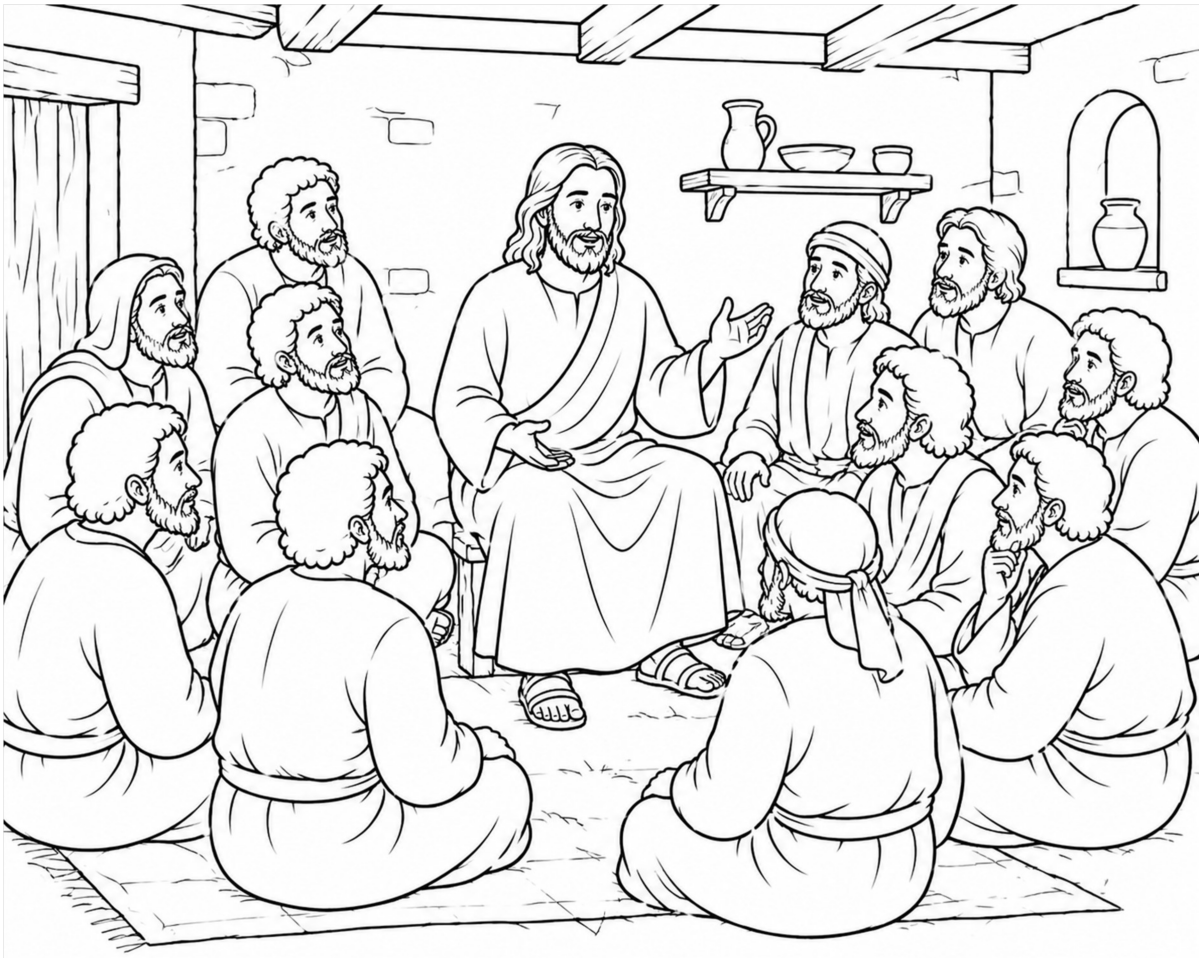




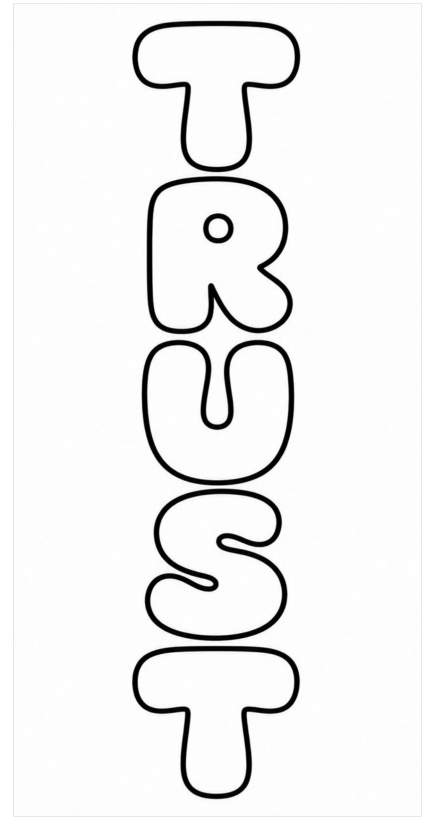
Sunday the 3rd of May 2026, Firth Sunday of Easter, Year A

## Our Lady of Perpetual Help Parish **Children's Bulletin**

# Do not be afraid



In today's Gospel Jesus is talking to His friends, the disciples. He knows that they are worried because He has just told them that He will be leaving them soon to go back to the Father. So Jesus tells them not to be afraid, but to trust in God, and trust in Him. He tells them that He is going to prepare a place in Heaven for them, a place where they can be with Him forever. He tells them that they know the way to this place. Thomas, is worried and says that they don't know the way. Jesus answers that He is the way. Believing in Him and living as He has told us, and shown us, is the only way to this everlasting life with God. Philip asks Jesus to show them God the Father. Jesus gently explains that when they see Him (Jesus), they are seeing what God is like.



### What does this mean for us?

We don't need to be afraid. Jesus wants us to feel safe and trust Him even when things are confusing and scary.

Jesus has shown us the way to live. Jesus teaches us how to love, forgive, and care for everyone.

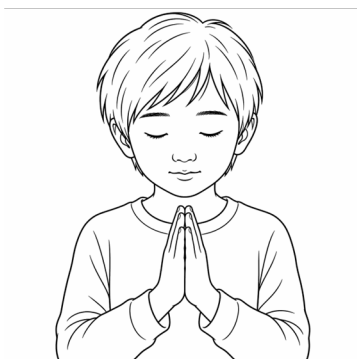
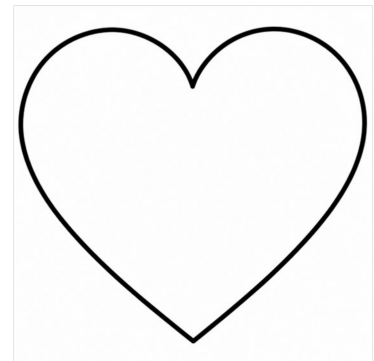
When we look at how Jesus treated people with kindness and love, we learn about how God treats us.

Jesus promises that we belong with Him forever. We are never alone.



### A challenge for the week

Try to be like Jesus in one small way every day this week. You might help someone, be kind when it's hard, say sorry or forgive someone or you might find other ways to be like Jesus.



### A prayer for the week

Dear Jesus, help me not to be afraid.  
Show me how to follow your way and love others like you do.  
Thank you for always being with me.  
Amen.