

5th Sunday of Easter  
May 7th, 2023

# FAITH @ HOME

## 5th Sunday of Easter

**First Reading:** Acts 6: 1-7  
**Responsorial Psalm:** Psalm 33  
**Second Reading:** 1Peter 2: 4-9  
**Gospel:** John 14: 1-12

[Full Readings can be found here!](#)

### 1. HEAR

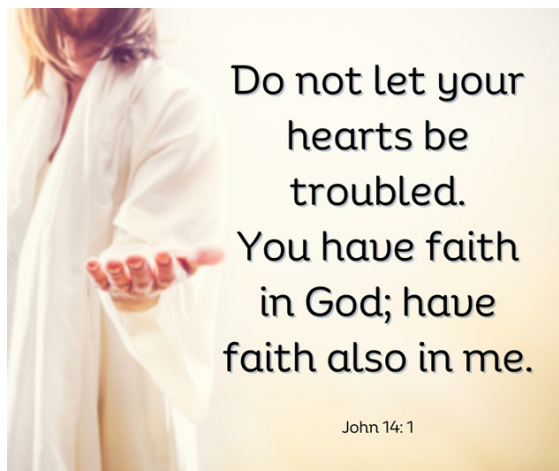
To see a video of this Sunday's Gospel for children, [click here](#)

### 2. PRAY

For today's prayer we invite you and your family/group to become aware of God's presence.

- Find a comfortable place to sit. Be sure that phones are on silent and TVs and radios are turned off. And remember not to rush this prayer time.
- Begin this prayer with the Sign of the Cross "In the name of the Father, the Son, and the Holy Spirit"
- Close your eyes and take 3 deep breaths. Breathe in through your nose and breath out through your mouth.
- Quiet your mind. Any thoughts that come up or things you might have just remembered...you can take care of these afterwards. Take 3 more deep breaths.
- Reflect on Jesus' words "Do not let your hearts be troubled. You have faith in God; have faith also in me" (verse 1).

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.



- Repeat the words "have faith in God; have faith in me" over and over. Let them draw you into the heart of God.
- Think back to the times you encountered God in the past month. What happened? What did you feel? Did God tell you something?
- Talk to God now. Share with God how you are feeling...what troubles you?...what are you sorry for?... what do you want to give thanks for?
- Remain in silence, with your eyes closed and listen for God's response.
- Give thanks to God for this time and conclude with a prayer of your choice.

### 3. TALK

- Based on what you have just experienced in prayer, please share with one another what you felt or heard.
- Can you recall a time when you felt God's presence through another person?

Challenge: We invite you to continue this practice, either once a day or a couple of times a week, to pause, pray, and become aware of God's presence.