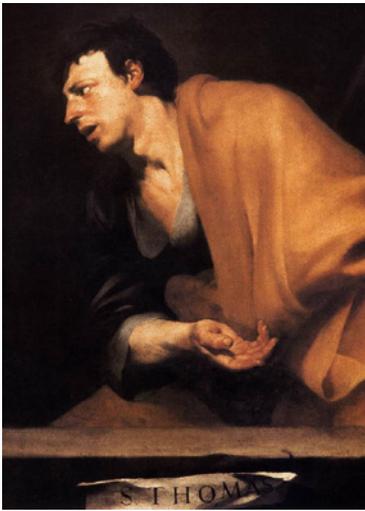


13th Week in Ordinary Time



Apostle St Thomas by Jusepe Martinez
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BE STILL

Take a moment to allow whatever is in your heart to rise and offer your thoughts to the loving care of the Lord today.

THIS WEEK

- **3 July:** St Thomas, apostle (Feast)

Gathering Prayer

Loving God,
Draw near to us as we sit, think and reflect upon your word.
Open our hearts in order that we can hear your voice.
Amen.

THE GOSPEL

A reading from the holy Gospel according to John (20:24-29):

Thomas, called the Twin, who was one of the Twelve, was not with the disciples when Jesus came. When they said, 'We have seen the Lord', he answered, 'Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe.'

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. 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.' Thomas replied, 'My Lord and my God!'

Jesus said to them: 'You believe because you can see me. Happy are those who have not seen and yet believe.'

The Gospel of the Lord.

Ponder

Pope Francis in *Evangelii Gaudium* (2013) noted that in the presence of God, during a recollected reading of the text, it is good to practice *Lectio Divina* – the reading of God's word in prayer asking that it 'enlighten and renew' us. The following questions may help with this:

- Lord, what does this text mean to me?
- What is it about my life that you want me to change by this text?
- What troubles me about this text?
- Why am I not interested in this?
- What do I find pleasant about this text?
- What is it about this word that moves me?
- What attracts me?
- Why does it attract me?

Reflect

Many of us relate to the story of St Thomas. We may share his journey of moving from doubt to belief. It takes trust to truly believe in the love of another. It takes courage to truly believe there is goodness in the world. And it takes faith to know that a loving God is present to us at every moment of our lives.

Perhaps this week offers the opportunity to think about what it means to believe. Reflecting on the words attributed to St Augustine may help with this:

Faith is to believe what you do not see;

The reward of this faith is to see what you believe.

PRAY

Loving God
Encourage us in our efforts to live as a holy people.
Give us faithful hearts that, through our works, we may make visible your great love for the world.
Amen.