

PRAYER FOR LIVING

# “Receive the Holy Spirit”

MAY  
YEAR A



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## **PRAYER FOR LIVING YEAR A**

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**Friday, 1<sup>st</sup> May, St. Joseph the Worker.**

**Genesisia 1:26-2:3 or Colossians 3:14-15, 17, 23-24, Matthew 13:54-58 (Readings from the Memorial of St. Joseph the Worker).**

*Jesus came to his home town and taught the people in their synagogue in such a way that they were astonished and said, 'Where did the man get this wisdom and these miraculous powers? This is the carpenter's son, surely? Is not his mother the woman called Mary, and his brothers James and Joseph and Simon and Jude. His sisters, too, are they not all here with us? So where did the man get it all?' And they would not accept him. But Jesus said to them, 'A prophet is only despised in his own country and in his own house', and he did not work many miracles there because of their lack of faith.*

To see and love God today

St. Paul, in today's first reading, reminds us, "*Over all these clothes, to keep them together and complete them, put on love...*" "St Joseph was a man of simple but deep faith in God who embodied the words of St. Paul. Though no great works of his are recorded, his life itself became a witness. In the simplicity of his vocation as a carpenter in a small village, he carried out every task and responsibility with a heart full of love, turning his daily work into an offering of love to God.

In the Gospel, we see the people of Nazareth rejecting Jesus because they could not see beyond what was familiar to them. To them, He was merely the carpenter's son. Like the people of Nazareth, we often overlook God's active presence in the ordinary and small aspects of our lives. As we celebrate the feast of St. Joseph today, let us ask for the grace to carry out our daily responsibilities with love and to have the eyes of faith needed to recognise God's presence in the quiet, everyday moments of our lives.

**Reflective question:**

Have I become so familiar with God that I no longer trust that He is present and working in and through me?

**Saturday, 2<sup>nd</sup> May, St. Athanasius.**

**Acts 13:44-52, John 14:7-14**

*Jesus said to his disciples: 'If you know me, you know my Father too. From this moment you know him and have seen him.'* Philip said, 'Lord,

*let us see the Father and then we shall be satisfied'. 'Have I been with you all this time, Philip,' said Jesus to him 'and you still do not know me? 'To have seen me is to have seen the, Father, so how can you say, "Let us see the Father"? Do you not believe that I am in the Father and the Father is in me? The words I say to you I do not speak as from myself: it is the Father, living in me, who is doing this work. You must believe me when I say that I am in the Father and the Father is in me; believe it on the evidence of this work, if for no other reason. I tell you most solemnly, whoever believes in me will perform the same works as I do myself, he will perform even greater works, because I am going to the Father. Whatever you ask for in my name I will do, so that the Father may be glorified in the Son. If you ask for anything in my name, I will do it."*

### Mirror of God's love

Jesus is the perfect reflection of God the Father, revealing the Father's love through His words and actions. Today, we are also called to reflect the face of God the Father through the love we share with others, the choices we make for peace, and the kindness we extend to those who are vulnerable in our society.

In the Gospel, Jesus says, "*I am in the Father and the Father is in me*", revealing the source of His strength. He is able to live a life of love and remain steadfast even in the face of rejection and opposition from others because He knows He is never alone. His life flows from a constant union with God the Father. Everything He says, everything He does, comes from this relationship of love. This is an invitation for us. In times of feeling misunderstood or unappreciated, when we try to love like Jesus, let us remain in God and allow Him to remain in us. Our joy and peace should not depend on how others respond to us. Instead, we should draw them from a deeper source.

### **Reflective question:**

How can I strengthen my relationship with God so that my love remains constant, unaffected by external circumstances or others' responses?

### **Sunday, 3<sup>rd</sup> May, Fifth Sunday of Easter.**

#### **Acts 6:1-7, 1 Peter 2:4-9, John 14:1-12**

*Jesus said to his disciples, 'Do not let your hearts be troubled. You trust in God, trust also in me. In my Father's house there are many places to*

*live in; otherwise I would have told you. I am going now to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you to myself, so that you may be with me where I am. You know the way to the place where I am going. Thomas said, 'Lord, we do not know where you are going, so how can we know the way?' Jesus said: I am the Way; I am Truth and Life. No one can come to the Father except through me. If you know me, you will know my Father too. From this moment you know him and have seen him. Philip said, 'Lord, show us the Father and then we shall be satisfied.' Jesus said to him, 'Have I been with you all this time, Philip, and you still do not know me? 'Anyone who has seen me has seen the Father, so how can you say, "Show us the Father"? Do you not believe that I am in the Father and the Father is in me? What I say to you I do not speak of my own accord: it is the Father, living in me, who is doing his works. You must believe me when I say that I am in the Father and the Father is in me; or at least believe it on the evidence of these works. In all truth I tell you, whoever believes in me will perform the same works as I do myself, and will perform even greater works, because I am going to the Father.'*

### Trust in Jesus

In today's first reading, we see tensions building up in the early Church. Yet, instead of falling into division, they work for what is best for the whole community, by discerning, organising and entrusting responsibilities. The Christian community remain rooted in prayer and the Word. The community continues to grow, not because everything is perfect, but because they choose to have Christ as their centre.

*"Do not let your hearts be troubled. Trust in God still and trust in me."* Let the words of Jesus from today's Gospel resonate in our hearts. Jesus does not promise us a life free from hardships and problems, but He offers us something deeper: His presence. When we put our trust in Him and root ourselves in His presence, we find stability even in moments of uncertainty and peace even in troubled times.

### **Reflective questions:**

What is troubling my heart right now? How is Jesus inviting me to trust Him and walk with Him through the situation?

**Monday, 4<sup>th</sup> May, 5<sup>th</sup> Week of Easter.**

**Acts 14:5-18, John 14:21-26**

*Jesus said to his disciples: 'Anybody who receives my commandments and keeps them will be one who loves me; and anybody who loves me will be loved by my Father, and I shall love him and show myself to him.'* Judas - this was not Judas Iscariot - said to him, 'Lord, what is all this about? Do you intend to show yourself to us and not to the world?' Jesus replied: 'If anyone loves me he will keep my word, and my Father will love him, and we shall come to him and make our home with him. Those who do not love me do not keep my words. And my word is not my own: it is the word of the one who sent me. I have said these things to you while still with you; but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all I have said to you.'

