

## MAY'S SCRIPTURE MEDITATION: "Let not your hearts be troubled"

"I am the way the truth and the Life"

From Easter to Pentecost Jesus prepares his disciples for his departure.

Its hard for the disciples to see that their expectations of a Messiah had been fulfilled. Life was still very turbulent with the Roman occupation, hatred from the Jewish authorities and their own fear, which found them locked in hiding. Jesus told them to *pray* and *wait* and all will be revealed with the coming of the Holy Spirit when they will understand all things.

The message of Jesus at this time can speak to us today. We live in turbulent times with war breaking out in many parts of the world and society seems to be in continual change. Jesus tells us to take heart and believe in him. "God so loved the world that he sent his only son." St John tells us. God is with us.

When life seems very confusing, the readings at the beginning of May tell us to refocus on Jesus himself. "I am the way and the truth and the life".

*How do we do that? What does it mean practically to me now?*

Prayer draws us quietly to reflect on the gospel passages which tell us of God's love for everyone, especially those whom the world seems not to value: the poor, the weak, the sick, those who are trying to contribute Gospel values in their lives to improve society, and those who are struggling to find their way.

Try to think what you find difficult at the moment and place it before the risen Jesus and ask him to help. We might not know the answer yet, just like the disciples locked in the upper room, but like them we are told to *wait and pray* and all things will become clear. Prayer can be a simple inner voice which talks to our loving God and places before him our concerns and problems in trust. If its hard to find the words, quietly in our minds put ourselves before God's presence and he who knows everything we need, will listen.

"Breathe through the heats of our desire

Thy coolness and thy balm

Let sense be dumb, let flesh retire

Speak through the earthquake wind and fire

O still small voice of calm!"

(John Greenleaf Whittier 1807)

"I arise today through God's strength to pilot me,  
God's might to uphold me,  
God's wisdom to guide me." St Patrick