

## Here's a text if you've only a minute ...

By his own right hand, God has now raised Jesus up to be leader and saviour.

*First Reading*

I will praise you, Lord, you have rescued me.

*Psalm*

The Lamb that was sacrificed is worthy to be given power, riches, wisdom, strength, honour, glory and blessing.

*Second Reading*

'Lord, you know everything; you know I love you!'

*Gospel*

God our Father,  
may we look forward with hope in your Resurrection,  
for you have made us your sons and daughters,  
and restored the joy of our youth.

*Old Opening Prayer*

This week's texts if you want to reflect further:  
Acts 5: 27–32, 40–41; Ps. 29 (30); Apoc. 5: 11–14; John 21: 1–19



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ST. BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Third Sunday of Easter  
Year C  
5th May 2019

'It is the Lord!'

We are still in the season of the full joy of the Resurrection, and our scripture readings lead us to a deepening of our faith and an understanding of this great mystery.

In the **First Reading** from the Acts of the Apostles, we hear Peter speaking boldly to the high priest, confirming the faith of the early Christians, witnesses of the death and resurrection of Christ, and declaring their firm obedience to their Lord.

We can pray the **Psalm** with the risen Christ as he praises God for rescuing him from death and restoring him to life.

St John, in the **Second Reading**, takes us up with him into his vision of the Lamb being praised by all the heavenly hosts.

The **Gospel** gives us the wonderful account of Jesus's appearance by the Sea of Tiberias. It is rich with the reactions of the disciples, and with echoes of their earlier relationship with Jesus. It also looks forward to their apostolic and pastoral ministries.

May the readings this week help us to discover the risen Lord in our daily lives and lead us to witness to him.

### Opening Prayer

May your people exult for ever, O God,  
in renewed youthfulness of spirit,  
so that, rejoicing now in the restored glory of our adoption,  
we may look forward in confident hope  
to the rejoicing of the day of Resurrection.

## Psalm 29 (30)

**R./ I will praise you, Lord, you have rescued me.**

**I** will praise you, Lord, you have rescued me  
and have not let my enemies rejoice over me.  
O Lord, you have raised my soul from the dead,  
rescued me to life from those who sink into the grave.

Sing psalms to the Lord, you who love him,  
give thanks to his holy name.  
His anger lasts but a moment; his favour through life.  
At night there are tears, but joy comes with dawn.

The Lord listened and had pity.  
The Lord came to my help.  
For me you have changed my mourning into dancing.  
O Lord my God, I will thank you for ever.

As I settle to pray, I take the time to relax, and to become aware of being in God's presence.

When I am ready, I read the psalm slowly a couple of times, in the spirit of Easter.

Conscious that Jesus prayed this psalm too, I may want to pray it with him – the Son who was raised up from death by his Father.

I spend some time at his side, and give thanks to the Father for rescuing him from death.

Perhaps I can also pray it remembering the times the Lord has raised *me* from sin, dejection, trouble ... I speak to the Lord of this.

Maybe I can pray in thanksgiving for God changing my mourning into dancing?

I turn to think of others, close to me or worldwide, who are suffering in any way. I place them in God's hands, asking him to listen, have pity, and come to their aid.

I end my prayer with praise and thanks to God, slowly saying  
*Our Father...*

## Gospel John 21: 1–19 (part)

**J**esus showed himself again to the disciples. It was by the Sea of Tiberias, and it happened like this: Simon Peter, Thomas, Nathanael, the sons of Zebedee and two more of his disciples were together. Simon Peter said, 'I'm going fishing.' They replied, 'We'll come with you.' They went out and got into the boat but caught nothing that night.

It was light by now and there stood Jesus on the shore, though the disciples did not realise that it was Jesus. He called out, 'Have you caught anything, friends?' And when they answered, 'No', he said, 'Throw the net out to starboard and you'll find something.' So they dropped the net, and there were so many fish that they could not haul it in. The disciple Jesus loved said to Peter, 'It is the Lord.' At these words, Simon Peter, who had practically nothing on, wrapped his cloak round him and jumped into the water. The other disciples came on in the boat, towing the net and the fish.

As soon as they came ashore they saw that there was some bread there, and a charcoal fire with fish cooking on it. Jesus said, 'Bring some of the fish you have just caught.' Simon Peter went aboard and dragged the net to the shore. Jesus said to them, 'Come and have breakfast.' None of the disciples was bold enough to ask, 'Who are you?'; they knew quite well it was the Lord. Jesus then stepped forward, took the bread and gave it to them, and the same with the fish. This was the third time that Jesus showed himself to the disciples after rising from the dead.

I come to my place of prayer, quieting my mind and spirit.

I breathe gently, reminding myself that I am in the presence of my risen Lord. I rest here as long as I am comfortable.

Turning to the Gospel, I read it slowly. It is long but very vivid.

Maybe I can imagine the scene. What parts draw my attention?

Do I identify with Peter ...? In what way ...? Sitting with the disciples, what feelings arise as I contemplate this appearance of Jesus?

Perhaps I am drawn by Jesus's gentleness, his thoughtfulness, his humanity. Or, seeing echoes of earlier stories, I may be struck by his non-judgmental acceptance of his doubting disciples.

I speak to the Lord of how I feel.

I turn to look at my own life. Can I see the risen Jesus in my work, my neighbours and surroundings? Maybe I shall try to be more aware this week.

I end my prayer with a slow '*Glory be...*'