### The Holy Spirit, the Advocate

In today's Gospel, Jesus speaks about the Holy Spirit, who is given to us as our Advocate, not a distant helper, but a living presence who walks with us, speaks within us, and leads us back to Jesus. Today, we are surrounded by a lot of noise. We chase comfort, success, and pleasure, yet we also feel the burden of global issues like wars, violence, and division. The news can often be overwhelming and negative. This makes it easy for us to feel anxious, numb, or hard-hearted. We can either let fear consume us or become indifferent to the suffering around us.

Today, Jesus reminds us that we need the Holy Spirit. Without the Spirit, we struggle to hear God's voice amidst the noise. Our conscience becomes dulled, and our faith can feel routine, even lifeless. Yet Jesus does not leave us alone in this reality. He promises, "*The Advocate, the Holy Spirit... will teach you everything and remind you of all that I have said to you.*" The Spirit is with us to remind us of what truly matters: love, truth, compassion and fidelity. He helps us understand when the world is confusing, gives us courage when we feel afraid, and brings us hope when things are uncertain.

### **Reflective question:**

Am I allowing the Holy Spirit to guide my thoughts, shape my responses, and lead me to live with love and hope?

**Tuesday, 5<sup>th</sup> May, 5<sup>th</sup> Week of Easter.**

**Acts 14:19-28, John 14:27-31**

*Jesus said to his disciples: 'Peace I bequeath to you, my own peace I give you, a peace the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid. You heard me say: I am going away, and shall return. If you loved me you would have been glad to know that I am going to the Father, for the Father is greater than I. I have told you this now before it happens, so that when it does happen you may believe. I shall not talk with you any longer, because the prince of this world is on his way. He has no power over me, but the world must be brought to know that I love the Father and that I am doing exactly what the Father told me. Come now, let us go.'*

### The gift of peace

Peace is not simply the absence of conflict or a means to avoid confrontation. It does not depend on external circumstances or on fleeting feelings of happiness. Instead, true peace reflects the inner tranquillity we have, even in the face of life's challenges. Only Jesus can grant us this inner peace. During this prayer time, let us open our hearts and listen closely to the comforting words of Jesus: *"Peace I bequeath to you, my own peace I give you, a peace the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid."*

In today's world, filled with conflict, division and constant tension, this peace is not meant to remain hidden within us. It is meant to be transmitted by choosing not to let anger, fear, or hostility have the final word in us. As Christ's disciples, let us break the chain of negativity and division. First, we must have our hearts anchored in Christ. When we are filled with His peace, we can then create peace.

### **Reflective question:**

In the conflicts and tensions I face, do people see Christ's peace in me?

**Wednesday, 6<sup>th</sup> May, 5<sup>th</sup> Week of Easter.**

**Acts 15:1-6, John 15:1-8**

*Jesus said to his disciples: 'I am the true vine, and my Father is the vinedresser. Every branch in me that bears no fruit he cuts away, and every branch that does bear fruit he prunes to make it bear even more. You are pruned already, by means of the word that I have spoken to you.'*

*Make your home in me, as I make mine in you. As a branch cannot bear fruit all by itself, but must remain part of the vine, neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty; for cut off from me you can do nothing. Anyone who does not remain in me is like a branch that has been thrown away - he withers; these branches are collected and thrown on the fire, and they are burnt. If you remain in me and my words remain in you, you may ask what you will and you shall get it. It is to the glory of my Father that you should bear much fruit, and then you will be my disciples.'*

### Remaining in the True Vine

In today's Gospel, Jesus reveals a deeply intimate truth: "*I am the vine, you are the branches*", which speaks of dependence and connection. A branch has no life on its own. It only flourishes when it remains attached to the vine.

Sometimes, we may feel dry, unproductive, or distant. However, Jesus invites us to draw near to Him through prayer, listening to His Word, and allowing His love to dwell within us. When we remain in Him, we will bear the fruits of love, patience, forgiveness, and compassion, which are signs that His life is truly flowing within us. Our lives then become a witness, not of our own strength, but of His presence in us.

### **Reflective Question:**

What is one concrete way I can stay more deeply connected to Jesus, my true vine, today?

### **Thursday, 7<sup>th</sup> May, 5<sup>th</sup> Week of Easter.**

#### **Acts 15:7-21, John 15: 9-11**

*Jesus said to his disciples: "As the Father has loved me, so I have loved you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love. I have told you this so that my own joy may be in you and your joy be complete."*

### Abide in love

Today, Jesus addresses these words to us: "*As the Father has loved me, so I have loved you; remain in my love.*" This is the truth that Jesus wants

us to root ourselves in: we are loved by Him in the very same way the Father loves Him. This love is not a distant love, but a faithful and personal love. He continues, *“If you keep my commandments, you will remain in my love.”* It may seem demanding at first, but this is about being in a relationship, not just following rules. When we love someone, we naturally want to live in a way that brings us closer to them, making obedience an expression of love rather than a burden.

Jesus, at the end, tells us, *“I have told you this so that my joy may be in you and that your joy may be complete.”* The joy that Jesus speaks of is the quiet certainty of being deeply loved by God. Having joy does not mean life becomes easy, but it means that even when we face challenges, we know we are never alone because our lives are in God’s embrace.

### **Reflective question:**

What situation is Jesus inviting me to accept His joy, even if things are difficult right now?

### **Friday, 8<sup>th</sup> May, 5<sup>th</sup> Week of Easter.**

#### **Acts 15:22-31, John 15:12-17**

*Jesus said to his disciples, “This is my commandment: love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends. You are my friends, if you do what I command you. I shall not call you servants anymore, because a servant does not know his master’s business; I call you friends, because I have made known to you everything I have learnt from my Father. You did not choose me, no, I chose you; and I commissioned you to go out and to bear fruit, fruit that will last; and then the Father will give you anything you ask him in my name. What I command you is to love one another.”*

### Friends of Jesus

Jesus calls us to love one another as He loves us. This is not merely an option or something we do only when we feel like it; rather, it is a commandment that requires us to choose to love others. This means we must deliberately decide to love. It seems hard for us to love people with whom we struggle to get along. The good news is that Jesus will never ask us to do anything that is beyond our ability. When we stay connected to Jesus, His love flows through us.

That is why we must always remember that Jesus tells us, “*I call you friends.*” This is who we are. He calls us to be His friends, embracing His way of loving, forgiving as He forgives and serving as He serves. To be called a friend of Jesus is both a gift and a calling. It means we are personally known and entrusted with His mission. Today, He draws us close, not to control us, but to walk alongside us.

**Reflective question:**

In what area of my life is Jesus inviting me to live out His command to love more concretely?

