

Reflection Wednesday Week 23 St John Chrysostom 2023

He was born in Antioch 394. After a thorough education, he adopted an ascetic life. He was ordained a priest and became a fruitful and effective preacher. He was elected Patriarch of Constantinople in 397, and was energetic in reforming the ways of the clergy and the laity alike. He incurred the displeasure of the Emperor and was twice forced into exile. After three years of the second exile, to Armenia, it was decided that he should be sent still further away, but he died on the journey (407), worn out by his hardships. His sermons and writings did much to explain the Catholic faith and to encourage the living of the Christian life: his eloquence earned him the surname "Chrysostom" ("golden mouth" gk).

Quite rightly St Paul exhorts us to *lead a life worthy of our vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. To do all we can to preserve the unity of the Spirit by the peace that binds us together.*

Let John Chrysostom speak:

- *Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.*
- *Be ashamed when you sin, don't be ashamed when you repent [To repent means to have a change of heart and mind. It is not simply a feeling of sorrow, but a psycho/spiritual growth away from evil/death and a turning to God/life]. Sin is the wound; repentance is the medicine. Sin is followed by shame; repentance is followed by boldness [Boldness means to beg God for undeserved mercy]. Satan has overturned this order and given boldness to sin and shame to repentance.*
- *When we teach our children to be good, to be gentle, to be forgiving (all attributes of God), to be generous, to love their neighbour, to regard this present age as nothing, we instil virtue in their souls, and reveal the image of God within them.*