

Normally, the winter, being holed up and longing for warmth have us begging for the hope of spring. This year, it's a season we have never seen. We don't know when it will end. And there's doubting Thomas' all over. This person says it'll be weeks 'til we're back to normal. That person says months. Another says a year. It's a season of guessing and speculating and questioning, but we all want hope.

Think of Thomas in this weekend's gospel. He misses Jesus' first appearance to the disciples, and when they tell him what he missed, he says:

Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe.

John 20:25

We call him doubting Thomas, but could it be that he's so disappointed and frustrated watching Jesus' death that he can't see hope? He just wants to know, right?

Think about today. We've watched the world shut down. We've had friend meetings taken away. We've had activities, sports and lifestyles instantly disappear. Thomas could be here right now saying:

Unless I can walk outside with everyone else and shake hands with another person and give my favorite aunt a hug at my family's Easter, I will not believe.

Virtual Thomas the Disciple on 4/19/20

It's at that very first Easter AND this time of Coronavirus when we can have hope and the peace of God. Jesus comes to us - just like he came to Thomas:

"Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe."

Thomas answered and said to him, "My Lord and my God!"

Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."

John 20:26-29

We ache for this season to end. We want our activities, sports and just plain hanging out with anyone who is not our immediate family. Jesus says let go of that anxiety and believe in what we do not see.

You can have more peace and less anxiety. You can have more strength and less stress. You can have more hope and less despair.

This week, try one of these ways to draw closer to Christ, and be assured that this season will end, spring will come, and for the rest of your life even, you can have hope that no one else can give you...

1. COMMIT TO ONE 30-MINUTE PRAYER EXPERIENCE BELOW and take time to pray this week
2. Following the prayer, [FILL OUT THIS ANONYMOUS FORM](#) with your feedback on how it went
3. If the prayer worked well for you, KEEP IT UP AND LET JESUS GIVE YOU PEACE AND HOPE

PRAYER EXPERIENCES TO CHOOSE FROM:

[Lectio Divina](#): Read the article to learn how to pray this way, then pray using John 20:19-29

[Rosary](#): Watch the video to learn how to pray this way, then pray using [this website](#) to meditate on the Luminous mysteries

[Examen](#): Read the article to learn how to pray this way, then pray [this examen](#) THREE times this week (because it's a shorter prayer than the other two)

[Praying in Color](#): Read to learn how to pray this way, then pray use the website as a guide to create your own coloring page or [choose a coloring page already created](#)

DON'T FORGET...

...once you have experienced the prayer...

[FILL OUT THIS SURVEY](#)