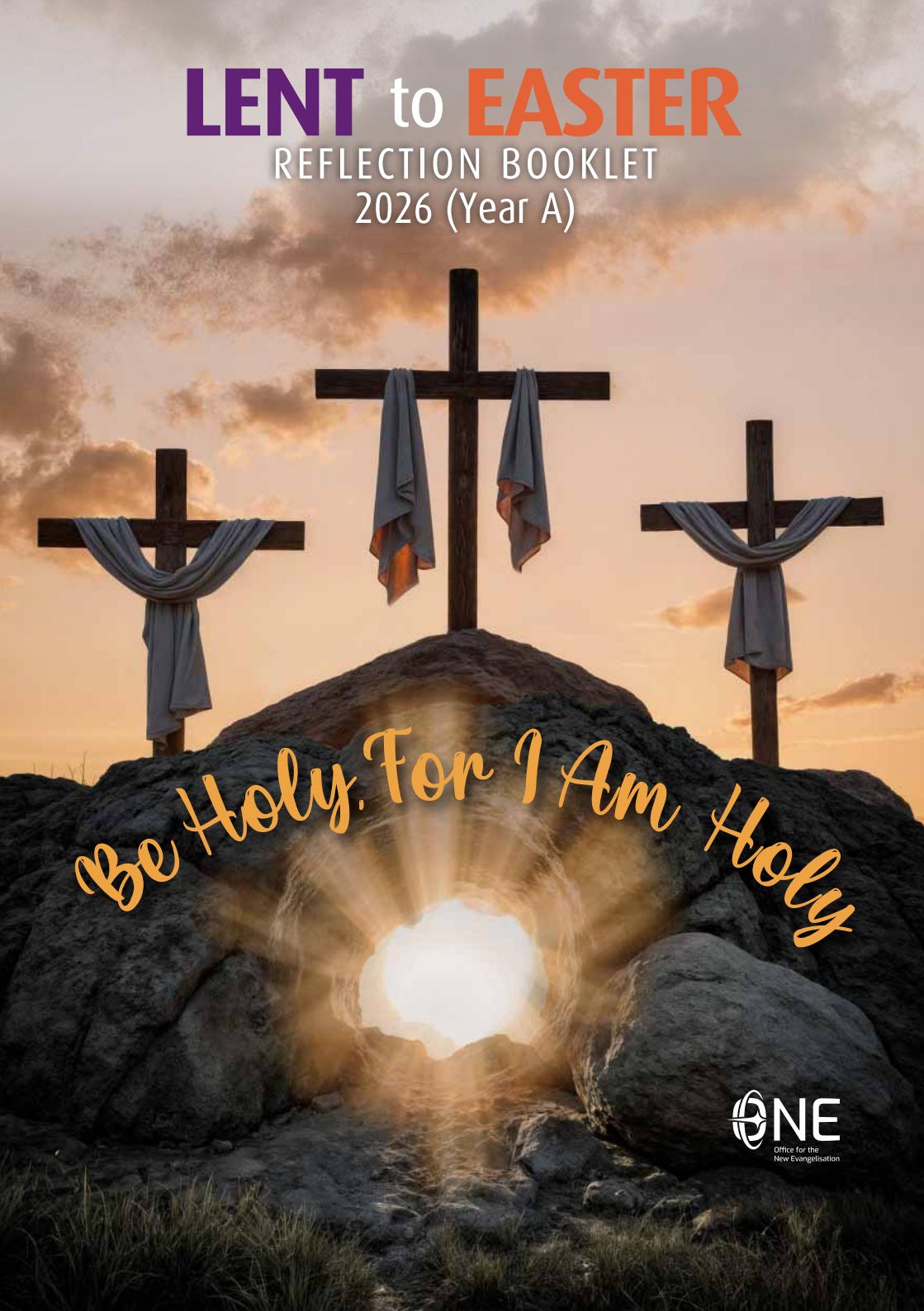


LENT to EASTER

REFLECTION BOOKLET

2026 (Year A)

A photograph of three wooden crosses on a rocky hill against a sunset sky. In the foreground, a large, bright, glowing white light is visible, suggesting a resurrection or divine presence. The crosses are draped with blue cloths.

