



# Walk in the newness of *Life*

Romans 6:4

## Reflection:

April 2025

“We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.” (Romans 6:4)

The resurrection of Christ in the glory of the Father is a profound truth that every follower of Christ should deeply embed in their heart through contemplation and meditation. As we reflect on the passion, death, and resurrection of Jesus during this Lenten season, let us allow the Spirit of God to guide us toward a profound realisation: that our union with Christ in baptism not only unites us with his death but also ensures our union with his resurrection. Shouldn't we then embrace this triumphant message wholeheartedly, treasure it deeply, and proclaim it boldly to the world, shedding all remnants of doubt and despair?"

Like the disheartened disciples on the road to Emmaus, we too often feel discouraged when our intellectual grasp of Christ's teachings fails to ignite a deep, heartfelt conviction. As St. Paul poignantly confessed, "I do not understand my own actions, for I do not do what I want, but I do the very thing I hate" (Romans 7:15). This struggle can leave us feeling disheartened. Yet, just as Jesus walked alongside those disciples, He continues to accompany us on our journey, inviting us to reimagine the Gospel's transformative power. For Christ's suffering and subsequent glory, paved the way for us to receive, as a gift, the new life God offers to all who believe.

Embracing the resurrection of Christ requires us to die to ourselves, just as He did. As 2 Timothy 2:11 reminds us, "If we have died with him, we will also live with him." Having been baptised into Jesus' death, we are presented with countless opportunities each day to die to ourselves! As Pope Saint John XXIII so eloquently put it, 'Our Easter is therefore a dying to sin, to passions, to hatred, to enmities, to all that is a source of imbalance, bitterness, and torment in the spiritual and material order. This death is, in fact, only the first step towards a higher goal.' A steadfast faith, echoing Saint Francis's conviction that in dying, we are born to eternal life, allows the joy of resurrection to flood our lives.

Habitual sin, inner guilt, failures, accusations, terminal illness, loss of loved ones, and various sufferings in life can lead us into a deep desolation and silence, where human comfort seems insufficient. Yet, by shifting our focus to the power of the resurrection – the Spirit of God at work within us – and responding to His divine inspiration, we can experience the grace of being raised with Christ, even in life's darkest moments. What an incredible experience it is to live this earthly life empowered by the Risen Christ!

As Paul exemplified, a burning desire to know the person of Christ and the power of His resurrection is a gift of the Spirit. It is this desire that enables us to count everything as rubbish for the surpassing worth of knowing Christ Jesus as Lord.

The resurrection of Jesus unleashed the fullness of the Holy Spirit upon the world, a divine outpouring from the Father through the Son, transforming and renewing all creation, including us. Christ died so that we might live this new life in the Spirit. As we gaze upon ourselves in the light of this transformation, we begin to recognise the Spirit's profound work within us, bringing forth new perspectives, courage, and perseverance. Goodness triumphs over evil, diligence conquers sloth, and courage vanquishes fear. This is the radiant life of the Kingdom of God, made possible through His glorious resurrection. With faith, let us fix our eyes on the Risen Christ, embracing the call to rise with Him for the glory of the Father. May we, as a Jesus Youth community, live fully in the new life that flows from the power of His resurrection. As Saint Paul of the Cross, founder of the Passionists, reminds us, "The Risen Christ is our strength, hope, and victory. We must live in union with Him and in the power of His resurrection."