



May 12th 2024

Sunday Feast of The Ascension of the Lord - Year B -
Mark 16: 15 -20

¹⁶⁻¹⁵And he said to them, ‘Go into all the world and proclaim the good news to the whole creation. ¹⁶The one who believes and is baptized will be saved; but the one who does not believe will be condemned. ¹⁷And these signs will accompany those who believe: by using my name they will cast out demons; they will speak in new tongues; ¹⁸they will pick up snakes in their hands, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover.’

¹⁹ So then the Lord Jesus, after he had spoken to them, was taken up into heaven and sat down at the right hand of God. ²⁰And they went out and proclaimed the good news everywhere, while the Lord worked with them and confirmed the message by the signs that accompanied it.

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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In today's Gospel we see Jesus speaking to some disciples who were facing a difficult time. They felt disorganised and lost; here now was Jesus standing before them and giving them a way to go forward. Many people today think that no one cares for them, not even God. True believers however speak words which can convey that gifts like true selflessness can bring help for all.

When has our faith in God enabled us to meet and overcome difficulties in our lives?

Prayer:

Thank you Lord for people and cultures who have been through crucifixion experiences and have emerged with their faith and courage intact.

Forgive us Lord for the times we set limits to your love not brining the good news you revealed to us to all creation.

Lord help us like the apostles at the Ascension of Jesus to go out into the whole world and announce with confidence the good news that the human spirit cannot be trapped in a tomb but will rise again.