

6th Pentecostal Sunday

“I Have Overcome the World”

“In the world you will have tribulation. But take heart; I have overcome the world.” [John 16:33](#)

On the 6th Sunday of the Pentecostal 50 days, the church reads from the Gospel of [John 16:23-33](#). In this passage, Jesus shares two main messages with His disciples.

First, He tells His disciples about what is to come: *“I came from the Father and have come into the world, and now I am leaving the world and going to the Father”* ([John 16:28](#)). As we are His disciples, it makes sense that the Church is reminding us of His return to Heaven as today is the first Sunday after the Feast of Christ's Ascension into Heaven.

Additionally, He gives His disciples words of comfort: *“In the world you will have tribulation. But take heart; I have overcome the world”* ([John 16:33](#)). This message is reiterated in today's other readings. St. Paul writes in the Pauline Epistle, *“But thanks be to God, who gives us the victory through our Lord Jesus Christ”* ([1 Corinthians 15:57](#)). St. Peter elaborates on this in the Catholic Epistle by saying, *“Blessed be the God and Father of our Lord Jesus Christ! According to His great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you”* ([1 Peter 1:3-4](#)). To gain this inheritance St. Peter is talking about, we must struggle. Through struggles, sufferings, and sorrows, we will secure a path to the kingdom of heaven, and receive the greatest gift of all, being with God for eternity: *“We must through many tribulations enter the kingdom of God.”* ([Acts 14:22](#) NKJV).

When you are down or are sorrowful, remember that we believe in the One Who has overcome the world. Through these struggles, we're one step closer to being with Him.

As we are nearing the end of the Holy 50 Days and approaching the Pentecost, in all that we do, let us remember that through His Resurrection, He conquered death and gave us the chance to spend eternity with Him.