



May 17, 2026

The Ascension of the Lord

Written by
THE
FAITHFUL
DISCIPLE

Acts 1:1-11 | Eph 1:17-23 | Mt 28:16-20

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

This year, I cannot help but notice how kingdom-centric the readings for the Solemnity of the Ascension are. In our first reading, Jesus appears to his disciples for forty days after his resurrection and speaks to them about the kingdom of God. Our psalm beckons us to rejoice that God is mounting his throne – another kingdom image! Our second reading tells us that God has given Christ authority over “every principality, power, and dominion” – a clear sign that he is the one reigning over all. These references seem to be telling us that today’s feast is Jesus’ “coronation day” – the day he takes his rightful place at the right hand of the Father. From the moment Jesus ascends to heaven, he is reigning. What a consoling thought for us, who may at times find ourselves discouraged by our lives or the state of affairs around us. We have hope because we know that despite appearances to the contrary, Jesus reigns, and it is only a matter of time until the Father puts all things beneath Christ’s feet.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

In today’s Gospel, Jesus tells his disciples – and us – to “Go, therefore, and make disciples of all nations.” It’s a tall order – bringing every nation under the reign of Christ. But we needn’t be intimidated. The Ascension offers us hope, for – as the *Catechism* reminds us – “Jesus Christ, having entered the sanctuary of heaven once and for all, intercedes constantly for us as the mediator who assures us of the permanent outpouring of the Holy Spirit.” (667) Jesus ascended into heaven and now is constantly interceding for us before the Father, constantly pouring out his Spirit on us! In all our efforts to evangelize, we have that constant support and grace being sent our way to equip us for this work.

REFLECT

Oftentimes, we think of the Ascension as Jesus leaving us after the end of his earthly ministry. But Jesus promises that he does not leave us, but rather, that he is always with us, “until the end of the age.” Spend some time this week reflecting on the ways that, having taken his seat at the right hand of the Father, Jesus is now ever-more present, pouring out his grace and his Spirit upon us at every moment.