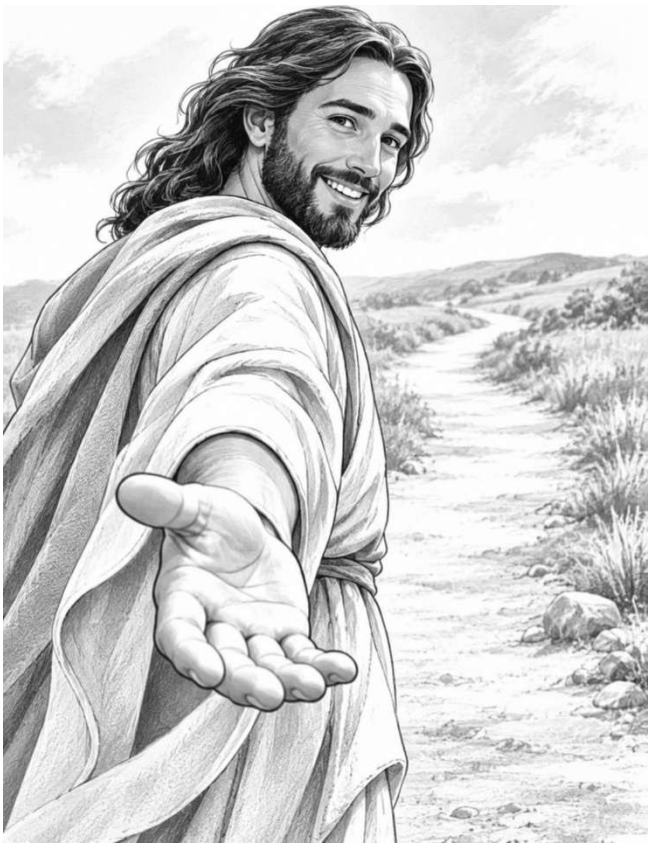
Our Lady of Perpetual Help Parish

Bulletin for Teens



Faith in Action: What Would Jesus See? and from Pope Leo: What are you looking for?

22nd of November 2026, Christ the King Sunday, Year A



In the Gospel today (Matthew 25:31-46), Jesus challenges us to think about what it really means to follow Him. He tells us that our faith is not simply about what we believe, what we say or whether we go to Mass, It is also about how we treat other people, particularly those who are struggling, excluded, vulnerable or forgotten.

Jesus identifies Himself with those who need our help. When we show them love and compassion, and recognise their dignity, we are showing that love to Jesus.

Jesus challenges us to put our faith into action. Praying, attending Mass and knowing about God are important, but genuine faith should change the way that we behave, how we treat others.

Today is a celebration of Jesus as Christ the King of the Universe, and yet the focus isn't on seeing Him as a King and ruler, but rather Jesus identifies Himself with people who are hungry, thirsty, strangers, sick, without adequate clothing, in prison, excluded and forgotten. Today, we might recognise Him in someone who is bullied, lonely, homeless, struggling with mental health or excluded because they are different. The challenge is to look beyond appearances, popularity and social status to recognise the dignity of every person.

Jesus calls us to do something for those in need. To do so is a choice. But doing nothing or turning away are also choices. One of the most challenging parts of this Gospel is that Jesus does no only speak about those who deliberately hurt others. He also speaks about those who saw someone in need and did nothing. We might not be the person bullying someone, but do we stand by and watch? Do we ignore someone who is excluded because helping them might be uncomfortable or unpopular? Jesus asks us not to be indifferent to the suffering of others, but rather to stretch out our hand, just as He stretches out His to us.

We do not have to change the whole world to make a difference. Sitting beside someone who is alone, checking on a struggling friend or family member, speaking up against unfairness or offering practical help can make a real difference. What matters is the love behind our actions.

Choosing kindness is not always easy, especially when it means going against what our friends of others expect. Jesus challenges us to stand up for what is right. Following Him, being a Christian, means being wiling to act differently, to let the gift of God's love transform the way we live.

Jesus doesn't just ask, "Do you believe in Me?" He challenges us to consider, "Do you recognise Me in others, and how do you treat them?"

Pause and think

- Who do I overlook? Are there people at school, in your community or online who you tend to ignore because they are different, unpopular or difficult to get along with?
- Am I a bystander? Have you ever watched someone being treated unfairly and chosen to say silent? What could you do differently?
- Does my faith make a difference? If someone watched how you treat others, would they recognise the values that Jesus taught?
- What stops me from helping? Is It fear of embarrassment, worrying about what others think, being too busy or simply not noticing?
- What would change if I saw Jesus in everyone? How would you treat your family, friends, teachers, strangers and people you find difficult to deal with?

A message from Pope Leo to young people: What are you looking for?

'One day, John the Baptist was with two of his disciples when he saw Jesus passing by. Pointing him out, he said: "Behold the Lamb of God!" (*Jn* 1:36). When they heard this, the two began to follow him. The Lord, realizing that they were following him, looked at them and asked: "What are you looking for?" (v.38). What a beautiful question! These are the first words spoken by Jesus in this Gospel. I would like each of you to hear that question as though Jesus were asking you today: What are you looking for? What do you hope to find? What do you hope for in life?

Do not be in a hurry to answer. Some questions accompany us for a long time. Think about what fills you with enthusiasm, about the people you love and the dreams you would be willing to fight to achieve. Think, also, about the concerns that sometimes keep you awake at night and the things that you would like to change. Jesus is interested in all these matters because he is interested in you.

There is a word that can help us understand this search: *passion*. We use it to speak of what we love deeply, what awakens our enthusiasm and moves us to give the best of ourselves. But the word also reminds us of suffering, of experiences that seem to extinguish our desire to keep going. Some young people feel lonely, even when they are surrounded by others. Others carry the pain of a loss or uncertainty about their future. At times, we ask ourselves why God allows certain things to happen, or why he seems silent when we need him most.

Let us remember, then, how John the Baptist introduced Jesus: "Behold the Lamb of God!" At the time, those disciples could not yet understand what that name meant. Later, in the light of the Lord's Passion, they would discover its meaning; he gave his life on the cross. Jesus, too, knew the anguish and darkness of suffering. From the cross he cried out: "My God, my God, why have you forsaken me?" (*Mk* 15;34). In the midst of that suffering, Christ continued to love. He did not desire the cross; he desired our salvation. Out of love for us, he accepted it and bore it to the end. Thus, through his self-giving, that instrument of death became the place where his passionate love was revealed, a love capable of conquering death.

Dear young people, when you suffer, turn to Jesus. Do not be afraid to speak to him honestly, even when you struggle to find words for prayer. He knows our tears and the questions to which we do not yet know the answers. Seek, too, the company of those who love you; some sorrows need time and a helping hand. Faith sustains us along this path and reminds us that suffering never has the final word. Be passionate about everything that is worthwhile, about what is true, good and beautiful! Develop your talents, discover the richness of your culture and dare to undertake magnanimous projects. Pope Francis used to remind us that this "restlessness" can spur us to take our lives into our own hands and assume responsibility for a mission. Do not settle for living according to what others expect of you. God has created you for the purpose of accomplishing something that no one else can do in quite the same way." [Extract from the address of his Holiness Pope Leo at the Prayer Vigil with young people and university students, Peru (Lima), 12 November 2026]