

Reflection for the Week

John 20:19-end '... See my hands.'

Jesus appeared to his disciples through locked doors. No wonder they were 'startled and terrified'. Was this a ghost?

No. It is the Jesus they deserted, betrayed and left for dead!

Is Jesus back for revenge? The disciples are right to be scared.

Jesus registers the shock. He shows the disciples his wounds. It reminds them of the Cross and says: Look, this is what the world did to the Way, the Truth and the Life.

But Jesus does another thing. He blesses his disciples with the gift of peace. 'Shalom', 'Peace be with you!' This greeting is accompanied with a commission: 'As the Father has sent me, I am sending you.' This gift of peace and the accompanying commission (with the help of the Holy Spirit) reveals a new spiritual world in which Jesus is *our Lord and our God*.

There is no need for divine retribution. When Christ confronts the people who played a role in his death, he speaks only words of reconciliation and compassion. Moreover, he entrusts his fallible followers with continuing his task of proclaiming the Good News of God.

Jesus said to Thomas: 'See my hands.'

Our hands tell us a lot about who we are and what kind of work we have done.

This week, if you have a few spare moments, why not read John 20:19-end and then draw your own hand, offering to God thanks for his Son and reflecting on the work you have done, or still have to do. Maybe note down any words or phrases that stand out for you in this passage from John's Gospel.

The subject of hands reminds me of a prayer by **St. Teresa of Avila** written below:

*Christ has no body on earth but ours;
no hands but ours;
no feet but ours.*

*Ours are the eyes through which he is to look out –
Christ's compassion to the world.
Ours are the feet with which he is to go about doing good.
Ours are the hands with which he is to bless others now.*



Lake



"The father
has sent me,
I am sending
you!"