

Today is Wednesday the 5 June, in the seventh week of Easter.

The monks of the Abbey of Keur Moussa sing Psalm 91: ?It is good to give thanks to the Lord, to make music to your name, O Most High, to proclaim your love in the morning, and your truth in the watches of the night.? As I listen, can I bring myself before the God they speak of, the God present here with me, the source of all life, all love, all truth, all joy?

Today?s reading is from the Gospel of John.

Jesus seems to pray for things just once, and then leave it to his Father to remember the request and deal with it. Do I need more of that confidence when I pray?

Jesus wants to share his joy with the disciples while he lives. Is my image of Jesus one of joyfulness, or perhaps a bit on the serious side. Do I need to grow in my awareness of the joyfulness of Jesus? Do I want to?

Joy is one of the gifts of the Holy Spirit, a gift Jesus sends to us still. Listen again to the reading, and sense the peace and joy that is there, even at such an anxious time.

God?s love is unconditional, so everything I really need is mine already. Ask Jesus now, perhaps, to send you the gift of joy. Tell him the troubles in life that make it difficult to be joyful, praying to be cheerful, in spite of difficulties.