

“Peace be with you”

Divine Mercy Sunday¹

Second Sunday of Easter

Acts 2:47 “And every day the Lord added to their number those who were being saved.”

Psalms 118 “His mercy endures forever.”

John 20: “[Thomas] said to him, ‘My Lord and My God!’.”

Reflection:

What is Peace?

Have we forgotten what the peace of Christ feels like? Our society fosters a lifestyle that is very busy and chaotic. How do we find peace in the midst of daily busyness when everything, including ourselves, seems to be speeding in different directions? On the contrary, when we are connected with God, we have harmony, balance, and a willingness to share and to look out for one another, as we see in today's first reading. When we take the time to pray, to connect with God, allowing Him to lead our lives, we find that we have enough time for everything that is necessary, and we move at a steady pace! When we fall out of the habit of making that daily God connection, we can lose the experience of Christ's peace.

Jesus says “Peace be with you” three times in today's gospel! Peace is a gift He wants to give us! We find peace by connecting with Him, by being in relationship with Him. Let us seek Him each day and live in His peace. He is always there, waiting for us to respond to Him, to be present to Him.

What is Mercy?

Definitions of mercy include: kindness in excess of what may be expected or demanded by fairness; refraining from punishing an offender; a disposition to forgive, pity or be kind; clemency; kind or compassionate treatment; forbearance and compassion; patient restraint; relief of suffering.² God's Divine Mercy is so great we cannot even imagine its depth. God is Mercy itself. We call upon the mercy of God to cover our sins, no matter how grave, because of the sacrifice of Christ's Precious Body and Blood which saves us. God's forgiveness awaits us in the Sacrament of Reconciliation – what a tremendous gift! We need only to confess our sins and be truly sorry.

We see the example of Thomas in the gospel today. Have we been stubborn in our unbelief? Do we sometimes offend God by our lack of trust in Him who provides everything for us? Do we sometimes go to Mass looking for what we can “get out of it,” instead of going to honor and praise and thank God for all that He is and does for us? Yet God in His great love for us provides Jesus in the Eucharist, that we may receive Him and be in communion with Him, in spite of our failings. Do we recognize His true Presence, and say, like Thomas, “My Lord and My God!”? Let us be sure to spend time with Him after we receive Him in Holy Communion, allowing Him to give us His peace. It is in the Eucharist and in the Sacrament of Reconciliation that we receive most perfectly Divine Mercy and Peace.

Action:

- *Attend the Divine Mercy Holy Hour **today** at 3 p.m. in St. John Church.*
- *Spend 5 to 10 minutes in quiet, finding your peaceful center where Christ is present.*
- *Say the Jesus prayer throughout the day, “Jesus Christ, Son of God, have mercy on me a sinner.”*
- *Share some time to help those in need. For example, volunteer for the mobile food pantry the morning of May 21st; help prepare or serve the community dinner for those who use the W/R Food Pantry, the evening of May 21st, at the Whiting United Methodist Church; volunteer to deliver Meals on Wheels.*
- *Reflect on when in your life you have been a “Thomas” and received God's mercy.*

***“Tell aching mankind to snuggle close to My merciful Heart,
and I will fill it with peace.”*** (Jesus to St. Faustina, #1074.³)

¹ for more information, go to <http://thedivinemercy.org> ² Webster's New World Dictionary of American English, 1988.

³ Diary of St. Maria Faustina Kowalska