

[Home](#)

Reflection for March 22



By Bishop Jung

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God."

2 Corinthians 1:3-4

There is an apocryphal quote often attributed to the Chinese, "may you live in interesting times." This quote is viewed both as a blessing and a curse, connoting that life is full of challenges, threats, dangers, and discomforts, and that peace, harmony, quiet, and calm are illusions. We are living in "interesting times" right now, but we do not need to worry or fear – God is with us! We acknowledge and remember the suffering, we call on God for healing and mercy, and we stand together in our faith in God. Here is my prayer:

"Blessed be God, blessed be Jesus the Christ, blessed be the Holy Spirit, blessed

be the source of all mercy, consolation, healing, and hope. As you work the miracle and grace of your consolation in our hearts, minds, and spirits, O Lord, also empower us to become your consolation to others. Help us to pray, and where we are able, use our hands, our feet, our minds, and our voices to extend comfort, strength, courage, and hope to others. You are so good, O Lord; you are so loving, our Savior; you are so merciful and kind, O Spirit; make us like you we pray. Amen.