**Saturday, 9<sup>th</sup> May, 5<sup>th</sup> Week of Easter.**

**Acts 16:1-10, John 15:18-21**

*Jesus said to his disciples: “If the world hates you, remember that it hated me before you. If you belonged to the world, the world would love you as its own; but because you do not belong to the world, because my choice withdrew you from the world, therefore the world hates you. Remember the words I said to you: A servant is not greater than his master. If they persecuted me, they will persecute you too; if they kept my word, they will keep yours as well. But it will be on my account that they will do all this, because they do not know the one who sent me.”*

Belonged and chosen

In today’s Gospel, Jesus tells us, “*You do not belong to the world because my choice has withdrawn you from it.*” We are chosen, not for our talents and strengths, but because we are loved by Him. Being “*withdrawn*” from the world does not mean we stop living our daily lives or fulfilling our responsibilities. We continue to do as we normally do. However, something inside us shifts. Our sense of identity and values are no longer influenced by the world’s ideas of success, power, or recognition. Instead, we begin to belong to Him.

To belong to Jesus is to know that our lives are no longer our own, but we are known and loved by Him. This is the truth that we find comfort in: we are His. Today, let us trust that in Him, we have found our true home.

**Reflective question:**

Do I truly believe that I belong to Jesus and am chosen by Him to be His presence in this world?

## **Sunday, 10<sup>th</sup> May, Sixth Sunday of Easter.**

**Acts 8:5-8, 14-17, 1 Peter 3:15-18, John 14:15-21**

*Jesus said to his disciples, "If you love me you will keep my commandments. I shall ask the Father, and he will give you another Paraclete to be with you for ever, the Spirit of truth whom the world can never accept since it neither sees nor knows him; but you know him, because he is with you, he is in you. I shall not leave you orphans; I shall come to you. In a short time the world will no longer see me; but you will see that I live and you also will live. On that day you will know that I am in my Father and you in me and I in you. Whoever holds to my commandments and keeps them is the one who loves me; and whoever loves me will be loved by my Father, and I shall love him and reveal myself to him."*

### The Holy Spirit, our Companion

In the Gospel, Jesus tells us, "*I will not leave you orphans.*" This is the heart of Christian life: we belong to God, and so, we are not alone. God gives us the gift of the Holy Spirit, who is not an abstract force but a living presence that guides, strengthens, and reminds us that we are deeply loved, especially in moments of doubt, failure, or discouragement.

Jesus calls the Holy Spirit, the Paraclete, meaning that He is the one who stands beside us, speaks for us, and supports us. Thus, we are never left to figure out life, decisions, or struggles on our own. Each day, the Holy Spirit actively guides us in very concrete ways, helping us walk the path of what is true, good and loving that aligns with God's heart, and shaping our hearts to love unconditionally, just as Jesus does.

### **Reflective Question:**

What makes it challenging for me to trust or recognise the guidance of the Holy Spirit?

## **Monday, 11<sup>th</sup> May, 6<sup>th</sup> Week of Easter.**

**Acts 16:11-15, John 15:26-16:4**

*Jesus said to his disciples: 'When the Advocate comes, whom I shall send to you from the Father, the Spirit of truth who issues from the Father, he will be my witness. And you too will be witnesses, because you have been with me from the outset I have told you all this that your faith may not be shaken. They will expel you from the synagogues, and indeed the*

*hour is coming when anyone who kills you will think he is doing a holy duty for God. They will do these things because they have never known either the Father or myself. But I have told you all this, so that when the time for it comes you may remember that I told you.'*

### The Spirit of truth

The first reading speaks of Lydia, a woman whose heart is opened to God through St. Paul's preaching. Her openness to listening to God's Word is not just the result of her own efforts, but a gift from God. God takes the first initiative, unlocking what is closed and inviting her to trust. Lydia is baptised together with her household. Moved by her faith, she welcomes Paul and his companions into her home, marking the start of the Philippian church.

In the Gospel, Jesus prepares His disciples for challenges ahead, warning them of rejection and persecution, but assuring them that the Holy Spirit, the Spirit of Truth, will empower them and be their voice as they witness to Jesus. Lydia exemplifies receiving the Spirit with an open heart and a transformed life, while the disciples demonstrate living in the Spirit by remaining faithful despite the costs. The same Spirit works in us, opening our hearts to listen deeply and respond to God. When following Christ becomes difficult, the Spirit is not absent. He is in us, sustaining, guiding, and giving us the courage to remain in the truth.

### **Reflective Question:**

Do I rely on the Holy Spirit or my own strength when facing difficulties in my faith?

### **Tuesday, 12<sup>th</sup> May, 6<sup>th</sup> Week of Easter.**

#### **Acts 16:22-34, John 16:5-11**

*Jesus said to his disciples: 'Now I am going to the one who sent me. Not one of you has asked, "Where are you going?" Yet you are sad at heart because I have told you this. Still, I must tell you the truth: it is for your own good that I am going because unless I go, the Advocate will not come to you; but if I do go, I will send him to you. And when he comes, he will show the world how wrong it was, about sin, and about who was in the right, and about judgement: about sin: proved by their refusal to believe in me; about who was in the right: proved by my going to the Father and your seeing me no more; about judgement: proved by the prince of this world being already condemned.'*

### The Spirit works for our good

In today's Gospel, Jesus speaks to His disciples as He prepares to leave them. He tells them, "*It is for your good that I am going.*" This might seem strange. How can His departure be a good thing? The answer is that He will send the Advocate, the Holy Spirit. While Jesus was with them, the disciples relied on what they could see and touch. But when He goes away, they will have a deeper connection. The Spirit will live inside them, guiding them from within.

Today, the Holy Spirit continues to dwell within us, leading us into the truth that brings transformation to our lives. He is our voice of truth that gently but firmly reveals where we are closed, where we are self-reliant, and where we are afraid to trust. His purpose is not to condemn but to free us so that we can live life with true freedom. Let us trust in the Holy Spirit in us.

### **Reflective question:**

What concrete step can I take to be more attentive to the Holy Spirit?

### **Wednesday, 13<sup>th</sup> May, Our Lady of Fatima.**

#### **Isaiah 61:9-11, Luke 11:27-28**

*As Jesus was speaking, a woman in the crowd raised her voice and said, 'Blessed the womb that bore you and the breasts that fed you!' But he replied, 'More blessed still are those who hear the word of God and keep it!'*

### True blessedness

In today's Gospel, a woman in the crowd praises Jesus' mother for bringing Him into the world, saying, "*Blessed is the womb that bore you and the breasts that fed you!*" Jesus responds, "*More blessed still are those who hear the word of God and keep it!*" With this reply, Jesus shows why Mary is truly blessed, not just because she gave birth to Jesus, but because she first accepted Him in her heart. At the Annunciation, she listened to God's Word and said "Yes" to being Jesus' mother. Thus, her greatness comes not only from her role but also from her response.

