

# Formed in Prayer

*Let us be still  
and ask the Holy Spirit to be with us.*

Dear Father, be with us as we pray.  
Open our ears to hear your Word in the Gospel.  
Unite us in faith, hope and love as we pray together.  
Send your Holy Spirit to inspire  
and sustain us in our mission.  
We ask this through Christ our Lord.  
Amen.

## Gospel

John 14:23-29

Jesus said to his disciples, '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. 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.'

*What words or phrases struck you in Sunday's Gospel reading?  
What might God be prompting you to consider or inviting you to do in and through the Gospel?*

## Reflection

In our roles as leaders in the Church, we know that working successfully with people requires the capacity for listening to one another. This requires time and attention to what people are communicating and often listening to the underlying messages. In this Gospel, which recounts the night before Jesus died, Jesus promises his disciples that despite the challenges ahead, they will be accompanied by the Holy Spirit. Jesus wants to strengthen them and assures them of his peace, a peace the world cannot give. Jesus is saying he is going to the Father to complete his mission so that the Advocate can be sent to them, who will teach them everything they will need to know. It sounds like a simple thing to do. But how often do we really 'listen' to the Holy Spirit? Listening is an active process involving respect and trust. Do we make time to reflect, to listen deeply to the silence, to allow the Spirit to guide us? Do we even recognise the Spirit in our lives? The Spirit presents in so many ways. It might be a gut feeling within us, or through our listening to others or the lessons learnt from challenges. We do not have a roadmap for our lives, but we were given the gift of the Holy Spirit to accompany, strengthen and guide us on our journey. Let us be leaders who are listening to the voice of the Spirit.

## Prayer

Lord,  
Thank you for sending your Holy Spirit to guide us.  
Let us be comforted with the knowledge that Your Spirit is ever present  
and helping us to build communities of hope and peace.  
Help us to listen.  
Amen.