



Fourth Sunday of Easter: Becoming God's Children

THE GRACE I SEEK: to build up the Kingdom of God by cultivating unity among his children

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze.

Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to build your Kingdom by becoming an instrument of unity for your children.

SCRIPTURE MEDITATION — *Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

“Beloved: See what love the Father has bestowed on us that we may be called the children of God. Yet so we are. The reason the world does not know us is that it did not know him.” (1 John 3:1)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Through Baptism, we are welcomed into God's family and become his adopted children. Do you think of yourself personally as a son or daughter of the Father? Rest in this truth. Ask the Holy Spirit to help you think of two or three concrete ways the Father has bestowed his love on you this week, noting his fatherly care for you.

SCRIPTURE MEDITATION — *Read slowly, 3–4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

“I have other sheep that do not belong to this fold. These also I must lead, and they will hear my voice, and there will be one flock, one shepherd.” (John 10:16)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

We do not have a monopoly on God's goodness! Jesus is calling each person in the human family to an intimate relationship with himself, whether they know it or not. In today's world, God often uses our voices, the children of his fold, to speak to those who do not yet know him. Ask Jesus to help you identify one way that you witness to God's goodness and love in your life. Thank God for that! Now, ask him to help you humbly notice one area of your life that does not preach his goodness. Ask for the courage to reorient that part of your life back to God.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — Almighty ever-living God, lead us to a share in the joys of heaven, so that the humble flock may reach where the brave Shepherd has gone before. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen. (Collect, Fourth Sunday of Easter)

SUNDAY MASS CONNECTION — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire to see yourself as a son or daughter of the Father in order to preach the goodness of God to the world by your words and actions.

FAITH IN ACTION — We all have friends, family members, acquaintances, and coworkers who have either fallen away from the faith or have never really heard the Gospel. God has blessed you to be in relationship with them to invite them into his one fold! Ask the Holy Spirit to help you identify someone that you can invite to Mass with you. Perhaps they will not be ready right away, but your authentic kindness and presence in their lives will pave the way to helping them take steps closer and closer to a new or renewed relationship with Jesus.