



Gospel Reading

John 20:19-31

Thomas believes because he sees Jesus.

Family Connection

Within normal family life, there are many opportunities for conflict. Jesus did not promise us the absence of conflict in our lives. Instead, he gave us the gifts of peace, forgiveness, and reconciliation so that we could reduce conflict. The measure of Christian family life is not the absence of conflict, but the manner in which conflict is resolved. Filled with the gift of the Holy Spirit, we ask Jesus to help us to bring peace and forgiveness to situations of conflict in our families.

As your family gathers, take this opportunity to examine how your family resolves conflict. Recall a recent argument or disagreement and discuss how the conflict was resolved. Consider whether the conflict was resolved peacefully, in the spirit of Jesus. If not, discuss alternatives that might be tried in the future. Read together today's Gospel, John 20:19-31. Recall that we have each received Jesus' gift of the Holy Spirit and that the Holy Spirit helps us to be people who forgive others and seek peace. Pray together the Prayer to the Holy Spirit or the [Peace Prayer of Saint Francis](#).



Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.