Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE DIOCESE OF ABERDEEN AND ORKNEY

John 20:19-23

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then 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." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

Wesley, Frank, 1923-2002. Seed Resurrection, from Art in the Christian Tradition, a project of the Vanderbilt University Divinity Library, Nashville, TN. https://act.library.vanderbilt.edu/artworks/59247 [retrieved May 12, 2026]. Original source: Estate of Frank Wesley, http://www.frankwesleyart.com/main_page.htm.

COLLECT

Almighty and everliving God, who fulfilled the promises of Easter by sending us your Holy Spirit and opening to every race and nation the way of life eternal: keep us in the unity of your Spirit, that every tongue may tell of your glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

"When wisdom comes, transformation comes. Wisdom makes the difference between the succeeding man and the failing man."
— Patience Johnson

"The Spirit did everything on the Day of Pentecost and afterwards. It was the Spirit who gave the boldness, the wisdom, the message, and the converting power."
— Andrew Murray

Without Pentecost the Christ-event – the life, death, and resurrection of Jesus – remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now.
— Henri Nouwen

What stands out to you or speaks to you from that passage?

We hear this passage at Pentecost, a reminder of the promises of Holy Spirit and Peace to the disciples from Jesus.We hear it as part of the story of 'doubting' Thomas on the Second Sunday of Easter. How has the way you see or hear this passage changed as you have walked through this Eastertide?

Today as you reflect on the Peace of Jesus take a moment to pray for people that you know that need to know the peace of Jesus and places in our world and communities that need peace.

A Reflection from sacredspace.com

Human breath is wondrous, as it is the first sign of life we are likely to experience, as well as being the final sign that will be observed when the end comes for us all. We're told that Jesus breathed on the disciples and gave them the Holy Spirit, so we make a prayer of gratitude for the gifts that are given to us in the sacrament of Confirmation and ask that the fortitude bestowed may continue to sustain us.

A Prayer *(from Worship@North)*
O Parent of all peoples, breathe your Holy Spirit on us that we may see the peace and be filled with the joy of the risen Christ.
Teach us how to speak his words of forgiveness so that we can be your agents of reconciliation in a broken and troubled world. Amen.

To Listen:

Come Thou Fount of Every Blessing by Robert Robinson
Breathe On Us Holy Spirit by John Hughes

A playlist of music suggestions for the course can be found at https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1