

*Sixth Sunday of Easter*      *Year C*

Today's Gospel invites us to sit in a quiet space and let God speak to us in the silence of our heart. Therefore, this week's reflection is a very different kind.

Find a quiet space to sit in which you feel comfortable. This could be at home, in a garden, in church or in a park. In your mind, let the words of Jesus keep repeating,

***“Peace I bequeath to you, my own peace I give you.”***



Allow God to fill your heart with peace. Allow yourself to trust in God. Allow the good God to take away all needless anxieties. Keep listening to what God is saying to you.

Then hear the next words of Jesus,

**“Do not let your hearts be troubled or afraid.”**



When we place our trust in God, we are never alone. God already knows what troubles you. God already understands your fears. So sit quietly allowing God to speak to you. Keep listening, not speaking.

Over the coming week, try to do this for 5 or 10 minutes each day. You will be amazed how God has spoken to you by the end of the week. If you find the process valuable, keep going. If it was a struggle, try imagining Jesus sitting with you as you have a conversation together.