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Based on the gospel for Sunday 24 April, Second Sunday of Easter: John 20:19-31

"The disciples were filled with joy at seeing the Lord, and he said to them again, 'Peace be with you.'"

The gospel of this second Sunday of Easter could be called the gospel of mercy. It sees the Risen Lord entering the closed upper room to offer the disciples peace and to instil in them a deep joy.

He doesn't in any way blame or shame them, nor does he judge them but, rather, reassures them with his enduring friendship.

It also recounts the famous story of 'doubting' Thomas. If we look at Thomas more closely, we might be able to make out a person of integrity, honesty and, ultimately, humility.

Jesus knows each of his friends personally and reaches out to them individually. He comes to offer me his life in the same way.

Perhaps, today, I could ask myself these questions:

What, at the moment, am I afraid of?

Which doors do I keep closed to others?

How honest am I with family, friends, neighbours, myself?

And how can I reach out with Jesus' life to those who feel lost, hopeless or forgotten?

My Lord and my God, help me to open myself to life and to others, especially those weighed down by burdens. Give me your peace so that integrity, not fear, dominates my thoughts and actions.
Amen.



Pray for peace

The disciples were filled with joy and peace when they saw the Lord. Pray with us for peace in our world today.

Pray for peace



Easter prayers

Give thanks for new life and celebrate the joy and hope that the Resurrection brings with these prayers throughout the Easter season.

Give thanks in prayer



Push for peace in Ukraine

Urge the government to push for peace in Ukraine and safety for refugees.

Take action now

This reflection and prayer were written by Ged Johnson, spiritual director at St Beuno's Jesuit Spirituality Centre in North Wales.



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