

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



The Way, the Truth and the Life

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

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. There are many rooms in my Father's house; if there were not, I should have told you. I am now going 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.'

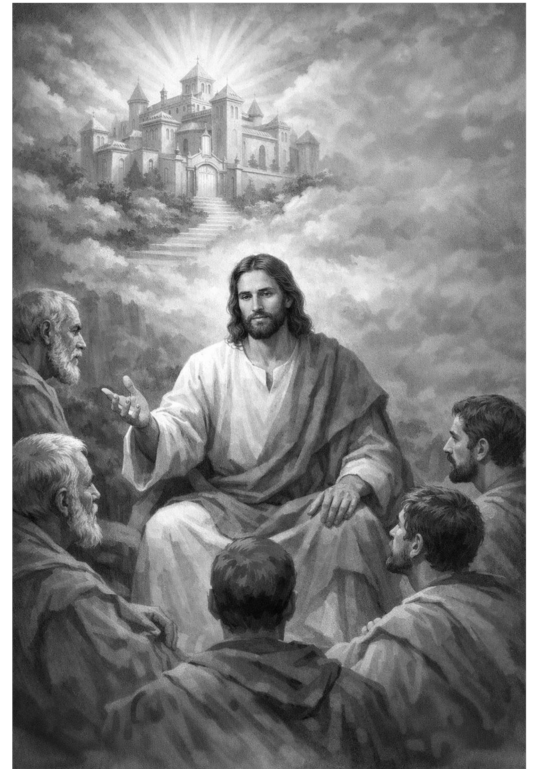
'I tell you most solemnly, whoever believes in me will perform the same works as I do myself, he will perform even greater works, because I am going to the Father,'

The Gospel of the Lord.

"Do not let your hearts be troubled..."

Life can feel like a lot sometimes. There's pressure to succeed, to fit in, to figure out who you are and where you're going. It can feel uncertain, even overwhelming. Into all that, Jesus says: "Do not let your hearts be troubled." He doesn't say life will be easy, but He does promise that you don't have to face it alone.

Jesus tells His disciples that He is "the way, the truth, and the life." That's a big statement. It means that following His isn't just one option among many. It's a path that actually leads somewhere real. When everything else feels confusing (social media, opinions, expectations), Jesus offers something solid and trustworthy. He doesn't just give advice; He gives Himself.



When Jesus says He is 'the way,' it means that we don't have to have everything figured out right now. We just need to take the next step with Him. Being a Christian isn't about having a perfect plan for your future - it's about trusting that God is walking with you through it.

When He says He is 'the truth,' it reminds us that our worth isn't defined by likes, popularity, or what others think. The truth is that you are known and loved by God exactly as you are. In a world full of mixed messages, Jesus speaks a truth that doesn't change.

And when He says He is 'the life,' He's talking about more than just existing, making it through the day, week, month or year. He's offering a full, meaningful life, filled with purpose, love and hope. A life where even small actions such as kindness, forgiveness and standing up for what is right, really matter.

Jesus also says something surprising; "Whoever believes in me will perform the same works as I do myself, he will perform even greater works." Your life has purpose right now - not someday in the future. You don't have to wait to make a difference. Every time you choose kindness over cruelty, truth over lies, courage over fear; you are living out Jesus' mission. You are His arms and legs in the world today.

So when life feels uncertain or stressful, come back to this: you don't have to know everything, you don't have to be everything. You just have to trust the One who is the way, the truth, and the life. And walk with Him, one step at a time.

Challenge for the week

Pick one small, concrete way each day to follow Jesus's the way, the truth, and the life.

- **The Way:** Take one intentional step with God each day. This might be a short prayer, a few moments of meditation, reading a few lines of Scripture, or simply talking to Him honestly.
- **The Truth:** Challenge one negative or false thought about yourself and replace it with the truth: 'I am loved by God.'
- **The Life:** Do one act of kindness each day, something simple but intentional. You could encourage someone, include someone, forgive someone or help someone without being asked.

At the end of the week, take a moment to reflect: Where did I notice God with me? How did following Jesus change my week?



Let us be inspired by the beauty of love

"Dear young people, parents and all who are present, let us be inspired by the beauty of love; let us become witnesses to the love that Jesus has given us and taught us! Let us who every day this it is beautiful to love - that the greatest joys, in every situation, come from knowing how to give and from giving of ourselves, especially when we reach out to those most in need. The light of charity, nurtured in our homes and lived out in faith, can truly transform the world..."

Pope Leo XIV at a meeting with young people and families at the Bata Stadium, Equatorial Guinea on the 22nd of April 2026.