

## **Commentary on the Gospel for Wed, May 3rd 2017**

It's one of those days. I'm cranky. I didn't get a lot of sleep. I am impatient with my colleagues. I'm frustrated because a project was rejected. Everyone is driving me crazy. I'm feeling sorry for myself. I am near tears because of all of the above.

I hope you don't have many days like this.

I turn to the readings for my reflection. I take a deep breath and read Jesus' words: "I am the way and the truth and the life." I take another deep breath. God can show me the way, if I surrender to the way and the truth and the life. I take another deep breath. I am holding on to my crankiness, to my disappointment, to my frustration. Am I like Philip, asking Jesus to show him the Father because I do not want to surrender to the way, the truth and the life?

Why must I dwell in the negative? What can I be thankful for today? My family. My friends. Work that mostly gives me joy and a feeling of satisfaction. I can be thankful for God's love that still surrounds me even when I am cranky and frustrated and impatient. I can ask Jesus to help me. I can take a deep breath and pray. I can try to push out the disappointment and let God in. I can turn to God, to the way and the truth and the life. I can take a deep breath and pray.

Carol Zuegner-Creighton University's Department of Journalism