

If You Love Me You Will Follow My Commandments

Our Dominican Priest instructor in deaconate formation used to always say that to look at the Commandments as a bunch of do nots or what you shall do is to rip away the fullness of the Commandments. That we should instead look upon them as guidance to live a happy holy life. That if we wish to be happy this is what we shall do. That if we cannot be perfect then at least we should do these. That is backed up by Jesus' own words we cannot love Christ or love being His followers if we only mouth the Commandments, we are to live the Commandments God has given us. Jesus is telling us that we are not freed from the Fathers Commandments given to Moses. But Jesus has us think deeper into their meaning. We may not murder but has our tongue gossiped about another or have we lashed out at another. We may not have killed someone in body but how about their spirit.

Jesus also calls us not to follow the Commandments in fear but in love. We follow the manual to our car because we know the creator of the car knows best how it should be taken care of. When we love Jesus as our truth and our life, we follow that which will bring us to the Father.

We see that if we do this, we will be given another Advocate that will be with us always. In today's Gospel we see the mystery and wonder of the Blessed Trinity, the Father, the Son and the Holy Spirit.

Who of us can fully grasp the truth of God in His Trinitarian form? Faith has been described as belief without total understanding, The Holy Spirit gives us the strength when we weaken, the assurance when we doubt, and the will to carry on in faith when things seem to want us to throw up our

arms. We are not meant to go it alone that is why the Church is a Sacramental Church that is why we are all called to be Church.

(Newun Van Shah)

Cardinal Nguyen Van Thuan died in 2002 He was imprisoned for 13 years in Vietnam for the Faith. The Magnificat has a reflection of his for this Sunday and I would like to end with part of it:

“A Christian is a disciple of the Lord who keeps his commandments, and if not ...Jesus has said openly: He cannot be my disciple.

A Christian seeks God’s will, the happiness of others, and... to be the Church’s presence in today’s world. A Christian loves the cross of Christ and carries it in his or her life. A Christian is a living Credo, continuing Jesus’ work here on earth, and making the song of hope resound in the midst of world’s trials.

Whatever difficulties may arise, the Christian remains God’s heir.”

Deacon Frank Hann

Homily Sunday May 17th, 2020