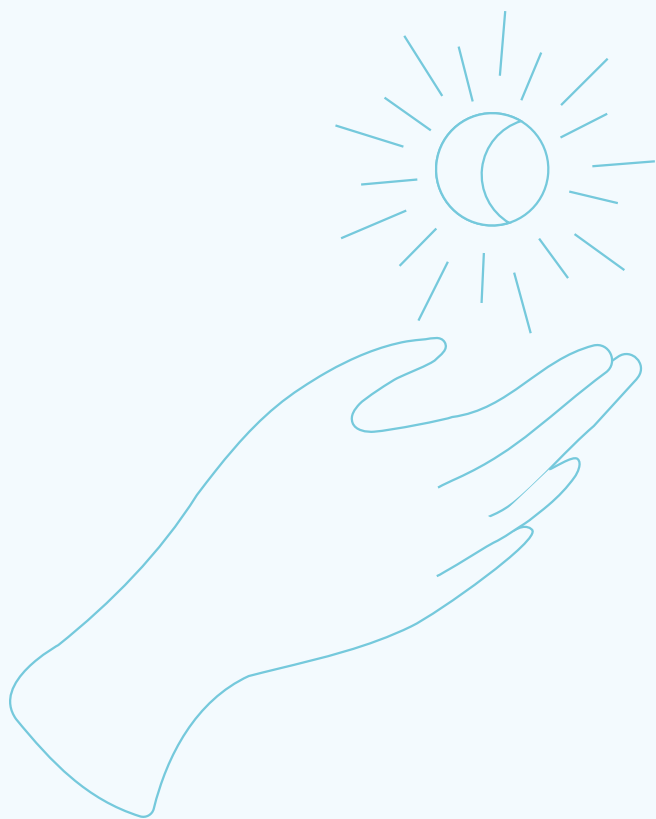


Meditation



2023

Meditation

I WILL NOT LEAVE YOU ORPHANS

Ambiance

- Look for a comfortable position so you can pray quietly for a few minutes.
- Try to keep silence in your heart. This alone allows listening to the Word and projecting some action in response to the Word heard.

Word of God

From the Gospel according to Saint John (Jn 14, 15-18)

Jesus said to his disciples: "If you love me, keep my commandments. And I will ask the Father and He will give you another Comforter, to be with you always, the Spirit of truth, which the world cannot receive, because it neither sees Him nor knows Him, but which you know, because He remains with you and is in you. I will not leave you orphans: I will come back to you".

Meditation

- Calmly read the text again...
- Ask yourself: What does it say to me? What challenges me?
- There is a tense environment, of fear and Jesus wants to dispel this sadness and, therefore, promises His Disciples that He will not leave them orphans. They will never feel abandoned, defenseless, because the Master in whom they trusted so much, will always remain Alive in their midst. It is in this atmosphere of tenderness, of affection, that Jesus reveals for the first time that he will send the Holy Spirit: the Consoler, the Defender, the Strength to continue the Mission.

- For you, who are trying to follow Jesus and want to discover your place in the Church and in the World, Jesus also wants to make you understand that 'he does not leave you an orphan', that you are called to be a witness to that Hope, which translates into true love: "If you love me, you will keep my commandments."

Challenge yourself

- How do I face difficult situations in life? Do I let myself be easily overcome by discouragement or do I try to react, with the help of faith in Christ Jesus and hope?

- Do I truly believe that Jesus and the Holy Spirit are my defenders and comforters? Or do I look for other help that leads nowhere and makes me feel lonely?

- What do I feel called to right now?

I end this moment by praying

Lord God, send Your Holy Spirit upon me and upon all young people.
Send the fire of Your Spirit into the hearts of all of us, to love like You;
In the eyes of all of us, to see with Your Light;
To the lips of all of us, to spread Your Word;
At the hands of all of us, to make gestures that build the Kingdom;
To our mind, to make us believe that You are always with us.

