



AMDG  
SEVENTH SUNDAY  
OF EASTER  
YEAR B, 16TH MAY 2021



**‘My soul, give thanks to the Lord!’**

OPENING PRAYER

Graciously hear our supplications, O Lord,  
so that we, who believe that the Saviour of the human race  
is with you in your glory,  
may experience, as he promised,  
until the end of the world,  
his abiding presence among us.

The readings for this final Sunday of Eastertide remind us again of all the graces we have received through Jesus’s death and resurrection, and the joy which comes from knowing just how much we are loved by God.

In the *First Reading*, we hear of the election of Matthias, who takes the place of Judas, ‘the one who chose to be lost’. He joins the Apostles as one who gives witness to the wonder of the Lord’s Resurrection.

The short *Psalm* extract reflects the enormity of God’s love, and the boundless depths of his forgiveness – a theme expanded further in the *Second Reading*. Here, John’s letter reminds us that it is because God loved us first with such infinite love, that we must love one another. Through Jesus’s sacrifice, we are saved and can live as one with God, with Christ Jesus and the Holy Spirit.

In the *Gospel*, we hear Jesus himself as he intercedes for the disciples and for us – asking his Father for everything he knows we need as he sends us out into the world.

During the coming week, let’s pray for the grace to recognise the gifts we have been given, and for a greater awareness of how we can use them in showing our love for others.

## PSALM 102 (103)

*R./ The Lord has set his sway in heaven.*

**M**y soul, give thanks to the Lord,  
All my being, bless his holy name.  
My soul, give thanks to the Lord  
and never forget all his blessings.

For as the heavens are high above the earth  
so strong is his love for those who fear him.  
As far as the east is from the west  
so far does he remove our sins.

The Lord has set his sway in heaven  
and his kingdom is ruling over all.  
Give thanks to the Lord, all his angels,  
mighty in power, fulfilling his word.

Before starting my prayer today, I ask myself what mood I am in.  
Do I come to pray because I feel I should, or because I really want to?  
What do I hope and desire from this time with the Lord?

After I have quietened my mind in the way which I know works best for me,  
I slowly read these verses, possibly several times, quietly or on my breath.  
I stop when a phrase or line strikes me and ponder.  
'What are you saying to me today Lord?'

I may spend some time bringing to mind all the blessings God has given me. Did I  
appreciate them for what they were, or did that happen only with hindsight?  
In what ways do I now express my thanks, my gratitude to the Lord?  
Has that changed over the years?

Perhaps I stop at the second verse and consider the images used to reflect the  
Lord's absolute love and forgiveness for all who revere him ... for me.  
How does that make me feel?

Before concluding my prayer, I tell the Lord, who reigns over all, what is in my  
heart now.

Never forgetting God's blessings, I may like to choose one particular line to repeat  
quietly to myself as I get on with the rest of my day.

## GOSPEL JOHN 17: 11–19

**J**esus 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.'

I settle myself in the place where I will pray, perhaps lighting a candle to remind me of the Lord's presence here with me. As I take a couple of deeper breaths, I breathe in the warmth of his welcome and let God take from me any burden I am carrying today.

I turn my attention to the text. Aware that the words are Jesus's own prayer to his Father, I may like to move closer to Jesus in my imagination ... so I sit beside him, and I listen.

Are there words or phrases that I want him to repeat for me? Perhaps there are parts of the text I don't really understand, and I ask him to explain them to me.

What do I feel as I listen to what Jesus asks of the Father? ... for the disciples he is soon to leave behind, and for me, seeking to find my way as his disciple in the troubled and perplexing world of today?

As I ponder, I may want to bring to mind where and what those gifts are in my own life.

As I think back over the weeks since we celebrated the Lord's Resurrection, perhaps I can see afresh the signs of his life in me.

Giving thanks and praise for these, I may find myself drawn back to Jesus beside me. In my imagination, I kneel next to him as I make my own offering to go out into the world sharing my joy, trusting in his protection and his truth.

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

My soul, give thanks to the Lord  
and never forget all his blessings.

*Psalm*

Since God has loved us so much,  
we too should love one another.

*Second Reading*

‘As you sent me into the world, I have sent them into the world.’

*Gospel*

*This week's texts if you want to explore further:*

*Acts 1: 15–17.20–26; Psalm 102 (103); 1 John 4: 11–16; John 17: 11–19*



As long as we love  
one another,  
God will live in us  
and his love will be  
complete in us'

*Second Reading*



ST BEUNO'S OUTREACH  
IN THE DIOCESE OF WREXHAM

**JESUIT**  
Ministries



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