



COR₁₂

HEART OF THE FATHER



Saint Margaret Mary Alacoque Prayer to the Sacred Heart:

Lord Jesus,
Let my heart never rest until it finds You,
who are its Center, its Love, and its Happiness.
By the wound in Your heart
pardon the sins that I have committed
whether out of malice or out of evil desires.
Place my weak heart in your own Divine Heart,
continually under Your protection and guidance,
so that I may persevere in doing good
and in fleeing evil until my last breath.
Amen.

Lectio Divina: Encountering the Risen Lord (John 20:19-31)

Brothers, let us reflect on the appearances of the Risen Christ in John 20:19-31. Jesus meets his fearful disciples, commissions them, bestows the Holy Spirit, and encounters Thomas's doubt. Open your heart to the Holy Spirit as you engage with this scripture.

Meditation (Reading and Reflection): Read John 20:19-31 slowly and reflectively. What words, phrases, actions, or reactions resonate with you? What challenges you? What might the Spirit be highlighting for you?

- Why were the disciples behind locked doors? What fears lock your heart?
- Jesus enters despite the locked doors. What does this reveal about the Risen Lord?
- Reflect on "Peace be with you." What kind of peace is Jesus offering? Where do you need this peace?
- What is the significance of Jesus showing his wounds? How does suffering connect with resurrection?
- How does seeing the Lord transform fear into joy?
- "As the Father has sent me, so I send you." How are you participating in this mission?
- Jesus gives the Holy Spirit for forgiveness of sins. How do you understand this authority?
- Consider Thomas's doubt. Can you identify with his need for proof?
- How does Jesus respond to Thomas? What does His invitation reveal about His patience?
- What does Thomas's declaration, "My Lord and my God!" signify for you?
- "Blessed are those who have not seen and have believed." How does this speak to your faith?
- How does this story (vs. 30-31) lead to belief in Jesus as Messiah and life in His name?
- Where do you find yourself in this narrative?



Contemplation: Choose a word, phrase, or image from the reading (e.g., "Peace be with you," "locked doors," "showed them his hands and side," "Receive the Holy Spirit," "My Lord and my God!"). In silence, gently hold this word or image. Allow the Holy Spirit to illuminate its meaning for you personally. You might also imagine the scene in the upper room. Simply be present in the moment.

Call to Action (Prayer and Action): How might this encounter shape your life today?

- Pray for Christ's peace in your life and the world.
- Ask the Holy Spirit to empower you for the mission Christ gives.
- Pray for grace to be a instrument of reconciliation.
- Bring your doubts and questions to the Lord, asking for deeper faith.
- Reflect on how you can live out your belief that Jesus is Lord, sharing His life with others.
- Consider one concrete action you can take this week to step out from behind any "locked doors," trusting in Christ's peace and presence.

A Moment of Grace: The Risen Christ overcomes fear with peace, doubt with patient invitation, and bestows His Spirit for mission and life. May we, like the disciples, rejoice in His presence and embrace the call to believe, even when we do not see. Amen.

Our Shared Lectio Divina Journey

“Speak, Lord, for your servant is listening.” – 1 Samuel 3:9

Three volunteers will lend their voices to the Sacred Text, inviting us into three profound encounters with the Word. After each reading, we will pause for a moment of sacred silence, allowing the words to penetrate our hearts and speak to our souls.

After the First Reading:

We will share a word or phrase that ignited our hearts. This simple act of sharing weaves a tapestry of spiritual perspectives, enriching our individual journeys.

After the Second Reading:

We will reflect more deeply on how that word or phrase connects with our lives.

How is God speaking to us through this text? What meaning does it hold for us today?

After the Third Reading:

We will consider the divine invitation before us.

What is God calling us to do, change, or become? Let us share these insights with open hearts, fostering a sense of spiritual community and shared purpose.

May this time of prayerful listening draw us closer to the living Word and to one another.

✠ Lectio Divina ✠

"Blessed Are Those Who Have Not Seen"

Holy Gospel of Jesus Christ according to Saint John 20,19-31.

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, «Peace be with you.»

When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord.

(Jesus) said to them again, "Peace be with you. As the Father has sent me, so I send you."

And when he had said this, he breathed on them and said to them, "Receive the holy Spirit.

Whose sins you forgive are forgiven them, and whose sins you retain are retained."

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came.

So the other disciples said to him, "We have seen the Lord."

But he said to them, "Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe."

Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you."

Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe."

Thomas answered and said to him, "My Lord and my God!"

Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."

Now Jesus did many other signs in the presence of (his) disciples that are not written in this book.

But these are written that you may (come to) believe that Jesus is the Messiah, the Son of God, and that through this belief you may have life in his name.

As We Depart

Risen Lord, we thank you for your Word and the presence of your Spirit, which have shown us the reality of your resurrection and your tender mercy towards your disciples, and towards us.

Grant us your peace to overcome all fear and doubt, and strengthen us in faith and courage to believe, even without seeing. Empower us by your Holy Spirit for the mission you entrust to us, enabling us for acts of service and reconciliation in the world.

May the sight of your wounds inspire us with love and resolve, and may your presence fill us with courage and joy, that we may boldly bear witness to the life found in your name.

Through Jesus Christ, our Lord, Amen.



Last Saturdays of the Month
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St. Michael the Archangel, stand with us in the battles we face against the forces that seek to bind us in fear and doubt. Be our protection against the wickedness and snares of the devil, who would keep us locked away from the Risen Lord's peace and joy.

May God, who by Christ's victory shattered the power of darkness and breathed upon His disciples, rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, that same power which empowers us by the Holy Spirit for reconciliation and mission, thrust into hell Satan and all evil spirits who prowl about the world for the ruin of souls and the hindering of God's reconciling love.

Defend us, that we may boldly believe without seeing, embrace the Lord's peace, and live out the life found in His name. Amen.

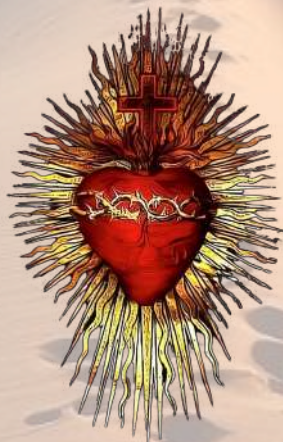


Risen Lord Jesus, in John 20:19-31 you reveal your glorious presence among the fearful, breaking through locked doors to offer your life-giving peace to your disciples. We are moved by your tender patience in showing them your wounds and gently inviting Thomas to believe, transforming their fear and doubt into overwhelming joy.

Grant us the grace to welcome your presence into the locked places of our own hearts, to receive your perfect peace amidst our anxieties, and to trust in the power of your resurrection, symbolized by your wounds. Empower us with your Holy Spirit, Lord, that we may embrace the mission you give and believe in you, even when we do not see.

May this sacred encounter deepen our faith and inspire us to live the life found in your name, sharing your peace and bearing joyful witness to your victory in the world.

Amen.



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