A Way to Pentecost: Monday



**Reading from John 16: 29-33**

Jesus said, ‘The hour is coming, indeed it has come,  
when you will be scattered, each one to his home, and you will leave me alone.  
I have said this to you, so that in me you may have peace.  
In the world you face persecution.  
But take courage; I have conquered the world!

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**Wondering**  
Jesus said many things to his disciples - and these have been passed on to us. Which of Jesus' words have offered me comfort? Which have challenged me? Which have brought me peace?

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**Contemplating**  
Read through the Reading a few times. Take your time and stay with any words or phrases that stand out for you. You may wish to find the whole reading in a Bible or Weekday Missal. Why might those words be significant for you?

***or***Create a possible setting in which Jesus might have said these words - think about the sky and surroundings - sounds and smells. Where is Jesus - is he sitting or standing? Where are the disciples? Jesus is preparing to leave the disciples - things are going to happen that will terrify them... What expressions do you see around you? What is Jesus' expression? You may like to "talk" to Jesus about anything that troubles you - and invite his response

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**Reflecting**  
Change can be frightening. People can be confused and, even unwillingly, suspicious of motives and the reasons behind decisions taken by others. At a time of major change there are fears, doubts, uncertainties - some expressed - others hidden. It is a time for bravery - facing the future in the knowledge that Jesus has indeed conquered the world and given us his Spirit to play our part in building up his Church. What part might you be called to play?  
Pray for those who will have to make "brave" decisions over coming months.  
Pray for a generosity of spirit - for trust in the work of the Holy Spirit.

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**Praying**

Come, Holy Spirit,  
deepen our faith in the One who created us -  
confidence in the One who saved us  
and fill our hearts with your peace.

**From the Sequence for Pentecost**  
Thou in toil art comfort sweet;  
Pleasant coolness in the heat;  
Solace in the midst of woe.

Our Father… Hail Mary… Glory be...

**Action Point from the writing of Pope Francis**

We have a treasure of life and love which cannot deceive, and a message which cannot mislead or disappoint. It penetrates to the depths of our hearts, sustaining and ennobling us. It is a truth which is never out of date because it reaches that part of us which nothing else can reach. Our infinite sadness can only be cured by an infinite love.

* How might you help someone to appreciate the treasure of life and love today?