

## Thought for the day – Friday 8<sup>th</sup> April 2022

By Revd Kit Gunasekera

### My Peace I give you

Jesus said:

25 “All this I have spoken while still with you. 26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

- John 14:25-27

This is part of the long discourse we find in John's Gospel, on the night of the last supper and just before Jesus is arrested.

He gives His peace to His friends.

Ahead of what will happen to him.

Ahead of what they fear will happen to them.

As we head towards Holy Week, we are with the disciples, in the upper room with Jesus.

He gives us his peace. Not as the world gives. There is no transaction here.

No question about affordability. No one is excluded, on any grounds.

The peace of the Holy Spirit in us.

The peace that calms the troubled heart.

The peace which whispers to us - Do not be afraid.

I am with you.