

LIVING FREE - REFLECTION

John 11: 43-44

Jesus orders the stone to be taken away from the tomb because he knows that as long as you stay in the tomb you are not truly alive.

Jesus knows that whatever life is, life requires freedom.

Yet, who among us is totally free?

Most of us find ourselves bound by something.

Do we not have to take into account our addictions, and compulsions?

Are we slaves to food, drugs or alcohol, our attitudes, our past or our own bad choices?

Are we smothered with other people's opinion of us?

Do we allow others to bind us with their expectations or prejudices?

What are our bindings? What are their names?

Jesus offers truth and freedom.

Jesus asks us to let go of all that binds us and keeps us from loving.

He calls us to rise to New Life.

What are the bindings that keep you from being totally alive and free?

What do you ask of God to help you accept the new life that is promised?
