

# Our Lady of Perpetual Help Parish **Bulletin for Teens**



## **Be not faithless, but believing**

Sunday the 12th of April 2026, Second Sunday of Easter (Divine Mercy), Year A

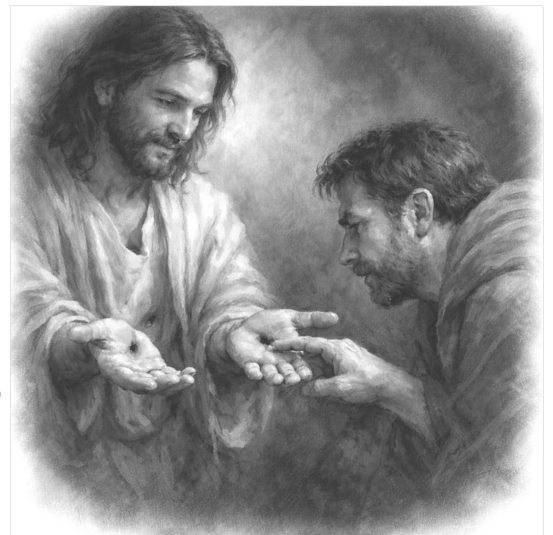
### **Gospel: John 20: 19-31**



In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you. 'As the Father sent me, so I am sending you.' After saying this he breathed on them and said: 'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained.'

Thomas, called the Twin, who was one of the Twelve, was not with them when Jesus came. When the disciples said, 'We have seen the Lord,' he answered, 'Unless I see the holes that the nails have made in his hands and can put my hand into his side, I refuse to believe.' Eight days later the disciples were in the house again and Thomas was with them. The doors were closed, but Jesus came in and stood among them. 'Peace be with you,' he said. Then he spoke to Thomas, 'Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.' Thomas replied, 'My Lord and my God!' Jesus said to him 'You believe because you can see me. Happy are those who have not seen and yet believe.'

There were many other signs that Jesus worked and the disciples saw, but they are not recorded in this book. These are recorded so that you may believe that Jesus is the Christ, the Son of God, and that believing this you may have life through his name.



The Gospel of the Lord.

### **When Jesus steps into your uncertainty and fear**

Uncertainty and fear can feel like a locked room. Maybe it's feeling like you don't know what to do, or what to think or what to believe. Maybe it's fear of failing, fear of being judged, fear of not being enough, or fear of the future and what it holds. The disciples know both uncertainty and fear. They literally locked themselves away because everything felt unsafe and uncertain.

And then Jesus walked into the middle of their fear. He didn't wait for them to be brave. He didn't tell them to pull themselves together. He simply said, "Peace be with you." Jesus brings peace, often before he brings answers.

Jesus showed them his scars - not to shock them, but to remind them that He understands pain. He knows what it's like to be hurt, confused, and overwhelmed. His scars say, "I get it. I've been there. And I'm still here with you."

Then there's Thomas. Honest, stubborn, doubtful Thomas. He needed proof, and Jesus didn't shame him for it. Instead, Jesus invited him closer. The story tells us something huge: Jesus isn't scared of our fear, our questions, or our doubts. He steps into locked rooms. He brings peace. He offers patience. He gives purpose. He saves.

Jesus says something powerful to us all: 'Happy are those who have not seen and yet believe.' That's us. We weren't in that room. We haven't seen Jesus physically standing in front of us. And yet, we are still invited into a real relationship with him. Faith isn't blind - it's trust. Trust that grows over time, through questions, experiences, and even struggles.

If you've ever questioned your faith, you are not alone. If you've ever felt unsure about God, you are not failing. If you've ever wanted proof, you are being human. Faith isn't about pretending you never doubt. It's about being open enough to let Jesus meet you in your questions.



### Reflection questions

Where in your life do you feel 'locked in' or afraid right now?

What doubts or questions are you carrying?

Can you imagine Jesus stepping into that space and saying, "Peace be with you"?

## ***A Message from Pope Leo: Come to the table of the Lord***



In his Homily on Holy Thursday, Pope Leo said "During [the] Last Supper, [Jesus] washes the feet of this apostles, saying: "I have given you an example, that you also should do as I have done to you" (Jn 13:15). The Lord's gesture is inseparable from the table to which he has invited us. This gesture is a concrete *example* that flows from the *sacrament*: while revealing the meaning of the Eucharistic mystery, it also entrusts to us a task - a mission that we are called to take up as nourishment for our lives. John the Evangelist chooses the Greek word *upódeigma* to describe the event he witnessed: it means "that which is shown before your eyes." What the Lord shows us - taking the water, the basin and the towel - is far more than a moral example. He entrusts to us his very way of life. The washing of the feet is a gesture that

encapsulates the revelation of God: an exemplary sign of the Word made flesh, his unmistakable memorial. By taking on the condition of a servant, the Son reveals the Father's glory, overturning the worldly standards that so often distort our conscience..

He is the true measure, the "Teacher and Lord" (Jn 13:13) who removes every divine and human mask. He offers his example not when all are content and devoted to him, but on the night he was betrayed, in the darkness of incomprehension and violence. In this way, it becomes clear that the Lord's love precedes our own goodness or purity; he loves us first, and in that love, he forgives and restores us. His love is not a reward for our acceptance of his mercy; instead, he loves us, and therefore cleanses us, thereby enabling us to respond to his love."