

One of the characteristics of modern culture seems to be a constant sense of restlessness. Many of us seem unable to stay still for very long, we need to constantly be stimulated mentally or physically in some way. Mobile phones have almost become an appendage to the human body. An unnatural attachment offering an instant form of stimulation whenever we feel bored. In many homes teenagers spend countless hours on play stations and families watch any programme as long it offers some form of stimulation. No wonder so many of us are left feeling empty and unfulfilled

It was Mick Jagger who famously sang- '*I can't get no satisfaction*' - lyrics that aptly reflects that sense of gnawing emptiness evident in people's lives. In searching for that illusive '*something*' people constantly try to fill that void in their lives in various ways - through the accumulation of wealth or possessions, status, power, sex, drugs or alcohol. It was St Augustine of Hippo in the 4th Century who famously wrote - "Our hearts are restless, until they can find rest in you." What led Augustine to this point in his life was a succession of desperate searches for fulfilment that left him so weary of himself he could only cry out: "How long, O Lord, how long?" The very moment when he uttered that cry, his eyes alighted on a passage in Romans revealing to him that he could be freed from sin. Shortly afterward, he was baptised.

It's a lesson that we all need to learn. When we find ourselves feeling restless and unsatisfied, we are paradoxically in the very place where transformation can take place. M. Scott Peck in his best-selling book *The Road Less Travelled* wrote: "The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers."

In today's Gospel narrative Jesus' disciples appeared somewhat confused about the intimate connection that Jesus had with the Father. Thomas and Philip in particular, asked some searching questions. 'Show us the Father, and we will be satisfied' (14:8). Note the phrase '*and then we will be satisfied*'. Another translation might be "and that will be enough for us". Jesus appears astonished at their lack of comprehension since they had been with him for at least three years and still hadn't grasped his relationship with God the Father. Essentially Jesus was saying that in him is the full and ultimate revelation of God. There was nothing additional to add or know about God. He then went on to explain the role and purpose of the Holy Spirit (the Advocate, the Spirit of Truth)

The Holy Spirit would abide in them (i.e. make a home/dwelling with them). They too would be united with the Father. But in the interim they were keep calm and carry on. Jesus said: 'Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.' Peace is something else that we desperately crave. For a lack of peace in our lives often accompanies feelings of emptiness or lack.

Jesus had told them not leave Jerusalem but wait for the gift of the Holy Spirit (Acts 1: 3-5). At Pentecost, God's Holy Spirit would unify them and fill the emptiness in their lives, calming their restlessness and quest for a lasting satisfaction.

Paul in his letter to the Church in Ephesus encouraged the Christians living there: 'Be filled with the Spirit'. The Greek present imperative tense used here infers a continuous replenishment, an on-going and repeated filling. Another translation might be: "... go on being filled."

So, what's stopping you? Be filled and be satisfied not just this Pentecost but every moment of every day!