

# Living the Word

MEDITATING ON THE SUNDAY GOSPEL

5th Sunday of Easter

A resource for personal, family  
and community prayer.

“I am the Way,  
the Truth and  
the Life...”

## Gospel: John 14:1-12

Jesus said to his disciples, “Do not let your hearts be troubled. Trust in God still, and trust in me.

<sup>2</sup>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, <sup>3</sup>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.

<sup>4</sup>You know the way to the place where I am going.” <sup>5</sup>Thomas said, “Lord, we do not know where you are going, so how can we know the way?” <sup>6</sup>Jesus said, “I am the Way, the Truth and the Life. No one can come to the Father except through me. <sup>7</sup>If you know me, you know my Father too. From this moment you

*You are invited to read the Gospel passage attentively, respectfully and reverently as a gift of God.*



know him and have seen him.”

<sup>8</sup>Philip said, “Lord, let us see the Father and then we shall be satisfied.” <sup>9</sup>“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?’

<sup>10</sup>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.

<sup>11</sup>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.

<sup>12</sup>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.”

## Reading

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On the fifth and sixth Sundays of Easter the Gospels in years A,B and C are taken from the long discourse Jesus had with his disciples at the Last Supper.

He is aware that their time together is now very short and that his own death is imminent. He knows that this is a very critical and poignant moment in their relationship and he is intent on imparting to them the heart and core of his message.

In the face of death, Jesus entreats them to trust in him, to trust in their friendship and to trust in the goodness of God.

He invites them to continue to carry out his mission as he has shown them: to live as he has lived, to love as he has loved and to proclaim the good news of the Father’s love as he has done.

His own identity is rooted in his relationship with the Father who is the source, inspiration and fulfilment of everything he says and does. He is convinced that the Father’s work is not confined to him but will continue to be fulfilled in those who follow this path.

## Recognising

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You are invited to meditate on the pas-

sage, or any part of it, by letting it speak to your life experience until you feel to say “I recognise this passage.”

### v1. “Do not let your hearts be troubled.”

From life experience, can you remember someone facing death and seeking to comfort and reassure those who were being left behind?

### v10. “... it is the Father, living in me, who is doing this work”.

Have you ever met someone with that wonderful combination of humility and self-confidence – secure in their own identity and mission in life?

They know that the Father’s work was going on before they arrived on the scene and that it would continue after they have gone, but in the meantime they have a crucial part to play.

### v9. “To have seen me is to have seen the Father.”

Can you remember observing someone’s gestures or mannerisms and you were moved to say, “You are your father’s son!” – in the sense that you do the things your father would have done and say the kind of things your father would have said?

### v5. “Lord, we don’t know where you are going.”

Can you identify with “Thomas”, someone lacking in trust, who before he will take the first step on the journey needs to know

exactly where he is going - the end result, and also how he is going to get there – what lies ahead?

**v8. “Lord, let us see the Father and then we shall be satisfied.”**

Can you identify with “Philip” who was not prepared just to trust “the word” of another and would not be satisfied until he could see truth for himself?

## *Responding*

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Having recognised God’s presence in life, you are invited to **respond** in your own words, in prayer (thanksgiving, repentance and petition).

Heavenly Father, I thank you for the example of people I know who live with a deep faith and trust in you. Their peace and serenity in times of adversity has helped me to see that “it is the Father living in them that is doing this work.”

When I am frightened and insecure it is not always easy to step out in trust, especially when I’m unsure of what exactly the outcome will be and what might be expected of me. Forgive me for the times when I have let doubts and fears hold me back. “Lord, we don’t know where you are going, so how can we know the way” Lord have mercy.

Heavenly Father, we ask for the courage to trust you every day and to give of our best, confident that we are part of something which is much greater than ourselves. With humility and confidence, help us to live fully in the present moment, doing what we can and leaving the rest in your hands; knowing that there are others coming after us who will “perform even greater works” because it is all your doing.

## *Resting*

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You are invited to enter deep prayer by simply **resting** your heart in God’s presence (Contemplative moment). The quiet repetition of a word or phrase from the passage might help you on this journey into greater silence and stillness, e.g. “**trust in me**”.

## *Reflecting*

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From your journey with this passage, you are now invited to **reflect**, and put into your own words, any new insights or understanding that you have received (Wisdom moment).

From your journey with this passage, what new insight has been given to you into the meaning of...trust or identity or courage?

**“Only those who trust that they are never alone can live fully and freely.”**



# Children

## *Reading*

Jesus encourages his disciples to let go of any worries in their hearts about death, and to trust him and God, the Father. Jesus points the way to his Father's love which will live forever. Thomas is uncertain of the way and Jesus has to confirm that he is the way and the truth and the life. Philip wants to see the Father but Jesus confirms that to see him is to see God, the Father.

## *Recognising*

Can you remember meeting a 'Jesus person' who reassured you and encouraged you by their loving words and life-giving actions, to trust in God with your whole heart?

Can you remember a time when you were unsure or confused about your next steps in life and someone reassured you by their company and guidance?

## *Responding*

Father, I thank You for the 'Jesus people' in my life, especially my parents and grandparents, who have handed the faith to me and

who have been a sign of Your loving and life-giving presence.

Father, I am sorry for the times that, like Thomas and Philip, I doubted Your guiding presence and failed to see You in the 'Jesus people' I meet each day.

Father, I ask that that I may be filled with new trust to follow the way, truth and life of your Son, Jesus, and to see Your presence in the people that I meet.

## *Resting*

Rest in the life-giving embrace of the Father by repeating "I AM THE WAY" for as long as it is possible. May your heart be filled with new trust as you are drawn deeper into the Father's presence.

## *Reflecting*

Open your eyes to see the people that help you to live with a heart free from worry and a life full of love.

A simple summary of Lectio steps can be found in the porch of the church.