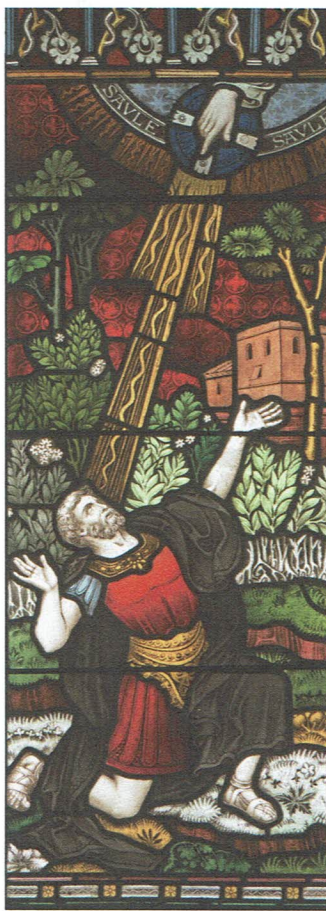


# SUNDAY PLUS



LIVERPOOL 2018  
ADOREMUS

Live for ever



## How not to depress the Holy Spirit

by Fr Denis McBride C.Ss.R.

Sometimes we can feel depressed when we see what human beings can do to their fellow humans: murder them, torture them, abuse them, blow them up. The list is as varied as it is endless. But we rarely think that our own attitudes and actions can depress or grieve the Holy Spirit. Isn't the Holy Spirit supposed to be unchanging and serene and benevolent,

locked into a state of eternal joy? Not according to St Paul in today's second reading.

Paul himself knew well how he had grieved the Holy Spirit. He was haunted by his past as a persecutor of people, when he would hunt the followers of Jesus into foreign cities and ensure their execution. He was a professional fanatic who opposed anyone who questioned the tradition of his ancestors, a man who believed that his religion gave

him permission to be violent to those he opposed. And then he experienced the most extraordinary event: the Jesus he was committed to persecuting forgave him and challenged him to become an apostle.

Paul's life was turned around because he experienced the forgiveness of Jesus, an experience that stayed with him for the rest of his life. So he advises us on how not to depress the Holy Spirit: "Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ." Paul's life was changed because he was readily forgiven by Christ and he counsels us that the best way to cheer up the Holy Spirit is to extend that ready forgiveness to others. That gives us a challenge for this week!

Fr Denis McBride's many books, CDs and DVDs are available from Redemptorist Publications: [www.rpbooks.co.uk](http://www.rpbooks.co.uk)

The Conversion of St Paul on the stained glass window of All Saints' Anglican Church, Rome, Italy. Renata Sedmakova / Shutterstock.com

## Live to the full

by Dr Liam Waldron

We often think of bread as a basic food item. If we have bread, and little else, we can at least survive for a while, though by itself it is not sufficient for a healthy life.

Jesus frequently uses the images of bread and water to explain his mission. He contrasts ordinary bread and water with that new life-giving living bread and living water which guarantees us eternal life.

The bread which the world provides gives us only temporary respite from hunger. Ultimately it does not satisfy us, and eventually we die. Jesus offers us something else, something new which is life-giving, namely himself as the bread that gives life.

To really live fully and wholly, we need the food that has been sent by God into the world. That food is Jesus himself, given to us that we may live life to the full in him.

Dr Liam Waldron is the co-author of *Intellectual Disability: caring for yourself and others*, a book which is part of the *Pastoral Outreach series*, available from Redemptorist Publications: [www.rpbooks.co.uk](http://www.rpbooks.co.uk)

**Lord of life, let me value your gift of life. Let me cherish human life regardless of age, development or status. Give me the courage to protect and defend those who are weak, vulnerable or threatened. Amen.**

## Life's loveliness

by Katie Knight

Have you ever looked – and I mean really looked – at the tiny flowers of the wild forget-me-not?

The wild forget-me-not is an amazing testimony to God's care for creation and attention to detail. Although some are a sort-of smoky pink, the petals of most are a gloriously distinctive shade of blue. Each flower, although only about half a centimetre in diameter, has a white, cream or yellow centre. Isn't it amazing that such a tiny flower can be so beautiful and so perfectly crafted?

Whilst thinking about flowers, look back to springtime's pink and white memories of cherry blossom branches. Today, examine the pink

tips which a daisy conceals beneath its field of snowy white and dazzling yellow. Celebrate a dandelion's foliage, captured sunshine. Sit beneath a tree and stare at the sky, playing with you in its leafy game of hide and seek.

Whatever is happening in life, moments of sheer loveliness are a sign of hope. What a wonderful world!

Katie Knight is a freelance Catholic writer.

“Caring for the sacred gift of all human life, from conception to death, is the best way of preventing every type of violence.”

Pope Francis

Today:  
1 Kings 19:4-8  
Ephesians 4:30 – 5:2  
John 6:41-51

Monday:  
Ezekiel 1:2-5, 24-28  
Matthew 17:22-27

Tuesday:  
Ezekiel 2:8 – 3:4  
Matthew 18:1-5, 10, 12-14

Wednesday:  
Apocalypse 11:19; 12:1-6, 10  
1 Corinthians 15:20-26  
Luke 1:39-56

Thursday:  
Ezekiel 12:1-12  
Matthew 18:21 – 19:1

Friday:  
Ezekiel 16:1-15, 60, 63  
Matthew 19:3-12

Saturday:  
Ezekiel 18:1-10, 13, 30-32  
Matthew 19:13-15

Next Sunday:  
Proverbs 9:1-6  
Ephesians 5:15-20  
John 6:51-58