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Based on the gospel for Sunday 18 May, Fifth Sunday of Easter, John 13:31-35

"A new command I give you: Love one another."

We live in a time of escalating humanitarian crisis. During this time, many of the conversations I have with friends and family leave me feeling anxious and fearful of the future as the world feels so complicated and difficult to navigate.

In John 13, Jesus gives us one single and new command, to love one another as he loves us. When I have recently found myself in circumstances where life feels overwhelming, the strength of this one single command cuts through a lot of the 'noise' of modern life.

In this passage, Jesus also reminds us that the best way to show our discipleship is through enacting this love, "By this everyone will know that you are my disciples, if you love one another."

Reading this, I am reminded of the life of Pope Francis, who showed this love to some of the most vulnerable members of humanity. Pope Francis epitomised servant leadership and asked us to work together to address hunger, inequality and the climate crisis, especially in this Jubilee Year. He recognised that what affects people in one part of the world affects us all.

Dear Lord,

Even when our modern lives feel chaotic and complicated, help us to show love to all people.

We thank you for the life of your servant Pope Francis and pray that you may guide his

successor, Pope Leo XIV, as he continues to witness to your love. Inspire us to work towards a common good for all people.

Amen.



Spiritual practices for the Jubilee Year

Join us online on Tuesday 20 May from 7-8pm to explore the theme of hope in the Jubilee Year.

[Register to join](#)

New debt crisis

Watch our animation explaining the new debt crisis which is affecting the world's poorest countries the most.

[Watch video](#)

Jubilee family prayers

Pray, reflect and celebrate the Jubilee Year with children of all ages, using our family prayer ideas.

[Find out more](#)

This reflection and prayer were written by Mary Crotty, a CAFOD volunteer who lives in Liverpool.



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