



Jesus Will Lead Us Through

May 3, 2020

4th Sunday of Easter

ARCHDIOCESE OF SEATTLE

At Home with Faith

In Sunday's Gospel, Jesus tells us "I am the Good Shepherd, and I know mine and mine know me." (John 10:14). Faithful to his promise, Jesus has led the Church through many challenging times, and he will lead us now, too.



A new study by the Springtide Research Institute found that, while young people are experiencing increasing loneliness during this time of social distancing, 35% report an increase in faith and 46% are discovering new religious practices. This makes sense because, just as hunger is meant to be satisfied by food, our anxieties are meant to be satisfied by a relationship with God.

We need to tell our children that, no matter how bad things get, Jesus will shepherd us through any situation. The Coronavirus can disrupt school, sports and getting together with friends. But, whether they are frightened or sad, we can encourage our children with this Sunday's Scriptures, reminding them that Jesus is the Good Shepherd.

Read

Take time to quietly and contemplatively read the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Acts 2:14, 36-41

Asked by the crowds, "What are we to do?" Peter invites them to be baptized to be saved by Jesus.

Psalms 23: 1-6

The Lord is my shepherd, there is nothing I lack.

1 Peter 1: 20-25

We had gone astray like sheep but had returned to the Shepherd and guardian of our souls.

John 10: 1-10

I am the gate for the sheep. Whoever enters through me will be saved.

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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

- Share a story with your children about a time when you were young and were worried about something that seemed out of control (e.g. war, job loss, sickness). Talk about how you felt Jesus led you through it at the time.
- Describe a passage from the Bible that helps you think of Jesus as our shepherd through difficult times. If you don't have a favorite, read Psalm 23 to them or share either of the following: [Busted Halo \(Article\)](#) | [YouTube \(Video\)](#)
- Ask your children if they are afraid or anxious about what is happening with the coronavirus. Share with them your own concerns and your faith that Jesus will see us through this.
- Encourage your children to pay close attention to the intercessions while watching Mass this weekend. Let them know this is a time the whole Church prays together, and they can offer any special prayers this time too.
- Now that we haven't been able to attend Mass in person for several weeks, talk as a family about what you miss about going to church. Also share about what you really like about watching a livestreamed Mass, especially at this time when we have to stay home.



Need Faith?

Your children's prayers could offer an unexpected boost in faith and joy. Make time each evening to say a prayer with your child. Not sure what to say? Think of the acronym A.C.T.S.:

Adoration, also known as praise.

Example: "God, you are holy!" or "Lord, you are great!"

Confession, also known as repentance.

Example: "I'm sorry for the sins that I committed today, especially..."

Thanksgiving, for all of God's blessings.

Example: "Thank you for the gift of sunshine this week!"

Supplication, or petition, bringing our requests to God.

Example: "Father, please heal those who are sick, especially..."

Some kids love to sing, which is also a great way to pray! Encourage your child to sing a hymn of praise or worship song of their choice, or teach them a new one, such as "[Be Not Afraid](#)" by Bob Dufford, S.J., a popular Catholic hymn that is perfect for these times of uncertainty. [The Catechesis of the Good Shepherd](#) has published a [newsletter](#) exploring the different themes in this beautiful hymn.

For more resources, including previous issues of At Home with Faith, visit us online at:

<https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith>