

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: 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.'

*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 his book "Our One Great Act of Fidelity - Waiting for Christ in the Eucharist", Ronald Rolheiser (2011), references three famous sermons on the Eucharist from St Augustine. In one of these sermons, St Augustine reflects on 1 Corinthians 10:17: "We are one loaf, one body, many as we are". St Augustine explains, "call to mind that the loaf is not made out of one single grain of wheat, but of many. When you are exorcised, you were, as it were, ground up. When you were baptized, you were, so to speak, sprinkled. When you received the fire of the Holy Spirit, it was as if you were baked". This is paraphrased to "Be what you see, and receive what you are. Estote quod videtis, et accipite quod estis (Rolheiser, 2011, p.130).

In today's passage from John, as Jesus promises the Holy Spirit to help and be with us forever, he also reminds us that through the love of God and the power of the Holy Spirit, he is with us and within us and us within him. He lives and so we live. We see him, we receive him, and we are called to be a witness to this in our lives each day. "Be what you see and receive what you are."

Prayer

Lord, we live because you live, we love because you love.
Through the power of the Holy Spirit,
help us to always reflect your life and your love in our lives
and in the way we serve through our vocations and ministries every day.
Amen.