



AMDG
SIXTH SUNDAY OF
EASTER
YEAR A
21 MAY 2017



**'If you love me you
will keep my commandments'**

OPENING PRAYER

Grant, almighty God, that we may celebrate with heartfelt devotion these days of joy, which we keep in honour of the risen Lord, and that what we relive in remembrance we may always hold to in what we do.

I go to the place where I like to pray. I settle down, perhaps put on some quiet, reflective music. I try and empty my mind of all ideas, of all images.

As I begin this time of prayer, I try to become silent and still, aware of God's presence, ready to receive all that God desires to offer. I read the prayer slowly, reflectively, letting the words touch my heart and lead me to deeper appreciation of all God's gifts, especially the gift of Jesus. I am reminded of how Jesus became human, suffered and died but now 'lives forever' and I let the joy of his victory over death, the joy of the resurrection, fill my whole being. I pray with Christians everywhere that we may so live our lives as followers of the risen Christ that we share 'the ultimate joy' of rising with him.

In my prayer this week I may want to spend time asking the Lord to help me keep his commandments and show me how I can love him even more so that, like Philip, I can speak to others about him more confidently. I also ask for the help of his Spirit to sustain me in everything I do.

SECOND READING: PETER 3: 15-18

Reverence the Lord Christ in your hearts, and always have your answer ready for people who ask you the reason for the hope you all have. But give it with courtesy and respect and with a clear conscience, so that those who slander you when you are living a good life in Christ may be proved wrong in the accusations that they bring. And if it is the will of God that you should suffer, it is better to suffer for doing right than for doing wrong.

Why, Christ himself, innocent though he was, had died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life.

This epistle is written to Christians who were being, at the very least, ostracized and insulted by their fellow Gentiles for their belief in Jesus.

The writer urges them to have inner freedom: to be courteous and exemplary, while holding to their convictions.

Christ's example is to be a source of strength for them.

Becoming a Christian makes one see the role of suffering in the light of Christ's passion.

With the help of God's Spirit, I become still and ask to be open to whatever God wants to say to me in this time of prayer.

I read the text slowly letting it speak to me whenever and wherever I am drawn. I remain on that word or phrase and resist the urge to move on. I wait before my God whose love holds me in being.

If I feel drawn to do so, I bring the sorrows, disappointments, and sufferings, as well as the joys of my life to him. I speak to him from my heart; he knows, he understands; he loves me with an enormous love.

As always, I end my prayer slowly – giving thanks.

GOSPEL: 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 Advocate
to be with you for ever, that Spirit of truth

whom the world can never receive

since it neither sees nor knows him,

but you know him, because he is with you, he is in you.

I will not leave you orphans; I will come back to you.

In a short time the world will no longer see me;

but you will see me, because I live and you will live.

On that day you will understand that I am in my Father
and you in me and I in you.

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.’

A time of transition: Jesus prepares his friends for his departing
and the Spirit’s coming. They and the early Church begin to
understand this new (unseen) presence of Jesus.

How are they to respond? I may like to reflect on the ‘comings’
and ‘goings’ of my life.

‘I will not leave you orphans...’ I may ask to feel the depth of
Jesus’ love for his disciples – for me.

The word ‘Advocate’ can mean one who comforts – and even
more than this: one who gives power and courage to help me
cope calmly with life.

I may feel moved to pray for an even deeper understanding of
the effects of the Spirit of Jesus in me: to be a person of deeper
faith; to make wise decisions; to be open-minded and accepting of
others, and so on.

‘Anyone who loves me will be loved by my Father’

How am I moved to end my prayer?

Here's a text if you've only got a minute...

Proclaim a joyful sound and let it be heard; proclaim to the ends of the earth: the Lord has freed his people, alleluia.

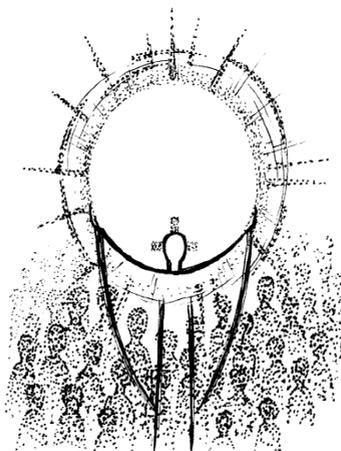
Entrance Antiphon

Cry out with joy to God all the earth

O sing to the glory of his name. *Responsorial Psalm, Psalm 65*

I shall ask the Father, and he will give you another Advocate to be with you forever, that Spirit of truth.

Gospel, John 14:15-21



How does this image help me meditate on the events of Eastertide?

REFLECTIONS

What does the week hold for me and how do I feel God may be calling me?

And so, what do I want to ask of God for myself and for others?

Based on Prego by St Beuno's
Outreach in the Diocese of Wrexham



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