



## The Promise of the Holy Spirit and His Peace

*Jesus said to his disciples: Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our home with him. Whoever does not love me does not keep my words; and the word that you hear is not mine but is from the Father who sent me. I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace, I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. You heard me say to you, I am going away, and I am coming to you. If you loved me, you would rejoice that I am going to the Father, because the Father is greater than I. And now I have told you this before it occurs, so that when it does occur, you may believe.*  
(John 14: 23-29)

We see how Jesus prepares His disciples for His departure, assuring them that those who love Him and keep His word will be loved by the Father, and both will dwell with them. He reassures us of the coming of the Advocate - the Holy Spirit, who will teach and remind us of all what Christ has said. Jesus offers His peace—not as the world gives, but a lasting, fearless peace. He encourages us not to be troubled, for His return to the Father is a cause for joy for all of us. Through the Holy Spirit, we are empowered to live with hope and share in the joy of the Resurrection of the Risen Lord and bring hope to the needy.

Are we overwhelmed by the noise around us, the uncertain political climate of the world, economic slowdown and more? While we are confronted with many such situations, we are constantly encouraged by Christ to listen to Him and He will give that peace, just as we hear from the traditional Easter hymn “No one can give to me that peace which my risen Lord, my risen King can give”.

As we look around us, we may witness many kinds of brokenness and we may not have all the answers. But Jesus can pave the way, through the Holy Spirit, who will always be with us when we are challenged. He will never forsake us. All He wants is for us to love Him, listen to His Word and do likewise by loving others, while listening to their call for help.

### Reflection Questions

1. How is the Holy Spirit prompting you to reach out in love to those who are broken, oppressed, or forgotten by society?
2. In what ways can you become more attentive to Christ's Word, so that you may be a more faithful witness of hope and healing to those in need?

**Let us pray...** Loving Lord, You have promised to be with us always through the Holy Spirit. Help us to listen to your Word and keep it in our hearts. When we see brokenness, give us the courage to act with compassion. When we meet the oppressed or the forgotten, let us be a channel of your peace. Come Holy Spirit, guide our steps, inspire our words and fill us with the love of Christ, so that we may bring hope, healing and joy to those who need it most. Amen.

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Willis is a global lead for talent and inclusion at work and is devoted to youth ministry, parish service, and community outreach. Passionate about faith, family, and sharing life's journey through music, writing, and reflection, he has authored a motivational book and most recently released a gospel album.

A new Vincentian as most his 20 fellow members are, Willis is the spiritual facilitator of St. Mary's conference. The Peel North Particular Council under the Greater Toronto Central Council recently laid the foundation for the conference's renewal after a long absence in the parish.

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For those interested in contributing spiritual reflections, please email [jose.torres@rogers.com](mailto:jose.torres@rogers.com). Also, for reflections that may be used in your group meeting's spirituality segment, please check out: [Monthly Reflections - Society of Saint Vincent de Paul - National Council of Canada](#)