Today, Jesus invites us to understand what it means to be truly blessed. It means having a heart that listens and responds to God. We may not

be called to Mary's mission, but we are all called to her attitude of receiving the Word, trusting it, and living it concretely.

**Reflective Question:**

What concrete action can I take today to live out the Word, rather than to hear it?

**Thursday, 14<sup>th</sup> May, Ascension of the Lord.**

**Acts 1:1-11, Ephesians 1:17-23, Matthew 28:16-20**

*The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him, they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And look, I am with you always; yes, to the end of time.'*

You are my presence now

In the Gospel for today's Feast of the Ascension, the disciples meet the Risen Jesus. It mentions, "*They fell down before him, though some hesitated.*" This detail is comforting. Faith and doubt can exist together. Even with their uncertainty, Jesus does not pull away. Instead, He comes closer and gives them a mission. He tells them, "*Go, therefore, and make disciples of all nations...*" The same disciples who hesitated and doubted are now sent. Jesus does not wait for perfect faith, but He sends them as they are.

The Ascension marks a change: from being disciples who walk with Jesus, to apostles who now carry Jesus into the world. Jesus' mission of revealing the Father's love does not end, but it continues through them. Today, Jesus trusts us enough to carry on His mission. In a world that is divided and wounded, we are called to embody His compassion and be instruments of peace and unity. Listen as Jesus personally says to us, "*You are my presence now.*" We are thankful for His trust in us. Now, let us show His presence through our words and actions.

**Reflective question:**

Where is Jesus choosing to be present today through me?

## **Friday, 15<sup>th</sup> May, 6<sup>th</sup> Week of Easter.**

### **Acts 18:9-18, John 16:20-23**

*Jesus said to his disciples, 'In all truth I tell you, you will be weeping and wailing while the world will rejoice; you will be sorrowful, but your sorrow will turn to joy. A woman in childbirth suffers, because her time has come; but when she has given birth to the child she forgets the suffering in her joy that a human being has been born into the world. So it is with you: you are sad now, but I shall see you again, and your hearts will be full of joy, and that joy no one shall take from you. When that day comes, you will not ask me any questions. In all truth I tell you, anything you ask from the Father he will grant in my name.'*

### Sorrow and joy

In today's Gospel, Jesus says to His disciples, *"In all truth I tell you...you will be sorrowful, but your sorrow will turn to joy."* He does not deny the reality of pain, but it does not have the final word; joy does. Jesus uses the image of a woman in labour: the pain is real and intense, yet it is not meaningless. It is a pain that leads to life. Likewise, the disciples will feel deep sadness as they witness His death on the cross. However, this sadness will turn into a joy that cannot be taken away when they encounter the Risen Lord.

Today, Jesus invites us to see that our sorrows, like disappointments, losses, struggles, and confusion, can lead to transformation. By staying with Him during those moments, we can grow in unexpected ways, developing a deeper trust, a more anchored hope, and a lasting joy. The joy we have does not mean that life becomes easy. It means that even when we face hardships, there is a quiet certainty that God is with us.

### **Reflective question:**

How is Jesus inviting me to trust that He is bringing forth a lasting joy from the hardships and struggles that I face?

## **Saturday, 16<sup>th</sup> May, 6<sup>th</sup> Week of Easter.**

### **Acts 18:23-28, John 16:23-28**

*Jesus said to his disciples: 'I tell you most solemnly, anything you ask for from the Father he will grant in my name. Until now you have not asked for anything in my name. Ask and you will receive, and so your joy will be complete. I have been telling you all this in metaphors, the*

*hour is coming when I shall no longer speak to you in metaphors; but tell you about the Father in plain words. When that day comes you will ask in my name; and I do not say that I shall pray to the Father for you, because the Father himself loves you for loving me and believing that I came from God. I came from the Father and have come into the world and now I leave the world to go to the Father.'*

### In Jesus' name

In today's Gospel, Jesus, knowing that He is leaving this world and going to His Father, encourages His disciples by saying, "*I tell you most solemnly, anything you ask for from the Father he will grant in my name.*" Today, Jesus also invites us to ask for whatever we need in His name, and our prayers will be heard. However, it is important to understand that asking in Jesus' name is not simply a magical formula or something we recite at the end of prayer. In the Hebrew culture, a name represents a person's authority, character, and purpose. Therefore, praying in Jesus' name means asking Him for whatever we need, so that we live in a way that aligns with His heart and mission of love.

Jesus understands that following Him in today's society is challenging. Gospel values like love, humility, peace, and service are often disregarded or contradicted by popular cultural values such as secularism, individualism, and materialism. When we struggle to live out our faith authentically and freely, we may feel tempted to give up. In these moments, it is important to remember that we can rely on Jesus rather than our own strength, allowing us to live our discipleship in faithful union with Him.

### **Reflective question:**

When asking "*in Jesus' name,*" how can I change my prayer and heart to better align with Jesus' will instead of my own desires?

### **Sunday, 17<sup>th</sup> May, Seventh Sunday of Easter.**

#### **Acts 1:12-14, 1 Peter 4:13-16, John 17:1-11**

*Jesus raised his eyes to heaven and said: 'Father, the hour has come: glorify your Son so that your Son may glorify you; and, through the power over all mankind that you have given him, let him give eternal life to all those you have entrusted to him. And eternal life is this: to know you, the only true God, and Jesus Christ whom you have sent. I have glorified you on earth and finished the work that you gave me to do. 'Now, Father,*

*it is time for you to glorify me with that glory I had with you before ever the world was. I have made your name known to the men you took from the world to give me. They were yours and you gave them to me, and they have kept your word. Now at last they know that all you have given me comes indeed from you; for I have given them the teaching you gave to me, and they have truly accepted this, that I came from you, and have believed that it was you who sent me. I pray for them; I am not praying for the world but for those you have given me, because they belong to you: all I have is yours and all you have is mine, and in them I am glorified. I am not in the world any longer, but they are in the world, and I am coming to you.'*

### The call to be united

In today's first reading, we see the disciples returning to Jerusalem after witnessing Jesus' ascension. They gather in the upper room, united in prayer. Their unity is not just a superficial display but a deep and sustained companionship as they share their anxieties, hopes, and moments of prayer. The image of the disciples alongside Mary in the upper room shows the essence of unity. It is the daily commitment of each individual to be present for one another and to support one another through prayer.

