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Based on the gospel for Sunday 24 May, Pentecost: John 20:19-23

**“And with that he breathed on them and said, 'Receive the Holy Spirit.'”**

The disciples could not make sense of the apparent death of the Messiah, whom they had hoped would change the world. So they hid away behind locked doors. Fear was keeping them trapped: fear of retribution, fear of pain, fear of hurt.

I wonder what keeps us behind locked doors? What fears keep our hearts and souls locked away? What will it take for us to break down those barriers to begin to live life to the full?

For the apostles it was Jesus walking through a locked door and showing them the signs of the wounds in his hands and his side, the signs of the crucifixion.

Not only was he present amongst them, but he also breathed life into them. His Holy Spirit gave them renewed strength, energy and purpose. His words, "as the Father sent me, I am sending you", commissioned them to carry on his work in the world. The work of building a just and fair world where all can peacefully but passionately enjoy life to the full. "Peace be with you," said Jesus.

Can I allow myself to stand in his presence, to feel his breath upon me, to feel his peace invading me, a peace that passes all understanding?

Holy Spirit, may I be filled with you. May your love, joy and peace pervade my being. May I feel revived to live my mission of sharing your love in my community, so that your peace may spread far and wide, bringing glory to you. Amen.



## Pentecost prayers

Explore our prayers for the feast of Pentecost, which call on the Holy Spirit to come to us and guide us, as we seek to live our lives as God asks us to.

[Pray with us](#)



## Catholic Legacy Week

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## Urgent action on debt

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

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**Catholic Agency for Overseas Development,  
Romero House, 55 Westminster Bridge Road,  
London,  
SE1 7JB**