

Living the Word

MEDITATING ON THE SUNDAY GOSPEL

Year C - 5th Sunday of Easter

A resource for personal, family and community prayer.



“love one another; just as I have loved you...”

Gospel: John 13:31-35

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

³¹When Judas had gone from the Upper Room, Jesus said, “Now has the Son of Man been glorified, and in him God has been glorified.

³²If God has been glorified in him, God will in turn glorify him in himself, and will glorify him very soon.

³³My little children, I shall not be with you much longer. You will look for me, and as I told the Jews, where I am going you cannot come.

³⁴I give you a new commandment: love one another; just as I have loved you, you also must love one another.

³⁵By the love you have for one another, everyone will know that you are my disciples.”

When does it happen?

This Gospel is taken from the last discourse Jesus has with his disciples. It is Holy Thursday night and his death is imminent.

Who is there?

Jesus - time is precious and he has so much he needs to say to his closest friends in preparation for the difficult time ahead. The disciples - their hearts are troubled at the prospect of losing Jesus.

What happens?

Jesus mentions the word ‘glorified’ five times in the passage. ‘To glorify’ is a biblical term expressing the victory of God’s love. Jesus has just manifested the power of this love by washing the feet of Judas - the one who is about to betray him. Jesus is confident that the power of this love will soon be made manifest again in his victory over death - when the Father will raise him to new life.

Background to Gospel passage

Where does it happen?

Jesus and his disciples are still together in the Upper Room in the aftermath of the Last Supper and the Washing of the feet.

In the second part of the Gospel Jesus reminds his disciples that the core of his message is to “love one another”. This will be the sign that they are truly his disciples. Jesus himself is the standard bearer of this love: he loved everyone and he loved to the end.

Suggested Guidelines to help you recognise this passage in your life experience.

“Now has the Son of Man been glorified, and in him God has been glorified.”

Can you remember a time when you experienced the victory of God’s love in yourself or someone close to you- remaining inwardly strong, free, dignified and loving at a time of sickness, sorrow, guilt or rejection?

“My little children, I shall not be with you much longer.”

Can you enter into the experience of the disciples by remembering a time when you witnessed someone who approached their own death with great peace and serenity, manifesting a generous care and concern for those they were leaving behind?

“...just as I have loved you, you also must love one another.”

Can you enter into the experience of the disciples by remembering a time when you came to realise that the love you were showing to others reflected in a real way the love that had been shown to you?

“By the love you have for one another, everyone will know that you are my disciples.”

Can you remember an experience of selfless love (in yourself or someone else) when you just knew that it was God’s doing?

What does this Gospel remind me of? *Where was it? When was it? Who was there? What happened?*

Now I can see that God’s loving presence and action were in that life experience.

Prayer Response - you are invited to respond in prayer in your own words.

Heavenly Father, I thank you for the times when I have experienced this Gospel in my life...

Heavenly Father, I am sorry for the times I have fallen short of living this Gospel...

Heavenly Father, please help me to live this Gospel...



You are invited to deepen this prayer experience by resting your heart silently in God's presence and love. The quiet repetition of a word or phrase from the passage may help you on this journey to stillness and silence.

An Invitation to Reflect

What new insight has the Gospel opened my eyes to see?

Action

This week I will try to live the Gospel by...

Thought for the week

The true meaning of life is: 'to love and be loved'.

Rest in this truth, hold it in prayer and trust that it will bear fruit in your life.



Jesus shares that people can get to know God the Father through his loving words and actions. Jesus encourages his friends to love one another as he loved them so that other people will know that they are his friends.

Can you think of a 'Jesus person', maybe a parent, grandparent or teacher, whose love for you encouraged you to love others?

Draw or write about this 'Jesus person' and how they loved you and encouraged you to love others.



Father, I thank you for the gift of this story and for the 'Jesus people' who have loved me. They have encouraged me to love every person that I meet by what I do and say.

Action: this week I will try to show love by...

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