In the Gospel, Jesus' prayer centres on oneness, oneness between Himself and His Father, and between Himself and the disciples. He prays that the disciples stay united just as He is united with the Father, so that the world may witness the Father's love. Unity is shown not just as getting along well with others, but as a deep connection rooted in a shared life with God. Today, we are called to work for true unity with those around us. However, to achieve this, we must first be united with Jesus so that we can be united with others.

### **Reflective question:**

How can I build deeper relationships and stay united with others?

### **Monday, 18<sup>th</sup> May, 7<sup>th</sup> Week of Easter.**

#### **Acts 19:1-8, John 16:29-33**

*His disciples said to Jesus, 'Now you are speaking plainly and not using metaphors! Now we see that you know everything, and do not have to wait for questions to be put into words; because of this we believe that*

*you came from God.’ Jesus answered them: ‘Do you believe at last? Listen; the time will come - in fact it has come already - when you will be scattered, each going his own way and leaving me alone. And yet I am not alone, because the Father is with me. I have told you all this so that you may find peace in me. In the world you will have trouble, but be brave: I have conquered the world.’*

### Be brave!

Many people around us often feel scared and hopeless because of the burdens they carry. Sometimes we, too, experience the heaviness of desolation due to family crises, personal problems, or difficulties at work. Jesus reminds us, *"I am not alone, because the Father is with me. I have told you all this so that you may find peace in me."* Today, let us pause and allow these words to fill our hearts with peace.

Jesus assures us that we are never alone because God the Father is always with us. This reality is the source of our peace. Let us not allow fear to cripple us or prevent us from hoping and moving forward. We journey through life with Jesus, who is always by our side. He is our peace, our courage, and our love.

### **Reflective question:**

How is Jesus guiding me to live when I feel like I am in a dark tunnel of fear and uncertainty?

### **Tuesday, 19<sup>th</sup> May, 7<sup>th</sup> Week of Easter.**

#### **Acts 20:17-27, John 17:1-11**

Jesus raised his eyes to heaven and said: ‘Father, the hour has come: glorify your Son so that your Son may glorify you; and, through the power over all mankind that you have given him, let him give eternal life to all those you have entrusted to him. And eternal life is this: to know you, the only true God, and Jesus Christ whom you have sent. I have glorified you on earth and finished the work that you gave me to do. ‘Now, Father, it is time for you to glorify me with that glory I had with you before ever the world was. I have made your name known to the men you took from the world to give me. They were yours and you gave them to me, and they have kept your word. Now at last they know that all you have given me comes indeed from you; for I have given them the teaching you gave to me, and they have truly accepted this, that I came from you, and have

believed that it was you who sent me. I pray for them; I am not praying for the world but for those you have given me, because they belong to you: all I have is yours and all you have is mine, and in them I am glorified. I am not in the world any longer, but they are in the world, and I am coming to you.

### Glorify God

In today's Gospel, Jesus expresses His deep desire, saying, "...so *that your Son may glorify you.*" This reflects Jesus' unwavering commitment to glorifying God, His Father, through His words and loving actions. He travels about, healing those in need, dining with sinners, and welcoming outcasts. He teaches and speaks about love, forgiveness, reconciliation, and compassion.

Today, we hold onto Jesus' desire in our hearts as we strive to make our words and actions reflect God's glory. However, we often lose sight of this and find ourselves seeking recognition for our own achievements. We crave praise and validation from others, longing for them to notice the good we do. It can be disheartening when our efforts go unappreciated, leaving us feeling upset. During this time of prayer, let us ask the Holy Spirit to remind us throughout the day that we are here to bring honour and praise to God. Through our words and actions, may others recognise God's presence in us and give Him glory.

### **Reflective question:**

What do my words and actions reveal about God?

### **Wednesday, 20<sup>th</sup> May, 7<sup>th</sup> Week of Easter.**

#### **Acts 20:28-38, John 17:11-19**

*Jesus raised his eyes to heaven and said: 'Holy Father, keep those you have given me true to your name, so that they may be one like us. While I was with them, I kept those you had given me true to your name. I have watched over them and not one is lost except the one who chose to be lost, and this was to fulfil the scriptures. But now I am coming to you and while still in the world I say these things to share my joy with them to the full. I passed your word on to them, and the world hated them, because they belong to the world no more than I belong to the world. I am not asking you to remove them from the world, but to protect them from the evil one. They do not belong to the world any more than I belong to the world. Consecrate them in the truth; your word is truth. As you sent me*

*into the world, I have sent them into the world, and for their sake I consecrate myself so that they too may be consecrated in truth.'*

### Belonging to God

In His prayer to the Father, Jesus expresses, "*Holy Father, keep those you have given me true to your name, so that they may be one like us...*" The term "keep" evokes the image of a Shepherd safeguarding his sheep, ensuring their safety and protection. When a sheep strays away from the Shepherd, it becomes anxious and vulnerable. Jesus prays that the Father will draw us close to His heart because we belong to Him. He asks for our protection from the lures of the world and from the pride that can pull us away.

We always face the choice to remain in his love or to wander, but the comforting truth is that we belong to God. Like sheep with their Shepherd, we find safety with God at our side; nothing and no one can take his love from us. Living with that awareness shapes the way we move through life and calls us to share his presence with others.

### **Reflective question:**

Do I consciously live with the awareness that I belong to God?

### **Thursday, 21<sup>st</sup> May, St. Christopher Magallanes.**

#### **Acts 22:30,23:6-11, John 17:20-26**

*Jesus raised his eyes to heaven and said: 'Holy Father, I pray not only for these, but for those also who through their words will believe in me. May they all be one. Father, may they be one in us, as you are in me and I am in you, so that the world may believe it was you who sent me. I have given them the glory you gave to me, that they may be one as we are one. With me in them and you in me, may they be so completely one that the world will realise that it was you who sent me and that I have loved them as much as you love me. Father, I want those you have given me to be with me where I am, so that they may always see the glory you have given me because you loved me before the foundation of the world. Father, Righteous One, the world has not known you, but I have known you, and these have known that you have sent me. I have made your name known to them and will continue to make it known, so that the love with which you loved me may be in them, and so that I may be in them.'*

## Love and unity

Today's gospel passage tells us that Jesus looks up to heaven and prays, saying: "*Holy Father, I pray...May they all be one. Father, may they be one in us, as you are in me and I am in you...*" Jesus asks for something important: that "*they may all be one.*" This does not mean everyone has to think or act the same, but rather that they share a life rooted in love, the same love that exists between the Father and the Son. Love is a powerful message that the world notices. As followers of Jesus, when we choose to show love instead of hatred and division, we draw others to God. Our actions often speak louder than our words; when we demonstrate love by welcoming others, forgiving quickly, and helping selflessly, people recognise that this is more than just a human effort, but it is a visible sign of God's presence.

