

# Spiritual Reflections for the month of May 2023

Please choose a reading and questions for reflection.

## Reflection: On Doubts, Trust and His Presence

*“And you know the way to the place where I am going. Thomas said to him, Lord, we do not know where you are going. How can we know the way? ... Philip said to him, Lord, show us the Father, and we will be satisfied.” (John 14:4-5, 8)*

The apostles faced doubts and fears in Jesus’ final days, despite having witnessed His deeds and listened to His preaching since their first encounter in Galilee. More human frailties followed – Judas’ betrayal, Peter’s denials, Thomas’ skepticism about His Rising. In His humanity, the Lord patiently explained to them He is the Way, Truth and Life and expressed compassion. After trusting the Living Hope of Resurrection, the apostles began to spread the Gospel with boldness, enduring scorn and floggings, and for some, embracing the inevitable sacrifice – laying down their lives in the name of faith.

In his special apostolic blessing on this year’s Easter Sunday, Pope Francis called us to “make haste to progress on a journey of reciprocal trust: trust among individuals, peoples and nations, and allow ourselves to experience amazement at the joyful proclamation of Easter, at the light that illumines the darkness and the gloom in which, all too often, our world finds itself enveloped.” He also urged us to make haste to surmount our conflicts and divisions, and to open our hearts to those in greatest need.

### **Reflection Questions**

1. Have there been times when you feel you have not have helped our Neighbours in Need to move forward? How has this feeling affected your resolve as Vincentian?
2. How do you respond to the sense of doubt of our Neighbours in Need?

**Let us pray...** Lord of faithfulness, help us break through self-defeating doubts, and embolden us in our commitment to You. Help us to continue giving our Neighbours in Need hope and strength amid their persistent struggles and pains, and draw us into a relationship with them – one deeply built on trust. Help us and them feel that You are always with us all.

- Vincentian Bro. Jose I. Torres, St. John of the Cross, Peel North Council

## **Do Not Let Your Hearts Be Troubled**

A Reading from the Gospel of St. John, C.14: vs 1-2

"Jesus said 'Do not let your hearts be troubled or afraid. Trust in God still, trust also in me.'"

Thomas Merton wrote: "Anxiety is inevitable in an age of crisis like ours. Don't make it worse by deceiving yourself and acting as if you were immune to all inner trepidation. God does not ask you not to feel anxious; but to trust in him no matter how you feel." Merton wrote these words over 70 years ago. I think we are in another age of crisis; do you agree? If you agree what is the crisis?

Spend a minute in silent reflection on Jesus' words.

Re-read Merton's words and share.

### ***Concluding Prayer:***

Holy Spirit, at times we are filled with healthy confidence about our lives and our society. Today the waves of anxiety and worries can be so very powerful. Renew our confidence and trust in God our Father.

- *Spirituality Committee*