

Sixth Sunday of Easter



*Grant, almighty God,  
that we may celebrate with heartfelt devotion  
these days of joy, which we keep  
in honor of the risen Lord,  
and that what we relive in remembrance  
we may always hold to in what we do.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you  
in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.*

Collect for Sixth Sunday of Easter

When we go from day to day, interacting with our families, co-workers, community members and strangers would people say that we are filled with joy? In this interaction, can others see that we are filled with heartfelt emotion in all we do? Do we compartmentalize our lives so that we put our relationship with God in a little box and only take it out when we come to Mass or maybe when we pray in Church, our homes or as we travel about our days? Can people see that we are an Easter people, filled with the Holy Spirit? Can others see the fruit of the Spirit reflected in daily lives: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control?

If we prepare our hearts and minds to live the Liturgy of the Word, we can spend some time before we come to Mass to reflect on the words that will be proclaimed to us. Unfortunately, there are many people who have no idea what the Scriptures were a few minutes after they leave Mass. If we reflect on the Word of God, then we remember and are called to put this Word into action.

St. John Damascene defined prayer as the raising of one's mind and heart to God. This means that whenever we pray we need to engage our intellect as well as our hearts. It is well beyond listening. Prayer leads to action and action leads back to prayer.

St. Ignatius of Loyola offers a way to pray in the daily examen and over the years it was modified by other spiritual people. In the early 1970s George Aschenbrenner, S. J. adapted the examen that had become an "examination of conscience" into the "consciousness examen". It is a way to look at our lives each day so we can see attitudes and not just individual sins.



Simply we can set our lives as following:

- † Settle ourselves in a prayer place and attitude;
- † Recall that we are always in God's presence;
- † Thank God for the gifts of this day;

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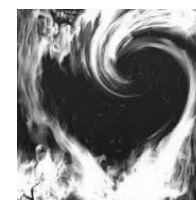
- † Reflectively look back at the day ... *"Think of it as a movie playing in your head. Push the play button and run through your day ... from your rising in the morning to preparing to go to bed at night. Notice what made you happy, what made you stressed, what confused you, what helped you be more loving. Recall everything: sights, sounds, feelings, tastes, textures, conversations. Each moment offers a window to where God has been in your day."* (James Martin, S.J.)
- † Ask for forgiveness of God for the wrong we have done;
- † Be prepared to ask for forgiveness from those we may have hurt;
- † With hopefulness, be resolved to grow in goodness;
- † Close this time of reflection with a prayer that is appropriate.

Using this form of prayer is living the Psalm response: *Let all the earth cry out to God with joy.* It is also being faithful to our second reading from St. Peter.

*Sanctify Christ as Lord in your hearts. 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, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame. For it is better to suffer for doing good, if that be the will of God, than for doing evil. For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit.*

1 Peter 3:15-18

Having been fully initiated into the Church through Baptism, Confirmation and Holy Eucharist, we are sanctified in our hearts. One of the theological virtues is hope and this shows us how to live the fruits of the Spirit, one being gentleness. We have been given reverence, being one of the gifts of the Spirit received at Confirmation. Praying the Examen daily helps us live a good life, willing to suffer for the unrighteous, leading us to God.



When we reflect on the Gospel for today (John 14:15-21), as the disciples heard on the night before Jesus died, and we hear today, we are given a path to live and a promise for the future. When we love someone, we will try to follow their will. Loving is a way of wishing the other person well. It is carrying for their needs; it is making their world the best it can be; it is filling their days with hope for the future.

Later in John's Gospel Jesus simplifies the commandments as such: *Love one another as I have loved you* (John 15:12). Thinking about the Decalogue, the first three Commandments tell us how to love God, and the next seven tell us how to relate to those near and far, stranger and friend alike. These are easily boiled down to the commandment Jesus gave us.

Taking a global view, with all wars and battles happening, the world reflects anything but being a people who love. It is contrary to the teaching of Jesus.

Jesus, promising to send us an Advocate, the Spirit of truth, is truly a promise that the world does not accept. Crisis and wars could be ended if world leaders would take the time to negotiate and compromise. If people did not live interpreting their religion in fanatical ways, love would be a worldwide way of life.

When we hear that we are given an Advocate, we know that we have a promoter, one who believes in us, a sponsor, an encourager, and one who is in favor of us. This Advocate is not with us for a time, but *always*.

We are just two weeks from the great Feast of Pentecost when Peter and the apostles were filled with boldness, converting thousands to the ways of Jesus. Those who heard the preaching of Peter acknowledged that Jesus died, rose and ascended to the Father, sitting at the Father's right hand as our judge, with the Holy Spirit as our Advocate. In these days may we pray to the Holy Spirit to be able to live as Jesus taught us.



#### LITANY OF THE HOLY SPIRIT

*Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.*

*Father all powerful, have mercy on us.*

*Jesus, Eternal Son of the Father, Redeemer of the world, save us.*

*Spirit of the Father and the Son, boundless Life of both, sanctify us.*

*Holy Trinity, hear us.*

*Holy Spirit, Who proceeds from the Father and the Son, enter our hearts.*

*Holy Spirit, Who are equal to the Father and the Son, enter our hearts.*

*Promise of God the Father, have mercy on us.*

*Ray of heavenly light,*

*Author of all good,*

*Source of heavenly water,*

*Consuming Fire,*

*Ardent Charity,*

*Spiritual Unction,*

*Spirit of love and truth,*

*Spirit of wisdom and understanding,*

*Spirit of counsel and fortitude,*

*Spirit of knowledge and piety,*

*Spirit of the fear of the Lord,*

*Spirit of grace and prayer,  
Spirit of peace and meekness,  
Spirit of modesty and innocence,  
Holy Spirit, the Comforter,  
Holy Spirit, the Sanctifier,  
Holy Spirit, Who governs the Church,  
Gift of God the Most High,  
Spirit Who fills the universe,  
Spirit of the adoption of the children of God, have mercy on us.*

*Holy Spirit, inspire us with horror of sin.*

*Holy Spirit, come and renew the face of the earth.*

*Holy Spirit, shed Your Light into our souls.*

*Holy Spirit, engrave Your law in our hearts.*

*Holy Spirit, inflame us with the flame of Your love.*

*Holy Spirit, open to us the treasures of Your graces.*

*Holy Spirit, teach us to pray well.*

*Holy Spirit, enlighten us with Your heavenly inspirations.*

*Holy Spirit, lead us in the way of salvation.*

*Holy Spirit, grant us the only necessary knowledge.*

*Holy Spirit, inspire in us the practice of good.*

*Holy Spirit, grant us the merits of all virtues.*

*Holy Spirit, make us persevere in justice.*

*Holy Spirit, be our everlasting reward.*

*Lamb of God, Who takes away the sins of the world, send us Your Holy Spirit.*

*Lamb of God, Who takes away the sins of the world,  
pour down into our souls the gifts of the Spirit.*

*Lamb of God, Who takes away the sins of the world,  
grant us the Spirit of wisdom and piety.*

*Come, Holy Spirit! Fill the hearts of Your faithful,  
and enkindle in them the fire of Your love.*

*Let us pray.*

*Grant, O merciful Father, that Your Divine Spirit may enlighten,  
inflame and purify us, that He may penetrate us with His heavenly dew  
and make us fruitful in good works, through Our Lord Jesus Christ, Your Son,  
Who with Thee, in the unity of the same Spirit, lives and reigns forever and ever.  
Amen.*

