do all that Jesus wills for us. Our celebration of Easter has led us to this day when Jesus empowers us for the mission he has given us.

Summers are often a time we lose focus. They are truly a time of battle when the noonday devil of sloth comes to us. He tries to distract us, encourages us to give up our practices of prayer, asceticism, and fraternity, and to indulge in comfort and distractions. There is no problem with taking time to relax and vacation, but even then, we need to remain vigilant. We will focus on overcoming our sloth, which pulls us into distraction and inaction, by entering more deeply into our mission as spiritual fathers.

Jesus is our true king, and he calls us to follow his royal way of offering ourselves in love for others. This is what it means to be a king in this world. The devil, however, wants us to remain fixated on pleasure and worldly success, neglecting our true call to greatness. If he can keep us focused on ourselves and our desires, he will distract us from our royal vocation to be fathers to others. This exercise will focus on breaking out of lethargy so that we can embrace our vocation to be fathers and kings.

With the Holy Spirit to empower us, we enter into the spiritual battle this summer. These months can be different if we stay rooted in our good habits. We will overcome sloth and seek to embrace our mission of service even more.

Now place yourself before God, and converse with him.

Day 1 Action Item

Form a spiritual goal for the summer season.

If we do not continue going forward in the spiritual life, we will begin to slide backward. Summer is a downtime, when we have more time for vacation and recreation. We need to make good use of this time to continue to move forward without losing our spiritual progress.

Forming a goal for summer will help us to stay focused on growth. This goal will serve as your “why” for this exercise to give you focus. How would you like to grow? Is there a particular virtue you would like to form? Is there someone for whom you would like to pray and sacrifice? Spend time in prayer

asking the Lord to inspire your intention for our Kings of Summer exercise.