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

“He breathed on them and said: 'Receive the Holy Spirit'.”

At Pentecost we hear how Jesus appears again to his disciples. We can see our oneness with God exemplified. The Father reunites Jesus with his followers, who gifts them the Holy Spirit, so that they would continue to live as he had taught them.

At times we may despair at the darkness in this world, but we must remember that Jesus is still as near to us now as he was to his disciples.

So, with the help of the Holy Spirit, let us try to follow the perfect example of Christ, and remember our brothers and sisters in every corner of the world who are in need. We pray particularly for those in India who are facing such illness and devastation at this time.

We also try to let the peace of God rest within us, and rejoice in the hope that his work is not done yet. Finally, we trust in his goodness and wait patiently upon him.

Dear Lord,

Thank you for the precious gift of your Son. Help us to live peacefully as we follow you, and to call upon your Holy Spirit when we are lost.

Amen.



Pentecost prayers

We pray the Holy Spirit may work through us as we seek to transform the world.

[Pray with us](#)

Coronavirus: Our global response*

480,500

people reached with sanitation
and hygiene supplies



*as of April 2021

Coronavirus response

Find out more about how supporters have enabled CAFOD to respond to coronavirus.

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India Appeal

Help respond to India's devastating second wave of coronavirus by donating to our appeal.

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This reflection and prayer were written by Sasha Breakenridge, a CAFOD volunteer from Southampton.



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