Today, let us ground ourselves in love by letting God's love shape how we see ourselves and others. When we rest in that love, we can reach out to love others.

### **Reflective question:**

How can I show a unity that reflects God's faithful love to the world?

### **Friday, 22<sup>nd</sup> May, St. Rita of Cascia.**

#### **Acts 25:13-21, John 21:15-19**

*Jesus showed himself to his disciples, and after they had eaten he said to Simon Peter, 'Simon son of John, do you love me more than these others do?' He answered, 'Yes Lord, you know I love you'. Jesus said to him, 'Feed my lambs'. A second time he said to him, 'Simon son of John, do you love me?' He replied, 'Yes, Lord, you know I love you'. Jesus said to him, 'Look after my sheep'. Then he said to him a third time, 'Simon son of John, do you love me?' Peter was upset that he asked him the third time, 'Do you love me?' and said, 'Lord, you know everything; you know I love you'. Jesus said to him, 'Feed my sheep. 'I tell you most solemnly, when you were young you put on your own belt and walked where you liked; but when you grow old you will stretch out your hands, and somebody else will put a belt round you and take you where you would rather not go.' In these words he indicated the kind of death by which Peter would give glory to God. After this he said, 'Follow me.'*

### From love to mission

After denying Jesus, Peter meets the risen Lord. Jesus asks him three times, “*Do you love me?*” Each of these questions addresses Peter’s past denial. When Peter confesses his love, Jesus does not blame him. Instead, He gives Peter a task: “*Feed my lambs,*” “*Feed my sheep.*” The message is clear: love received leads to love shown.

Our love for others is born out of a loving relationship with Jesus. Jesus entrusts the mission of shepherding His people to Peter, and He uses the word “feed”, which underscores the fact that mission is not merely a theoretical concept, but is both practical and active. Today, Jesus poses the same question to us that He asks Peter, “*Do you love me?*” Regardless of how we respond, Jesus continues to entrust His people in our care, calling us to actively care for and serve those whom God has placed in our lives. At the end of the passage, Jesus tells Peter to “*Follow me.*” Today, He extends the same invitation to us, “*Follow me.*” This call reminds us that taking care of the flock goes hand in hand with following the Shepherd.

### **Reflective question:**

Who has Jesus entrusted to my care, and how am I caring for them?

### **Saturday, 23<sup>rd</sup> May, 7<sup>th</sup> Week of Easter.**

#### **Acts 28:16-20, 30-31 John 21:20-25**

*Peter turned and saw the disciple Jesus loved following them - the one who had leaned on his breast at the supper and had said to him, ‘Lord, who is it that will betray you?’ Seeing him, Peter said to Jesus, ‘What about him, Lord?’ Jesus answered, ‘If I want him to stay behind till I come, what does it matter to you? You are to follow me.’ The rumour then went out among the brothers that this disciple would not die. Yet Jesus had not said to Peter, ‘He will not die’, but, ‘If I want him to stay behind till I come’. This disciple is the one who vouches for these things and has written them down, and we know that his testimony is true. There were many other things that Jesus did; if all were written down, the world itself, I suppose, would not hold all the books that would have to be written.*

### Follow me

Today’s gospel passage continues with Peter’s encounter with Jesus at the Lake of Tiberias. Here, we see that Peter still has much to learn on

his journey of following Jesus. Even after receiving the responsibility to shepherd Christ's flock, he remains the same impulsive man. His attention wanders to the beloved disciple, and curiosity takes hold of him. After being given the task to feed Jesus' sheep, Peter wonders what will become of the beloved disciple who had reclined so close to Jesus at the Last Supper? Peter asks Jesus, "*What about him, Lord?*" We cannot know Peter's exact motive, whether comparison, insecurity, or even jealousy, but his question reveals a familiar temptation: to measure ourselves against others. Jesus' reply, "*Follow me,*" redirects Peter from curiosity to calling. In Jesus' reply to Peter, we see His patient love, repeatedly restoring and refocusing Peter on what truly matters.

When we listen to the call of Jesus, He leads us into a purposeful life of love. We discover our own mission and accept that each brother and sister has their own path and calling, guided by the Lord. Today, let us fix our eyes on Jesus and faithfully follow Him wherever He leads.

### **Reflective question:**

How can I follow Jesus with greater faithfulness today?

### **Sunday, 24<sup>th</sup> May, Pentecost.**

#### **Acts 2:1-11, 1 Corinthians 12:3-7, 12-13, John 20:19-23**

*In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and, after saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord, and he said to them again, 'Peace be with you. 'As the Father sent me, so am I sending you.' After saying this, he breathed on them and said: Receive the Holy Spirit. If you forgive anyone's sins, they are forgiven; if you retain anyone's sins, they are retained.'*

#### Receive the Holy Spirit

On the first Easter evening, the Risen Jesus appears to His scared disciples, who are hiding behind locked doors. He greets them with peace and breathes on them, saying, "*Receive the Holy Spirit.*" He then gives them the power to forgive sins. When Jesus breathes on the disciples, it shows that He is not far away but is present, renewing their relationship and rebuilding the community. With the Holy Spirit dwelling

in them, the disciples receive peace in place of fear, steadied by the presence of the risen Christ. No longer merely followers, they are now renewed people with a mission to share the gospel, forgive and restore sinners and bear faithful witness.

On this Pentecost Sunday, may the Holy Spirit reshape and transform us. When we receive the peace of Christ, we become vessels of His peace by offering words and actions of forgiveness in our families, neighbourhoods, parishes, and workplaces. The Spirit empowers everyday people, like us, to extend peace and reconciliation into every aspect of daily life.

**Reflective question:**

In what ways is the Spirit helping me bring peace to concrete areas in my life?

