

# **ASCENDING LIFE-CANADA**

2<sup>nd</sup> Sunday Ordinary Time

## **DIVINE MERCY SUNDAY**

***Our Mission is to nurture community,  
giving witness to the Peace and Forgiveness of the Risen Lord!***

*May our common belief in the Risen Lord continue to unite us in mind and heart!*

Acts of the Apostles 4:32-35

Thomas felt the Mercy and Forgiveness of Jesus, who he followed eagerly, but doubted so quickly. We all need the comfort of knowing we can be forgiven over and over again, when we fail to take to heart “His commandments”.

Yet still we doubt, we vainly try to hold on tightly to what earthly riches we have, knowing full well that material possessions will not bring us close to our ultimate goal. The early Christians recognized the path, sharing their wealth with those in need.

*Let us pause for a moment, meditate on this thought, and allow ourselves to recognize in our lifestyle, a path which we might follow in witnessing the Peace and Forgiveness of the Risen Lord!*

*(A short group discussion on ways your group could initiate a path witnessing the message of this passage in your community/or personal time to Meditate on this message)*

GOSPEL: John: 20:19-31

### REFLECTION

***The Risen Lord enters through a locked door saying, "Peace be with you!"***

What Peace was Jesus talking about?

His “Peace” was about knowing his Father was always with him and that God would always be faithful to His promises.

How do we think of peace?

Do we link peace with the events of our day?

Do we lose our peace at the moment life’s trials come along?

Do we lose peace when we forget the blessings God sends us? Do we begin to rely only on ourselves and end up feeling proud and self-righteous?

Could this kind of self-reliance lead to a downward spiral of agitation and insecurity?

Jesus in human form experienced all the emotions we experience, both good and bad.

He showed love and tenderness to the woman who washed his feet.  
He showed disappointment with the Pharisees who flaunted their religiosity.  
He showed compassion to the crowds who followed him.  
He showed anger with the money changers in the temple.  
He hated to see anyone suffering.  
He applauded people's generosity.

*Still, one thing remained constant!  
Jesus always held on to HIS Peace*

*The Peace God offers us is rooted in knowing that:  
we are loved by him, and we are forgiven by him, and saved by him!*

Let us remain peaceful,  
by thanking God for his Blessings, when things are going our way!  
Let us ask God for help when we are feeling angry, resentful, or bitter!

#### Questions for Contemplation and Conversation

-When things go wrong in our life, how do we react? Who do we sometimes blame?

When life is good, with whom do we give credit? Do we perhaps congratulate ourselves in pride and forget from whom all blessings come?

#### PRAYER

Lord Jesus, help us to remember the Peace you offer us, rooted in the knowledge that we are loved by you, forgiven by you, and saved by you.  
May we continue to be grateful for your Blessings in our life, and to seek your help in time of need! Amen!

#### THOUGHT FOR TODAY

Message of the Gospel:

Love everyone!  
Seek what is best for everyone!  
Seek the Lord each day and he will help you!

**“Let the Peace of Christ control your heart”!**

Colossians 3:15

**“Lord, help me to hold on to your peace at all times and in every situation.**

**AMEN!**