

Based on the gospel for Sunday 23 April - John 20:19-31

**"As the Father sent me, so am I sending you."**

I recently celebrated my 70th birthday with my family, and with my best friends, each of whom has, in their different ways, helped me on my journey.

Jesus had a circle of friends whom he trusted and loved. These were the apostles. It was to these simple, unsophisticated men that he appeared in full bodily form after his resurrection.

When Jesus spoke, God spoke through him, as he said, "Peace be with you". Ashamed of his former lack of belief, Thomas blurted out the words of faith, that the Father and Son are one: "My Lord and my God!"

All my life I have congratulated myself for being one of those who have not seen and yet believe. Should I not rather consider whether I am bringing the peace of Jesus to those closest to me? And am I helping to bring the peace of Jesus to our elderly in hospitals, and to the young refugees fleeing from war, poverty, or persecution? If I am not, what should I be doing?



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Lord, when I look at those in need, may I really see them as if with your eyes, and follow your ways. Amen.