

My gift to you

Weekly Reflections
25th May 2025
6th Sunday of Easter



From the Gospel of John (14: 23-29)

At that time: Jesus said to his disciples, 'If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father's who sent me.

'These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. You heard me say to you, "I am going away, and I will come to you." If you loved me, you would have rejoiced, because I am going to the Father, for the Father is greater than I. And now I have told you before it takes place, so that when it does take place you may believe.'

Prayer for the Week

Almighty God,

Speak to us through your word, your Spirit, and the fellowship we share, so we can live in abundance with the gift of peace you give us.

Through Christ our Lord

Amen

Reflection on the Gospel from Sunday:

The Gospel again from Sunday is taken from the last supper and is a reminder to us of what will descend on the disciples after Jesus has left them. The final gift that Jesus leaves for his disciples is the gift of peace 'a peace that the world cannot give.' And this peace Jesus refers to is that of perfect well-being and being in complete communion with God. This peace is so pure that whatever is thrown at us we can prevail over it.

If we are in relationship with God, if we are in union with God, then we will be blessed with the gift of peace, and as Jesus was able to offer this gift of peace to others because he possessed it, so also can we extend this gift to those around us, if we first receive this gift from God.

In our fast paced world, it is easy to neglect our time with God. Often then in our times of prayer we are tempted to do all the talking, our prayer time can become very 'active.' The gift of peace, along with all the gifts of the Spirit, are just that, gifts. We cannot earn them or obtain them. This week try a new type of prayer, perhaps meditating in front of an icon, joining in on a time of adoration before the Blessed Sacrament, or meditating on a passage of scripture (lectio divina).

Try to refrain from too much 'active' prayer, but instead sit silently with the Lord with an attitude of openness, listen to what he has to say to you, allow him to bless you with the gifts he has for you.