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Based on the gospel for Sunday 22 May, Sixth Sunday of Easter: John 14:23-29

"Do not let your hearts be troubled or afraid."

These powerful words were spoken by Jesus to calm his distressed disciples. As Jesus tells us of times to come, times when he won't be physically with his disciples to instruct, guide and comfort them.

They are often spoken at funerals when we grieve the loss of a loved one. How hard to feel abandoned as those grieving feel, as many displaced people of the world must feel, as many of the people of the Ukraine must feel. Many struggling with churned emotions, empty stomachs and many wounded and lost.

With heartfelt thanks we hear Jesus' words, "Peace I leave with you; my peace I give you". Yet, how can this be for the displaced people of the world? How much those of us struggling with the impact of war must long for this peace. How might warring families dream of this peace? Where is this peace?

It is found from within, the place where God the Father and God the Son live within us. A peace not that the world knows but a peace that comes from living the Gospel of love, inspired by the Holy Spirit sent to us by God.

Neither the disciples nor us who follow the teachings of Christ will be abandoned. God will live in and through us as we live his Gospel of love. Our troubled hearts will find peace in God.

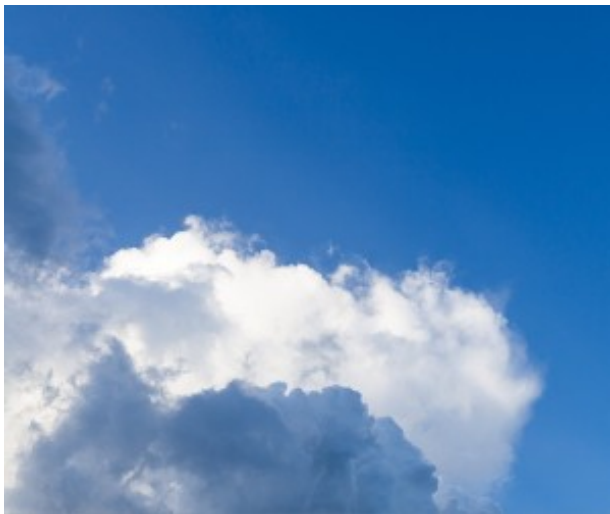
Father God,
we thank you for sending us your Son and your Spirit. We pray we may experience your love, peace and comfort today. Help us to share the message of your peace which calms troubled hearts.
Amen.



Prayers for May

Join in prayer as Pope Francis encourages us to pray the rosary for peace throughout May.

[Pray for peace](#)



Ascension family prayers

Mark the Ascension of the Lord this Thursday with the children in your family by using our brand new resources.

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There are many emergency situations that don't make the headlines. Your donations help us respond and ensure there is hope.

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This reflection and prayer were written by Joy Wanless, a CAFOD volunteer in Salford Diocese.



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