



May 10th 2026 6th Sunday of Easter Year A - John 14:15 - 21

¹⁴⁻¹⁵“If you love me, keep my commands. ¹⁶And I will ask the Father, and he will give you another advocate to help you and be with you forever— ¹⁷the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. ¹⁸I will not leave you as orphans; I will come to you. ¹⁹Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. ²⁰On that day you will realize that I am in my Father, and you are in me, and I am in you. ²¹Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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In this week’s gospel we see Jesus preparing for his imminent departure and for a future in which he would be with his disciples in a different way. He would not 'leave them orphans' but send an 'Advocate' to 'be with them forever'. When we read the story of Jesus in the gospels it is not a story of someone outside ourselves but our own story and therefore our stories are sacred.

Do we spend a lot of time and energy projecting notions of God all over the place, away from ourselves? This gospel tells us that God lives in us and loves us. As Christ lives in the Father from whom he is inseparable, so His presence in us unites Father, Son and those who believe in Him. This belief summarises our whole Christian life from our baptism into Christ to our death in Christ. God lives in us, loves in us.

Prayer:

Thank you Lord for the wonderful moments of grace when we realised that our lives were sacred. We experienced that we are living Jesus lives and we are your presence in the world.

Forgive us Lord for the times when we surround ourselves with external stimuli. We do not take enough time to listen to our inner rhythms and discover the truth of ourselves made known to us through your presence."

Lord help us to be people of Hope and follow the example of Pope Leo in reaching out to all in love and compassion. Jesus has asked us to make His presence known to all.