

Monday 13 May

Today is Monday the 13 May in the fourth week of Easter.

Bless the Lord, my soul, who leads me into life. The most important thing for me to do now, as I enter into prayer, is to let go for a moment, to let go of my own concerns, my own worries and fears and reluctance, and let myself be led by God, trusting that God, who loves me, will lead me into life.

Today's reading is from the Gospel of John.

Jesus in this Gospel sees himself as one who cares for us, nurtures us and give us life. Think back; when did you most feel full of life, most vibrant, when life was particularly good?

We all experience times under the influence of the 'thief of life' ? the one who comes to steal and destroy. Sometimes we are down, quite understandably, because of events, like bereavement or sickness, but at other times it is of our own making. Think back now on the times when you felt least full of life, when you were desolate or depressed, when you felt the life drained out of you.

As you hear the reading again, notice the purpose of all this, the words Jesus ends with, about the reason for his coming...

How can you maximise that sense of vibrant, abundant life and minimise the deadness? Why not talk to the Lord about this ? to Jesus who calls himself the Gate, the way to life. How do you want to respond to his desire that you have life and have it abundantly?