

Reflection: Blessed Seelos' Pattern of Cheerfulness

TESTIMONIAL

“In beatifying Francis Xavier Seelos, the Church once more teaches us that the Christian life is not meant to be lived as a heavy burden, in sadness or in a dark asceticism. The life of Father Seelos itself shows us that holiness is a journey of faith to be undertaken with enthusiasm and serenity. This is so because Christians live in the certainty that Jesus Christ, through his Paschal Mystery, has already redeemed humanity and all of human history.”

Cardinal Giovanni Batista Re, prefect of the
Congregation of Bishops, Rome, April 12, 2000

AFFECTATIONS AND PRAYERS

“Pleasure comes from without, but joy comes from within,” wrote Archbishop Fulton J. Sheen. Inner joy, therefore, is not contingent upon sources outside of me. But how many times, Lord, have I allowed my disposition to be affected by others, by my possessions, and by forces beyond my control? Conversely, there are times when I have burdened and depressed others by dwelling on my own minor disappointments, ailments, and challenges of life. God, you desire us to be happy. “Joy is the infallible sign of the presence of God,” wrote Father Teilhard de Chardin. Laughter reminds us how good it is to be alive. Help me to recognize you in the smile of others and reflect your warmth in my own expression of cheerful, self-contentment, so that I “may have life, and have it abundantly” (John 10:10).

Reflection question:

What do I do that brings me the most joy?