



Thomas didn't believe that Jesus was alive. However, when Jesus showed him His hands, Thomas believed and said, "My Lord and my God!"

Can you think of a person—a teacher, a parent or grandparent- who helps you to believe in Jesus, even when it is hard to?

Draw or write about someone who helps you to believe in Jesus.



Father, I thank you for the gift of this story which has opened my eyes to see the understanding and patient presence of Your Son in my life.

**Action:** this week I will try to show love by...

For more information check out our website: [lectio.newrydominican.com](http://lectio.newrydominican.com)

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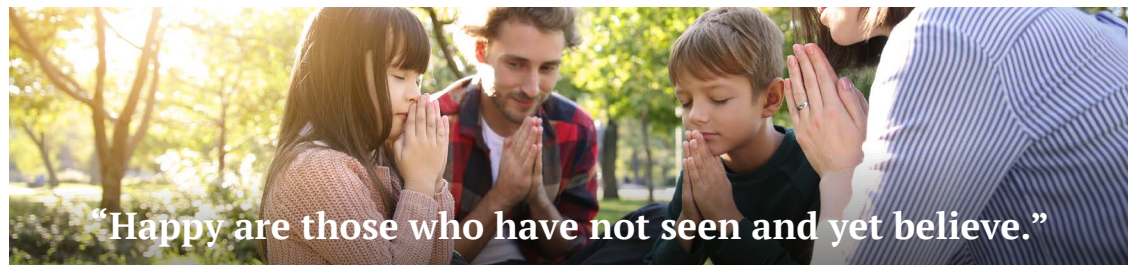
LECTIO DIVINA

# Living the Word

MEDITATING ON THE SUNDAY GOSPEL

Year A - 2nd Sunday of Easter

A resource for personal, family and community prayer.



“Happy are those who have not seen and yet believe.”

## Gospel: John 20:19-29

*You are invited to read the Gospel passage attentively, respectfully and reverently as a gift of God.*

<sup>19</sup>In the evening of the same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' <sup>20</sup>and after saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord.

<sup>21</sup>And he said to them again, 'Peace be with you. As the Father sent me, so am I sending you.' <sup>22</sup>After saying this he breathed on them and said: 'Receive the Holy Spirit. <sup>23</sup>Those whose sins you forgive, they are forgiven; those whose sins you retain, they are retained.'

<sup>24</sup>Thomas, called the twin, who was one of the Twelve, was not with them when Jesus came. <sup>25</sup>So the other disciples said to him, 'We have seen the Lord,' but he answered, 'Unless I can see the holes that the nails made in his hands and can put my fingers into the holes they made, and unless I can put my hand into his side, I refuse to believe.'

<sup>26</sup>Eight days later the disciples were in the house again and Thomas was with them. The doors were closed but Jesus came in and

stood among them. 'Peace be with you,' he said. <sup>27</sup>Then he spoke to Thomas, 'Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.

<sup>28</sup>Thomas replied, 'My Lord and my God.' <sup>29</sup>Jesus said to him, 'You believe because you can see me. Happy are those who have not seen and yet believe.'

### Background to Gospel passage

**Where does it happen?** The Gospel happens behind closed doors in the Upper Room. This is the same room where the Last Supper took place.

**When does it happen?** The first encounter of the disciples with the risen Jesus happens on Easter Sunday evening. The second encounter happens eight days later when Thomas is present.

**Who is there?** The risen Jesus, his frightened and bewildered disciples and 'doubting' Thomas.

**What happens?** Some years ago, this Sunday was designated by Pope John Paul II as Divine Mercy Sunday on which we are invited to enter into an experience of the depth and richness of God's mercy.

The risen Jesus appears in their midst and greets them with his sincere words of peace.

Despite denying him and betraying him, he still loves and believes in them.

Having experienced their own need of mercy, they are now ready to go out to proclaim his love to the world.

**Suggested Guidelines** to help you recognise this passage in your life experience.

**“Peace be with you”**

Can you enter into the experience of the disciples by remembering a time when someone came behind your closed doors of shame and guilt and touched you with mercy, healing and peace?

**Or**

Can you enter into the experience of Jesus by remembering someone betrayed or unjustly

Eight days later Thomas is invited to touch the wounds of the risen Jesus for himself and encounters the mercy of God. He is transformed by the experience and, with awe, utters, “My Lord and my God”.

accused who ‘rose’ to a profound experience of mercy and forgiveness for those who had wronged them?

**“Unless I can see the holes...”**

Can you enter into the experience of Thomas by remembering a time when you yourself, or someone you knew, seemed stuck and could not move forward with life until the ‘wounds’ of the past had been dealt with?

**What does this Gospel remind me of?** *Where was it? When was it? Who was there? What happened?*

**Now I can see that God’s loving presence and action were in that life experience.**

**Prayer Response** - you are invited to respond in prayer in your own words.

*Heavenly Father, I thank you for the times when I have experienced this Gospel in my life...*

*Heavenly Father, I am sorry for the times I have fallen short of living this Gospel...*

*Heavenly Father, please help me to live this Gospel...*



You are invited to deepen this prayer experience by resting your heart silently in God’s presence and love. The quiet repetition of a word or phrase from the passage may help you on this journey to stillness and silence.

**An Invitation to Reflect**

What new insight has the Gospel opened my eyes to see?

**Action**

This week I will try to live the Gospel by...

**Thought for the week**

The most authentic bearers of mercy are those who have been touched by mercy themselves.  
*Rest in this truth, hold it in prayer and trust that it will bear fruit in your life.*