

Living the Word

MEDITATING ON THE SUNDAY GOSPEL

6th Sunday of Easter

A resource for personal, family
and community prayer.



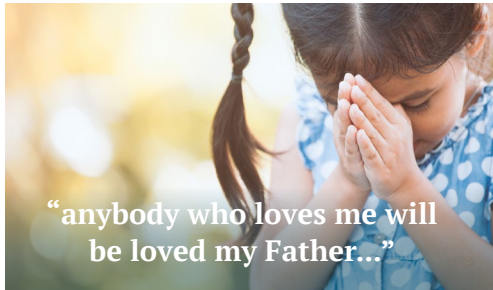
“ You know him,
because he is with
you, he is in you. ”

Gospel: John 14:15-21

¹⁵Jesus said to his disciples: ‘If you love me you will keep my commandments.

¹⁶I shall ask the Father, and he will give you another Advocate to be with you forever,

¹⁷that 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.



“anybody who loves me will
be loved my Father...”

*You are invited to read the
Gospel passage attentively,
respectfully and reverently
as a gift of God.*



¹⁸I will not leave you orphans; I will come back to you.

¹⁹In a short time the world will no longer see me; but you will see me, because I live and you will live.

²⁰On that day you will understand that I am in my Father and you in me and I in you.

²¹Anybody 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.’

Reading

The context of the passage is the Last Supper and part of Jesus' farewell speech to his disciples. Knowing that his own death is imminent, Jesus is preparing his disciples for when he will no longer be physically present with them. He tells them that he will continue to live on in them in so far as they live in his love by following his way. This will be made possible by the help of the Holy Spirit- the Spirit of Truth (his Advocate) whom the Father will send to help, guide and support them in his physical absence. To be a disciple is to live in communion with Jesus in the presence of the Father and, through His Spirit at work in us, to become new manifestations of his presence in the world today.

Recognising

You are invited to meditate on the passage, or any part of it, by letting it speak to your life experience until you feel to say "I recognise this passage."

v20. "you in me and I in you."

Can you remember a loving relationship in your life, perhaps with a spouse, parent/ grandparent or sibling, and the more time you spent with them the more you began to reflect their ways of seeing things, doing things and saying things?

v15. "If you love me you will keep my commandments."

Can you remember precious words spoken

by a loved one shortly before they died, affirming their trust and belief in you and the hope that their values and ideals would live on in you?



Can you remember a loving relationship when you just knew in your heart that the beloved was now part of you and you were part of them, in a communion of love?

v18. "I will not leave you orphaned, I will come back to you."

Can you remember a loved one close to death expressing their deep conviction that the love they shared with you would not be destroyed by death?

v17. "You know him, because he is with you, he is in you."

Can you remember a loving relationship when you just knew in your heart that the beloved was now part of you and you were part of them, in a communion of love?

v19. "The world will no longer see me but you will see me."

Can you remember a defining moment in your faith journey, when you recognised in your own character and actions something of Jesus' presence and His Spirit living within you?

Responding

Having recognised God's presence in life, you are invited to **respond** in your own words, in prayer (thanksgiving, repentance and petition).

Thank you, heavenly Father, for those precious relationships in my life which have made me the person I am today. In these relationships we dwell mutually in each other's heart. Our love has grown and deepened through some very difficult times "when we felt orphaned" but we are now once again safe and secure in our love for one another. I now recognize with gratitude your presence, Father, in that bond of love- that our love for one another is part of a bigger and greater reality of "your" love, and that in our love for one another you "have shown yourself to us."

Heavenly Father, I ask forgiveness for the times when I failed to acknowledge your love, taking it for granted, betraying it or undermining it in any way. Lord, have mercy.

Heavenly Father, open our eyes to see that being a disciple of your Son Jesus is not meant to be a slavish struggle to keep rules and regulations but, rather, a communion of love – you in us and we in you - which spills over into a new seeing

and service of one another. May your Spirit animate and drive our hearts, as it did the heart of Jesus, so that we might embody your living and life-giving presence and work in the world today.

Resting

You are invited to enter deep prayer by simply **resting** your heart in God's presence (Contemplative moment). The quiet repetition of a word or phrase from the passage might help you on this journey into greater silence and stillness, e.g. "I in you".



"You in me and I in you."

Reflecting

From your journey with this passage, you are now invited to **reflect**, and put into your own words, any new insights or understanding that you have received (Wisdom moment).

From your journey with this passage, what new insight has been given to you into the meaning of love or communion or friendship or discipleship.

To love someone is to dwell mutually in each other's hearts.



Children

Reading

Jesus tells his friends that their real love for him will be proven by their ordinary words and actions, by following his example of how to live a life of extraordinary goodness. Jesus reassures his followers that they will be supported by the Holy Spirit, the advocate and helper, who will be sent by God, the Father. Jesus makes it clear that God the Father will love each person who loves him.

Recognising

Can you remember meeting a 'Jesus person' who proved their love for you and opened your eyes to see Jesus by doing ordinary things with extraordinary goodness?

Can you remember a time when you were going through a challenge and you received the support of a helper, someone full of the Holy Spirit, maybe a parent, grandparent or teacher?

Responding

Father, I thank You for the 'Jesus people' in my life, especially my parents, grandparents

and teachers who have taught me how to live a life of goodness by doing ordinary things with extraordinary love.

Father, I am sorry for the times that I hurt other people by words and actions which did not reflect the example set by Your Son.

Father, I ask that I may be helped by Your Holy Spirit to love Jesus with all my heart so that others may come to see and know Jesus through my faithfulness to his example.

Resting

Rest in the loving embrace of the Father by repeating "I SHALL LOVE HIM" for as long as it is possible. May your heart be filled with new love as you are drawn deeper into the Father's presence.

Reflecting

If you really love someone who is life-giving, you will do ordinary things with extraordinary love and bring life to others.

A simple summary of Lectio steps can be found in the porch of the church.