

## SIXTH SUNDAY OF EASTER

May 14, 2023

### Gospel: (John 14:15-21)

Jesus said to his disciples: *“If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, whom the world cannot accept, because it neither sees nor knows him. But you know him, because he remains with you, and will be in you. I will not leave you orphans; I will come to you. In a little while the world will no longer see me, but you will see me, because I live and you will live. On that day you will realize that I am in my Father and you are in me and I in you. Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father and I will love him and reveal myself to him.*

### Reflection:

Jesus tells us that we keep God’s commandments because our love for God has established a deep and intimate relationship between us and God that spills out in acts we know will be pleasing to the Beloved. Rather than burdensome laws, then, commandments are concrete expressions of our love for God and each other. On our own it is impossible either to know God or love God, and that is why Jesus promises us the Spirit will come. If we wish to grow into our love for God we must become attentive to the Spirit who dwells within us. We get to know the Spirit within us by being faithful to prayer, finding the presence of God within, realizing his goodness and cultivating grateful hearts. (Living Liturgy, P.138)

### Vincentian Meditation:

“Upon awakening, may my first thoughts be of God. May I make acts of adoration, thanksgiving and abandonment of my will to His most holy will. Reflecting on my lowliness and powerlessness, I shall invoke the grace of the Holy Spirit in which I shall have great confidence for the accomplishment of His will in me, which shall be the sole desire of my heart. (Gibson and Kneaves, Praying with Louise, pp. 50-51)

### Discussion: (Share your thoughts on the readings after a moment of silence)

**In what ways have we seen the Holy Spirit leading, guiding and protecting us?**

### Closing Prayer:

Lord, make us attentive to your Spirit dwelling within us, as we seek to do your will:

When we are weighed down by burdens,

**Send us your Spirit!**

When we have difficult choices to make,

**Send us your Spirit!**

When we need hope and peace,

**Send us your Spirit!**

When we forget your presence among us,

**Send us your Spirit!**

**Amen.**



THIS IS THE SPIRIT  
OF TRUTH.



JN 14:17