



The Spirit of Truth

6th Sunday of Easter, Year A
21st May 2017

In the sixth Sunday of Easter, the gospel from John shares with us the good news of Jesus sending an Advocate, the Spirit of truth to remain with us, to guide us always. Through the Spirit, we will see Christ because we are in Him and He is us.

To the non-believer, it would be difficult to understand this. It is only when you have experienced the Spirit of Truth and the love of the Father that it becomes the Truth.

Jesus had said to his disciples “If you love me, you will keep my

commandments”. I can testify that professing to love God is easy but keeping his commandment – to love one another as I have loved you” is really tough. I realised that very often I judge others mercilessly in my thoughts. It could be the words they used or their actions. What good has come out from this? Nothing. My mind becomes preoccupied with preconceived unvalidated judgement instead of focussing on God and all things holy. I noticed that I increasingly become triggered by the least of things and unhealthy patterns are formed.

As I sit in silence to reflect upon these triggers and patterns of unhappiness in my life, I realise that I was full of angst because I wanted to change the world. Was it what the Spirit of Truth

prompted me to do? No. It taught me to give thanks for the now, what I have, not what I hope to have. To accept the people in my life as they are, not trying to change them. No one is perfect, neither am I. So, it is no longer important to have the last say. I learnt that when I have nothing positive to say, it is best not to say anything. I used to be insistent on pushing across my point of view. I thought I was being passionate. Now, I realise in humility that it was just the ego at play.

The second reading from Peter resonates this:

“Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence . . .”

The Spirit of Truth guides us to be gentle and reverent. We can still share our suggestion in a gentle manner and have the patience to wait out the process. If the idea is not taken up, it could be that there was a more loving approach that we could not see. All of us are works in progress, we may need to wait out the change when those around us are ready yet.

I thank God for letting me have the space and time to step out and just be. To be able to quieten down, be still and listen to the Spirit of Truth and take a different route.

Reflection by Hope

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