

## Monday 25 May

Today is Monday the 25 May, in the 7th week of Easter

The community of Taizé sing *Toi, tu nous aimes*. "You love us, Lord, source of life." As I listen, I remind myself that I am in the presence of God right now, that God is looking on me now with love.

The time between Ascension and the coming of the Spirit at Pentecost is a kind of in-between time. The disciples of Jesus wait somewhere between loss and hope. The Ascension marks Jesus' return to the Father. They rejoice in his presence but have to come to accept his absence - he will no longer be with them in the same way as before. Now they wait and live in hope for the promised Spirit. Do you feel that you are living in a kind of in-between time at present? Life is not what it was, yet we wait and pray for an unknown future. Our readings for the next few days come from Jesus' final discourse to his disciples at the Last Supper.

Today's reading is from the Gospel of John.

His disciples said, 'Yes, now you are speaking plainly, not in any figure of speech! Now we know that you know all things, and do not need to have anyone question you; by this we believe that you came from God.' Jesus answered them, 'Do you now believe? The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. 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!' John 16:29-33

"The hour is coming, indeed it has come, when you will be scattered, each one to his home..." Perhaps these words echo how you have been living recently. A sense of being scattered, each of us in our own home, separated from friends and loved ones whom we long to see and be with again. While we may be able to be digitally connected with one another, it is easy for people to feel alone. Jesus knew what separation from his loved ones was like, yet he says "I am not alone."

Jesus was not daunted by the prospect of being alone. He knew God was with him. Am I aware of God's presence in my life? Of God dwelling within me? Can I share with the Lord any anxieties I may have at this time?

Listen again to the reading and to the words Jesus speaks to you.

Peace & courage are two gifts that Jesus wants to leave us. Peace comes from knowing that he will be with us always. Can I place my life today into God's hands? Can I hear the Lord say to me: "Take courage; I have conquered the world!?" Confident that He will not leave us alone, speak to the Lord in peace and with courage, share whatever is in your heart at this time.

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.