

**Post-it Challenge:**

Jesus says, **'If you love me, you will keep my commands'**. Through the 'Spirit of Truth', God is always with us, guiding us to make the right choices.

- What are Jesus' commands?
- How can you show that you know Jesus' commands?
- Will you put others in your house before yourself today?
- How will you share God's love and His forgiveness, His kindness and generosity today?

**Let us pray**

*God our Father,  
We pray for those who are suffering,  
for those who are grieving, for those  
who are anxious, and for those who are  
working tirelessly to care for the sick.  
By the power of your Spirit help us  
strive together as one family to bring  
hope and healing to our needy world of  
today. Guide us to show our love for  
each other, through our prayers and  
through our endeavour to be the best  
we can be each and every day in these  
uncertain times. Amen*

**Gospel: 6th Sunday of Easter, Year A**

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.'

**John 14:15-21**



**Reflection:**

In this Gospel, Jesus is preparing His friends for the fact that he is soon to die and be with His Father in Heaven. He tells them that He will not leave them alone but they will have His

Spirit with them always. He describes the Holy Spirit as a 'Spirit of Truth', a helper who will reveal to them the great love that exists between the Father, the Son and His disciples. The disciples are fairly confused by Jesus' words and like the disciples we don't always understand everything, but we can be confident that God is faithful and good and the Spirit which Jesus sends will remain with his followers, not just in that moment of time, but continued throughout the centuries. We are His disciples and His Spirit remains with us too. In our fragile world right now, it would be easy to feel lost, abandoned and scared, but the Holy Spirit is with us, always guiding and inspiring us to make the right choices in our own lives in ways that are relevant to today's world. We only have to look around at the incredible goodness, bravery and hard work of those working in the NHS and all essential services over these days of Lockdown to see the power of the working Spirit in our lives at this very moment!

