

HOLY CROSS AND ALL SAINTS MONDAY MISSION

THIS WEEK'S WORD:

**A reading from the Holy Gospel according to John
14:15-16. 23b-26**

At that time: Jesus said to his disciples, 'If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you for ever. If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.

Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father's who sent me.

These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.'



REFLECT

It's not easy following Jesus. Loving people, treating everyone as a sister or brother, is challenging. And it's not easy admitting you are trying to follow Jesus. There are lots of people who do not believe in God and are happy to laugh at those of us who do. Being a Christian takes real courage.

Thankfully, Jesus promises to give us the courage we need! On Sunday we celebrated the feast of Pentecost when the disciples first received Jesus' gift of the Holy Spirit. Their lives were transformed. Rather than staying safely hidden, they burst out of the upper room filled with enthusiasm, wanting everyone to know all about Jesus and his message of love!

The Holy Spirit gave the disciples the courage they needed and the Holy Spirit is with us too, giving us the courage we need. Life wasn't straightforward after Pentecost for the disciples and it probably won't be straightforward for us either. But we will have a special helper with us, giving us courage to face everyday with strength and determination.

LET US PRAY

Holy Spirit, give me courage.
Help me to face my fears
and be confident that I am not alone.

Amen.

MISSION

After hearing the story of Pentecost, where the Holy Spirit came upon the disciples with tongues of fire, giving them courage to speak about Jesus, it's your turn to live like the first disciples! This week:

1. Use your words to build others up. Give at least three kind compliments or words of encouragement
2. Do a secret good deed for someone—just like the Holy Spirit works quietly in our hearts.