



When Life Is on Empty

FR. JOSEPH JUKNIALIS

As he stood in line in front of me, the back of his T-shirt read, “Pain is weakness leaving the body.” Though unsaid, it implied that the parting pain would be replaced by newfound strength. Yet, the more I thought about it, I wondered if that is always the case. Some pain simply leaves one empty, like the grief that comes with the death of one’s child. That emptiness never leaves, it is never replaced. So too, the pain of living with mental illness, as it seems to isolate one from many of life’s joys and satisfactions. Or, eventually, the aging process in all of us, as it slips in and steals the treasures of life, one by one. Pain is not always weakness leaving the body. Sometimes, it is the pain of an alien spirit settling in for the long haul.

If St. Paul’s assertion that Jesus came and “emptied himself...coming in human likeness...even [to] death on a cross,” then those times that seem to empty us of all we would hold dear are the times when we slowly take on the image of Jesus in our own lives. It is at such times when we are most powerless but also when God’s spirit shines through our broken and wounded lives, if only because we become totally dependent upon God. It is Saint Teresa of Kolkata who is said to have once remarked that even God cannot fill what is already full. ●

Reflect

***What emptying am I experiencing?
Can I accept it as becoming more like Jesus?***



**[Christ Jesus] emptied himself...
becoming obedient to death,
even death on a cross.**

PHILIPPIANS 2:7-8

Dear Padre,

A Protestant friend tells me that Jesus died to take the punishment for our sins. That doesn't seem accurate to me. What does the Church teach about the meaning of Jesus' death on the cross?

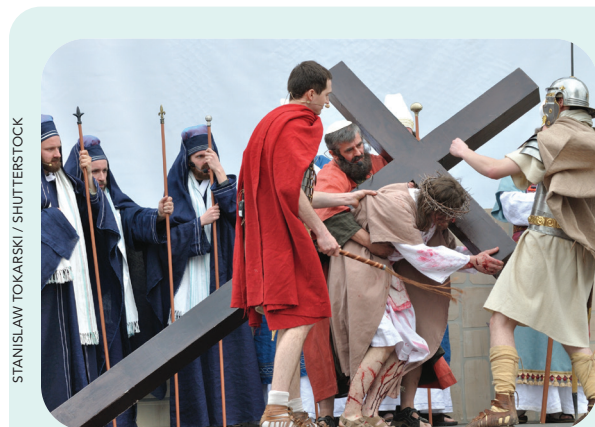
Jesus understood his mission to be sacrificing his own life “as a ransom for many” (Matthew 20:28). His fidelity to that mission was even at the cost of death. However, saying Jesus’ death was payment for our sins doesn’t mean that a vengeful God was appeased by the slaughter of his own innocent son. Rather, we are redeemed because of the mutual love between Father and Son, as well as the love Christ had for us all when he offered his life. “It is love ‘to the end’ (see John 13:1) that confers on Christ’s sacrifice its value as redemption and reparation, as atonement and satisfaction” (*Catechism of the Catholic Church*, 616). It is in this sense that Jesus’ death was a payment—not one to be exacted—but a unique sacrifice “that completes and surpasses all other sacrifices,” when “the Father handed his Son over to sinners in order to reconcile us with himself,” and the Son of God freely and lovingly offered his human life to his Father “in reparation for our disobedience” (CCC 614). Christ “bore our sins in his body upon the cross.... By his wounds you have been healed” (1 Peter 2:24). Viewed in light of the resurrection, Christ’s death has meaning in eternal life’s triumph over sin. ●



NANCY WIECHEC / CNS

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
September 15	September 16	September 17	September 18	September 19	September 20	September 21
<i>Our Lady of Sorrows</i>	<i>Sts. Cornelius, Pope, and Cyprian, Bishop, Martyrs</i>	<i>Weekday</i>	<i>Weekday</i>	<i>Weekday</i>	<i>Sts. Andrew Kim Tae-gŏn, Priest, and Paul Chŏng Ha-sang, and Companions, Martyrs</i>	<i>Twenty-fifth Sunday in Ordinary Time</i>
1 Tm 2:1–8 Jn 19:25–27 or Lk 2:33–35	1 Tm 3:1–13 Lk 7:11–17	1 Tm 3:14–16 Lk 7:31–35	1 Tm 4:12–16 Lk 7:36–50	1 Tm 6:2c–12 Lk 8:1–3	1 Tm 6:13–16 Lk 8:4–15	Am 8:4–7 1 Tm 2:1–8 Lk 16:1–13 or 16:10–13



A WORD FROM POPE LEO XIV

I chose to take the name Leo XIV...mainly because Pope Leo XIII in his historic encyclical Rerum Novarum addressed the social question in the context of the first great industrial revolution. In our own day, the Church offers...the treasury of [its] social teaching in response to...new challenges for the defense of human dignity, justice, and labor.

**ADDRESS TO THE COLLEGE OF CARDINALS,
ROME, MAY 10, 2025**