

In preparation for May 3, 2026, Fifth Sunday of Easter

Theme - Jesus is the Way, the Truth, and the Life - Finding Peace in a Worried World

“I am the way and the truth and the life. No one comes to the Father except through me. If you know me, then you will also know my Father. From now on, you do know him and have seen him.”

John 14:1-12 (verse 6)



Adults - 1. Do you have a “troubled heart?” What “troubles” are on your heart that you may need to bring to Jesus? How can Jesus who is the way, the truth, and the life help heal your troubled heart?

2. What is Jesus saying in the verse, “I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself so that where I am you also may be.”?

3. Phillip asks to see the Father and Jesus tells him he has already seen the Father through him. Do you see the Father through Jesus? How does this coincide with the Trinity?

Obstacles for living out the Gospel: Forgetting that we are never abandoned.

Teens - 1. Jesus says, “Do not let your hearts be troubled.” What are the things that actually trouble your heart right now, and how does the idea of Heaven being described as a “home” change (or not change) how you feel about those worries?

2. Our world says to “find your own way” and “live your own truth”. How is what Jesus says today different, and why is that either comforting or challenging for you personally?

3. Where in your life do you say you trust Jesus...but your stress, choices, or need for control show you actually don't? Where in your life do you need to trust Jesus more right now?

Obstacles to living out the Gospel: The need to stay in control. Trusting God can feel like losing control - and giving up control feels scary.

Children - 1. Have you ever felt anxious, worried, or scared and were told to trust and to “not let your heart be troubled”? Who were you supposed to trust? How do you think praying about something that is making you feel anxious will help you to relax and trust more?

2. What do you think Jesus means when he says “I am the way and the truth and the life.”? What are some ways you follow Jesus in your day to day life (at home, at school, with friends)?

3. Do you think it would help you to recognize Jesus more easily if you take time to pray at the beginning of each day? Why or why not?

Obstacles to living out the Gospel: Lack of understanding, not taking time to pray.