

JESUS
 ANSWERED,
"I AM THE WAY
 AND THE **TRUTH** AND
 THE **LIFE.**
NO ONE
 COMES TO
THE
FATHER
EXCEPT
THROUGH
ME!"
 JOHN 14:6

Gospel. 5th Sunday of Easter. Year A (John 14:1-12)

Jesus said to his disciples: 'Do not let your hearts be troubled. Trust in God still, and trust in me. There are many rooms in my Father's house; if there were not, I should have told you. I am going now to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me; so that where I am you may be too. You know the way to the place where I am going.'

Thomas said, 'Lord, we do not know where you are going, so how can we know the way?' Jesus said: 'I am the Way, the Truth and the Life. No one can come to the Father except through me. If you know me, you know my Father too. From this moment you know him and have seen him.'

Philip said, 'Lord, let us see the Father and then we shall be satisfied.' 'Have I been with you all this time, Philip,' said Jesus to him 'and you still do not know me? To have seen me is to have seen the Father, so how can you say, "Let us see the Father"? Do you not believe that I am in the Father and the Father is in me? The words I say to you I do not speak as from myself: it is the Father, living in me, who is doing this work. You must believe me when I say that I am in the Father and the Father is in me; believe it on the evidence of this work, if for no other reason. I tell you most solemnly, whoever believes in me will perform the same works as I do myself, he will perform even greater works, because I am going to the Father.'

Reflection:

This week's Gospel explains that Jesus is a guide for us, showing us the way to live our lives.

Jesus explains to His friends that He is the Son of God, He is the Way, the Truth, and the Life, so by knowing and loving Jesus, the disciples also love God the Father. His friends, Thomas and Philip contradict and challenge Jesus by saying that they don't know where Jesus is going or how to get there. Jesus reassures them that just as they have seen and known Jesus, so they have also seen and known the Father.

He tells the disciples not to worry and to trust in Him. If we trust someone we believe that they will always be there for us, that they are always willing to help us, that they will comfort us when we are upset or frightened and they will never let us down. Everyone needs people in their lives that they can trust. When we trust in God we know that He will always be there for us and wants what's best for us. God is always ready to listen. We can trust Him! We can show our trust in God by listening to what Jesus asks of us and trying to be like Him. By loving one another and by doing what is right, we are doing what God wants us to do.

*Man says... Show me
and I'll trust you.*

*God says... Trust me
and I'll show you.*

Psalm 126:6

Challenge:

People are more likely to trust us if we are kind, if we listen to what others are saying, if we are willing to help, don't let them down and if we tell the truth.

What does it mean to trust someone?

- **Do other people trust you?**
- **This week what will you do for the people who trust in you?**
- **How can we help other people to trust in us?**
- **How can we share our worries with God?**
- **This week how will you show your trust in God?**

Let us pray:

God of Truth,
You sent your
Son Jesus to
teach us how to
truly live as the
best version of
ourselves that
we can be.

Take all our fears and doubts, take our worries and make us strong for ourselves and for others.

Let us trust in You and be trustworthy towards our family and friends.

Let us show by our thoughts, our actions and our willingness to serve others that we can be there for each other, to listen, to help, to comfort, to support and to love. Amen.

