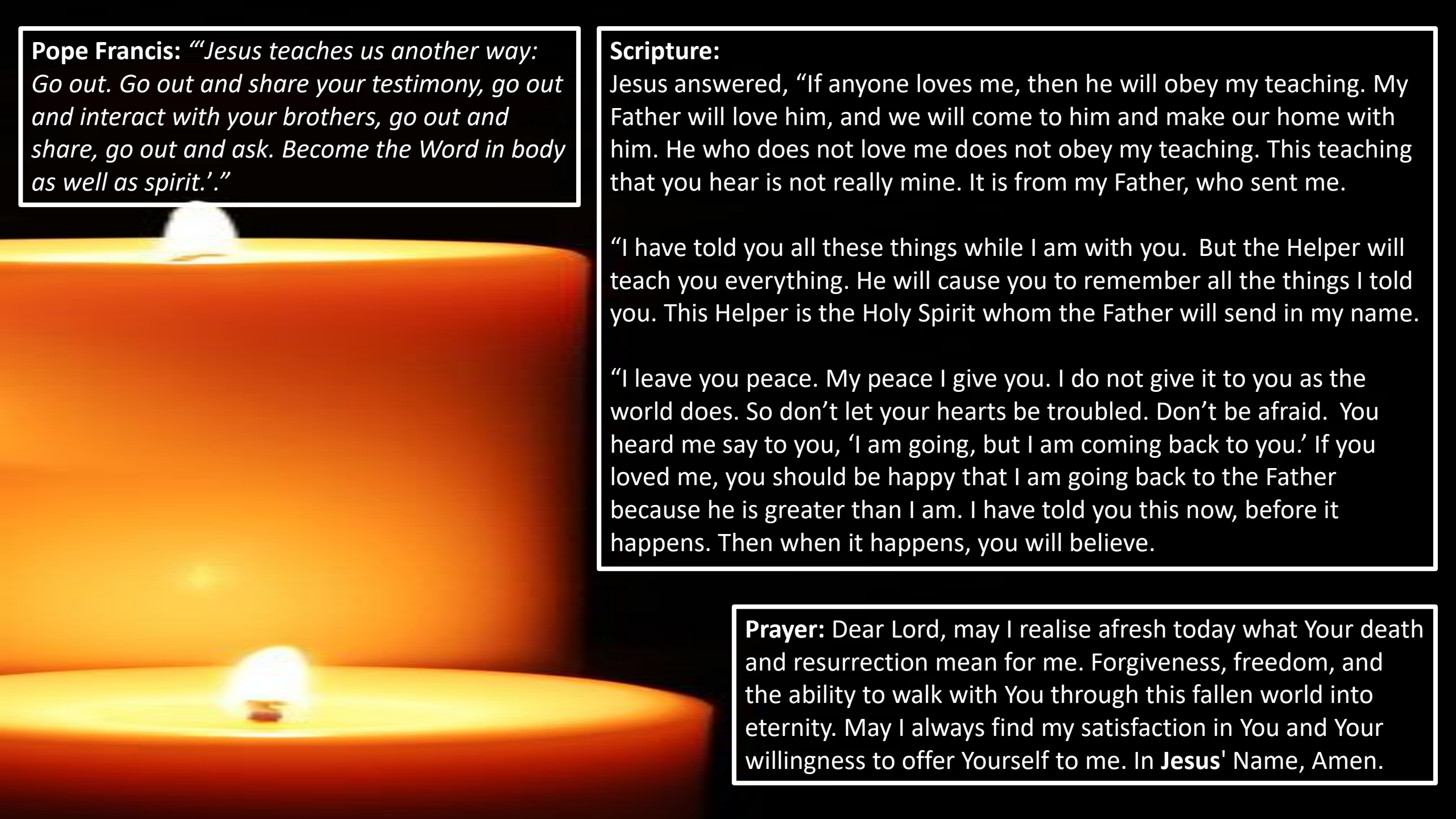


Never Alone

There's just never any time these days to simply be alone. During our working day, it would be rather difficult for most of us to simply to cut ourselves off from the rest of our colleagues. At home, family life brings no opportunity. My young children can appear at the living door at 11pm like a spectre ... not a sound ... and scare the life out of you as they simply stand and stare at you with no announcement of their arrival. Or at 5am, you'll discover the reason why you're cold and without the duvet or are pushed to the edge of the mattress is because one of them has decided to join you. You can't even be alone in your sleep!

And so this week, Christ reminds us that he [God] is always with us. Even as He departs this world and ascends into heaven, Jesus promises us that the Holy Spirit (the Paraclete) will always be with us ... to guide us and look after us. For Christians, there is something very comforting to know that we are never alone.



Pope Francis: *“Jesus teaches us another way: Go out. Go out and share your testimony, go out and interact with your brothers, go out and share, go out and ask. Become the Word in body as well as spirit.’.”*

Scripture:

Jesus answered, “If anyone loves me, then he will obey my teaching. My Father will love him, and we will come to him and make our home with him. He who does not love me does not obey my teaching. This teaching that you hear is not really mine. It is from my Father, who sent me.

“I have told you all these things while I am with you. But the Helper will teach you everything. He will cause you to remember all the things I told you. This Helper is the Holy Spirit whom the Father will send in my name.

“I leave you peace. My peace I give you. I do not give it to you as the world does. So don’t let your hearts be troubled. Don’t be afraid. You heard me say to you, ‘I am going, but I am coming back to you.’ If you loved me, you should be happy that I am going back to the Father because he is greater than I am. I have told you this now, before it happens. Then when it happens, you will believe.

Prayer: Dear Lord, may I realise afresh today what Your death and resurrection mean for me. Forgiveness, freedom, and the ability to walk with You through this fallen world into eternity. May I always find my satisfaction in You and Your willingness to offer Yourself to me. In **Jesus'** Name, Amen.