

Friday 17 May

Today is Friday the 17 May in the fourth week of Easter.

The St Thomas Music Group sing the Prayer of St Theresa by Margaret Rizza. Let nothing disturb you, nothing distress you. While all things fade away, God is unchanging. Be patient, for with God in your heart, nothing is lacking. God is enough.

Today's reading is from the Gospel of John.

'Do not let your hearts be troubled.' Stop for a moment and consider what those things are that are troubling your heart right now.

These words of Jesus reveal the ultimate consolation of the Christian faith - that a place is prepared for each one of us in heaven, 'the Father's house'. Whatever may befall us in life, we are promised a spiritual life beyond it. What does this promise mean to me? What feelings does it give rise to in me?

As you listen to the reading again, hear that phrase, 'Do not let your hearts be troubled?' spoken to you. Imagine Jesus looking at you, and knowing all your troubles and concerns, as he says it.

Imagine Jesus standing before you now, and talk to him honestly about the things that trouble your heart. And, as he invites you to, hand over those troubles to him.