**Monday, 25<sup>th</sup> May, Mary, Mother of the Church.**

**Genesis 3:9-15, 20 or Acts 1:12-14, John 19:25-34**

*Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. Seeing his mother and the disciple whom he loved standing near her, Jesus said to his mother, 'Woman, this is your son.' Then to the disciple he said, 'This is your mother.' And from that hour the disciple took her into his home. After this, Jesus knew that everything had now been completed and, so that the scripture should be completely fulfilled, he said: I am thirsty. A jar full of sour wine stood there; so, putting a sponge soaked in the wine on a hyssop stick, they held it up to his mouth. After Jesus had taken the wine he said, 'It is fulfilled'; and bowing his head he gave up his spirit. It was the Day of Preparation, and to avoid the bodies' remaining on the cross during the Sabbath -- since that Sabbath was a day of special solemnity -- the Jews asked Pilate to have the legs broken and the bodies taken away. Consequently Her presence among the disciples shapes the early community by modeling perseverance in prayer, sustaining them with her quiet strength that holds the group together and guides them to remain faithful to Christ. the soldiers came and broke the legs of the first man who had been crucified with him and then of the other. When they came to Jesus, they saw he was already dead, and so instead of breaking his legs, one of the soldiers pierced his side with a lance; and immediately there came out blood and water.*

## Mary, Mother of the Church

As we celebrate the Feast of Mary, the Mother of the Church, we join her at the foot of the cross. Mary stands there, faithful and fully present. Jesus entrusts her to the beloved disciple, saying, "*Woman, this is your son,*" and to the disciple, "*This is your mother.*" In that moment, through the beloved disciple, Mary becomes the mother of the early faith community and a mother to each of us today. In the first reading from the Acts of the Apostles, we find the disciples gathering in prayer with Mary, united in hope as they wait for the Spirit. Her presence among the disciples shapes the early community by modelling perseverance in prayer, sustains them by her quiet strength that holds the group together and guides them to remain faithful to Christ, even in uncertainty.

Today, we rejoice because she is our spiritual mother. She is here with us to teach us how to stand with Jesus in both sorrow and joy. Let us welcome Mother Mary into our lives as our mother.

### **Reflective question:**

How does Mary's presence in my life help the way I live my life of faith?

### **Tuesday, 26<sup>th</sup> May, St. Philip Neri.**

#### **1 Peter 1:10-16, Mark 10:28-31**

*'Look,' Peter said to Jesus, 'we have left everything and followed you.' Jesus said, 'In truth I tell you, there is no one who has left house, brothers, sisters, mother, father, children or land for my sake and for the sake of the gospel who will not receive a hundred times as much, houses, brothers, sisters, mothers, children and land -- and persecutions too -- now in this present time and, in the world to come, eternal life. Many who are first will be last, and the last, first.'*

### To lose in order to gain

Today's Gospel passage invites us to understand the difficult path we must take in following Jesus. Peter, speaking for the other disciples, asks what they will get for leaving everything behind to follow Him. Jesus does not promise Peter worldly comfort, glory, or power. Instead, He tells him that anyone who sacrifices their homes, family, and possessions for the sake of the Gospel will receive a hundredfold in this life, along with persecution and loss, and will enjoy eternal life in the world to come.

Today, Jesus does not hide the challenges we may face in following Him. Yet, He assures us that we will also experience a wealth of friendship with brothers and sisters in faith, the invaluable treasures of faith and trust when our earthly securities fade away, and the clarity that comes from living a life filled with purpose and meaning, beyond mere comfort. Let us ask Jesus for the courage to let go of our clinging to status, possessions, or approval so that we can truly follow Him faithfully to the end.

**Reflective question:**

What would it look like for me to give up one comfort or attachment today to follow Jesus more freely?

**Wednesday, 27<sup>th</sup> May, St. Augustine of Canterbury.**

**1 Peter 1:18-25, Mark 10:32-45**

*The disciples were on the road, going up to Jerusalem; Jesus was walking on ahead of them; they were in a daze, and those who followed were apprehensive. Once more taking the Twelve aside he began to tell them what was going to happen to him, 'Now we are going up to Jerusalem, and the Son of man is about to be handed over to the chief priests and the scribes. They will condemn him to death and will hand him over to the gentiles, who will mock him and spit at him and scourge him and put him to death; and after three days he will rise again.' James and John, the sons of Zebedee, approached him. 'Master,' they said to him, 'We want you to do us a favour.' He said to them, 'What is it you want me to do for you?' They said to him, 'Allow us to sit one at your right hand and the other at your left in your glory.' But Jesus said to them, 'You do not know what you are asking. Can you drink the cup that I shall drink, or be baptised with the baptism with which I shall be baptised?' They replied, 'We can.' Jesus said to them, 'The cup that I shall drink you shall drink, and with the baptism with which I shall be baptised you shall be baptised, but as for seats at my right hand or my left, these are not mine to grant; they belong to those to whom they have been allotted.' When the other ten heard this they began to feel indignant with James and John, so Jesus called them to him and said to them, 'You know that among the gentiles those they call their rulers lord it over them, and their great men make their authority felt. Among you this is not to happen. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be slave to all. For*

*the Son of man himself came not to be served but to serve, and to give his life as a ransom for many.'*

### Rooted in the living Word

In the first reading, St. Peter tells us that we have been born again to a living hope through the resurrection. Our new life is nourished and sustained by the eternal, life-giving Word. He states, "*Your new birth was not from any mortal seed but from the everlasting word of the living and eternal God.*" The Word transforms us from within and helps us to let go of temporary comforts so that our love for others will grow. As St. Peter says, "*let your love for each other be real and from the heart.*" Rooting ourselves in God's Word is therefore not merely about gaining information but about participating in the life that God offers, which serves as a strong foundation for our faith, especially during difficult times.

The Gospel speaks of how our rootedness in God's Word helps us become authentic disciples of Jesus. When James and John seek to be at the places of honour, Jesus teaches that true greatness comes from serving others, not from ambition or status. Today, we are invited to be rooted in the living Word so that we can be free to follow Jesus' way of serving quietly and humbly.

### **Reflective question:**

Where is Jesus calling me to serve others today?

### **Thursday, 28<sup>th</sup> May, 8<sup>th</sup> Week of Ordinary Time.**

#### **1 Peter 2:2-5, 9-12, Mark 10:46-52**

*As Jesus was leaving Jericho with his disciples and a great crowd, Bartimaeus -- that is, the son of Timaeus -- a blind beggar, was sitting at the side of the road. When he heard that it was Jesus of Nazareth, he began to shout and cry out, 'Son of David, Jesus, have pity on me.' And many of them scolded him and told him to keep quiet, but he only shouted all the louder, 'Son of David, have pity on me.' Jesus stopped and said, 'Call him here.' So they called the blind man over. 'Courage,' they said, 'get up; he is calling you.' So throwing off his cloak, he jumped up and went to Jesus. Then Jesus spoke, 'What do you want me to do for you?' The blind man said to him, 'Rabbuni, let me see again.' Jesus*

*said to him, 'Go; your faith has saved you.' And at once his sight returned and he followed him along the road.*

### From beggar to disciple

The Gospel passage today presents Bartimaeus, a blind beggar whose persistent cries for mercy break through the crowd and reach Jesus. When Jesus invites Bartimaeus to come to Him, Bartimaeus throws off his cloak, approaches Jesus, receives sight, and follows Him on the way, thus joining in the journey of discipleship. As we reflect on this passage, let us recognise that transformation begins with an encounter: being seen and loved by Jesus and responding with trust by following Him.

