

REFLECTION

BLD NEWARK COVENANT COMMUNITY

SATISFACTION IS NOT ENOUGH, STRIVE FOR JOY

You may want to ask what I mean by this.

We can get satisfaction from a good lunch, or after a good night's sleep, or after finishing a difficult project. On the other hand we can find joy in serving others, giving a gift to someone we love, or helping those who are in need. From the foregoing examples, we can see that both are derived from physical and emotional activities. However, in satisfaction there is a fulfillment of the body and the mind; while in joy, there is a fulfillment of the heart and spirit. The Holy Spirit makes the difference. It is the Holy Spirit that makes us joyful. Achieving satisfaction makes us stop because we are contented; while the Holy Spirit, in giving us joy, makes us want for more.

In our many activities during life here on earth, do we favor satisfaction over joy? Let me take this further so that we will clearly see the difference. When we do not forgive, we want to get revenge or retribution in order to be satisfied. However, when we have compassion and mercy, our hearts are joyful and at peace. When we give in to our pride and promote our self and our interests first, before others, we may have satisfaction, but never joy.

God created this wonderful, beautiful and bountiful world for our satisfaction. However, our life must not end in just satisfaction, but with joy. We are created for eternal joy, and we must strive to attain that. The mistake we often make is substituting satisfaction for joy. Satisfaction can make us happy. However, happiness is fleeting. We can be happy now but can be sad after a few moments. Worldly desires and physical discomforts will bother us. Joy on the other hand is not subject to issues of earthly pain or problems because it comes from the Holy Spirit. We can be suffering and still be joyful.

So let us strive to have the joy of the Holy Spirit which is in fellowship with the Father and His Son, Jesus Christ. In celebrating the Mass and worship from the bottom of our hearts, we find fellowship with the Holy Trinity. The Apostle John wrote about it in 1 John 1:3-4, ***"What we have seen and heard we proclaim now to you, so that you may have fellowship with us; for our fellowship is with the Father and with His Son, Jesus Christ. We are writing this so that our joy may be complete."***