Each authentic encounter with Jesus changes us by reorienting our values, redirecting our lives, and reshaping our relationships. Like Bartimaeus, let us cry out with honest need for Jesus, be ready to cast off what holds us back, and step into the journey of discipleship.

### **Reflective question:**

In what ways has an encounter with Jesus changed how I live or how I relate to others?

### **Friday, 29<sup>th</sup> May, St. Paul VI.**

#### **1 Peter 4:7-13, Mark 11:11-26**

*Jesus entered Jerusalem and went into the Temple; and when he had surveyed it all, as it was late by now, he went out to Bethany with the Twelve. Next day as they were leaving Bethany, he felt hungry. Seeing a fig tree in leaf some distance away, he went to see if he could find any fruit on it, but when he came up to it he found nothing but leaves; for it was not the season for figs. And he addressed the fig tree, 'May no one ever eat fruit from you again.' And his disciples heard him say this. So they reached Jerusalem and he went into the Temple and began driving out the men selling and buying there; he upset the tables of the money changers and the seats of the dove sellers. Nor would he allow anyone to carry anything through the Temple. And he taught them and said, 'Does not scripture say: My house will be called a house of prayer for all peoples? But you have turned it into a bandits' den.' This came to the ears of the chief priests and the scribes, and they tried to find some way of doing away with him; they were afraid of him because the people were carried away by his teaching. And when evening came he went out of*

*the city. Next morning, as they passed by, they saw the fig tree withered to the roots. Peter remembered. 'Look, Rabbi,' he said to Jesus, 'the fig tree that you cursed has withered away.' Jesus answered, 'Have faith in God. In truth I tell you, if anyone says to this mountain, "Be pulled up and thrown into the sea," with no doubt in his heart, but believing that what he says will happen, it will be done for him. I tell you, therefore, everything you ask and pray for, believe that you have it already, and it will be yours. And when you stand in prayer, forgive whatever you have against anybody, so your Father in heaven may forgive your failings too. But if you do not forgive, neither will your heavenly Father forgive your transgressions.'*

### A life of love

The first reading from 1 Peter speaks of the need for genuine love. He says, *"Above all, never let your love for each other grow insincere."* This means that we should show love that goes beyond mere feeling; instead, it should motivate us to act, endure, serve and look at others' faults with patience and understanding. St. Peter states of a love that *"covers over many a sin,"* which does not refer to ignoring wrongdoing, but rather to a loving attitude that seeks to restore relationships, forgives with mercy, and chooses not to let every mistake lead to division and separation.

In the Gospel, Jesus curses a fig tree that does not bear fruit. This act, along with the clearing of the temple, is a powerful message for us: it reveals fruitlessness and false devotion. A true life lived with purpose produces fruit. Today, God desires us to bear the fruit of love, expressed through a life of compassion, mercy, and patience, rather than through outward piety and external performances. Let the story of the fig tree guide us from empty rituals to a deep, forgiving love that produces fruit for God and our neighbours.

### **Reflective question:**

In what ways might I focus on outward piety without producing the fruit of love?

**Saturday, 30<sup>th</sup> May, 8<sup>th</sup> Week in Ordinary Time.**

**Jude 17, 20-25, Mark 11:27-33**

*Jesus and his disciples came to Jerusalem again, and as Jesus was walking in the Temple, the chief priests and the scribes and the elders came to him, and they said to him, 'What authority have for acting like t Or who gave you authority to act like this?' Jesus said to them, 'And I will ask you a question, just one; answer me and I will tell you my authority for acting like this. John's baptism, what was its origin, heavenly or human? Answer me that.' And they argued this way among themselves, 'If we say heavenly, he will say, "Then why did you refuse to believe him?" But dare we say human?' -- they had the people to fear, for everyone held that John had been a real prophet. So their reply to Jesus was, 'We do not know.' And Jesus said to them, 'Nor will I tell you my authority for acting like this.'*

### True authority

In today's Gospel, the religious leaders question Jesus about His authority. Instead of defending Himself, Jesus asks them a question to reveal what they truly believe: do they trust human approval or God's truth? The leaders cannot answer because they worry about the crowd's opinion. Jesus' authority comes not from a desire for power but from his deep and loving connection to the Father.

Today, Jesus asks us to honestly reflect on where we look for validation. Do we seek approval from others, value our status, or prioritise our comfort? Or do we align ourselves with Jesus, rooted in God's will, and willing to serve others instead of seeking to be served? True authority is not about dominating others but about integrity shaped by a loving communion with God.

### **Reflective question**

Under whose authority am I living today: the world's or God's?

**Sunday, 31<sup>st</sup> May, The Most Holy Trinity**

**Exodus 34:4-6, 8-9, 2 Corinthians 13:11-13, John 3:16-18**

Jesus said to Nicodemus, 'For this is how God loved the world: he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. For God sent his Son into the world not to judge the world, but so that through him the world might be saved. No one who

believes in him will be judged; but whoever does not believe is judged already, because that person does not believe in the Name of God's only Son.'

### God is love

Today we celebrate the Solemnity of God as Trinity, Father, Son, and Holy Spirit, a perfect communion of love from which everything flows. In the first reading from the book of Exodus, we see the heart of God when Moses encounters Him as a God who is slow to anger, rich in mercy, full of tenderness and faithfulness. This is our Trinitarian God, not a distant deity or an abstract force, but a compassionate presence who draws near to forgive and remains with His people.

In the Gospel, St. John highlights this truth by stating, "For this is how God loved the world: he gave his only Son." The Father shows His deep love through the Son, who demonstrates this love through His life, death and resurrection so that we can have life and light. The Spirit then fills our hearts with that love, allowing us to share in this divine life. Believing that the Trinity is love calls for our response to reflect His love in our lives by forgiving, serving and reaching out to others in compassion and kindness.

### **Reflective question:**

How have I experienced God's tender mercy this week, and how can I reflect His love to someone today?



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