Be Holy. For I Am Holy



Inaugurated in September 2013, the Office for the New Evangelisation (ONE) is an office in the Roman Catholic Archdiocese of Singapore working to realise the Archdiocese's vision of being a vibrant, evangelising and missionary Church.

As a catalyst for the New Evangelisation, the mission of ONE is to guide and navigate New Evangelisation efforts in the Singapore Archdiocese to ignite and evangelising movement.



This initiative is supported by the GIFT Campaign under the Catholic Foundation.

Be Holy. For I Am Holy

LENT to EASTER REFLECTION BOOKLET

2026 (YEAR A)

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Be Holy. For I Am Holy

LENT to EASTER REFLECTION BOOKLET
2026 (YEAR A)

Message

Dear brothers and sisters in Christ,

We observe the Lenten practice without taking our eyes off Easter. For Easter is the reason for Lent. The fasting, almsgiving and prayers should all be geared towards growing in holiness by renewing our baptismal vows at the Easter Vigil and on Easter Sunday.

Fasting, almsgiving and prayer should be the constant rhythm that leads us to holiness. It should be the rhythm of conversion. As I fast, it reminds me to fast from sin and attitudes that do not enable me to love as Jesus did. As I give alms, this reminds me that I am only a pilgrim on this earth and therefore must set my heart on our Father who is in heaven. As I pray during this time of Lent, may it deepen my relationship with the Lord and with those around me. Growing in holiness is an ongoing process of conversion.

The inward journey during Lent, which prepare us more fully for the outward journey towards our neighbour, is necessary. For when we cannot receive the love of the Lord, we cannot share this love with others.

May the Lord bless you with His graces as you begin this Lenten season with anticipation and perseverance.

Rev. Fr. Terence Pereira
Episcopal Vicar for the New Evangelisation

The Purpose of this Booklet

This resource is intended for families, RCIA groups, parish organisations and ministries, small Christian communities and neighbourhood Christian communities. It may also be used for individual reflection.

- To promote the Christian community in the neighbourhood as a place where we can hear the word of God and put it into practice.
- To give participants an experience of community and a sense of their mission by reaching out to neighbours and those in need.
- To gather parish organisations / ministries to pray together as one and put Christ back in the centre.
- To increase communication between family members. Love should be the main message in all communication, so the sessions are aimed at families sharing stories, doing meaningful activities together, sharing faith, and being reconciled with each other.

How to Use this Booklet

These reflections may be used either (1) before participating in Sunday's liturgy, as a way of preparation to receive God's Word at Mass; or (2) after participating in the liturgy as a continuation of 'breaking open the Word of God' in our lives.

In the spirit of generosity, group members volunteer beforehand to read Scriptures and other parts of the text.

You can take turns being the facilitator each session. The role is simply to help keep time and invite everyone to participate.

Someone should record the discussion in general terms and then email it to the members who are absent.

The duration of each session is about two hours.

The time and place for the next meeting should be announced at the end of each session.

1	Opening Prayer	Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.
2	Readings	The three scripture texts should be read at least twice, allowing some time for a silent listening to the Word. Then the passages are explained by the leader or group facilitator using the given write up. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.
3	Reflections	Someone reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).
4	Sharing Questions	This section is divided into Personal and Group Contextual sharings. The latter is meant to prompt sharings based on the specific context i.e., Small Christian Communities, Ministry or Family. Allow time to reflect on these questions, as well as time for everyone to respond.
5	Take Home	Discern how the Word of God is inviting us collectively, or individually, to respond through concrete action(s).
6	Closing Prayer	The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.
7	Appendix: Activities	The appendix section contains activities that further enrich our spiritual journey with our fellow sisters and brothers in Christ.

Facilitating Group Reflection

When we gather in Jesus' name, we're not just having a meeting — we're inviting Christ to be among us. Here are some simple attitudes and practices to help make your group time meaningful and prayerful.

BE PRESENT For where two or three meet in my name, I am there with them - Matthew 18:20	Remember that Jesus is truly with us. Speak and listen with reverence. Take your time when reading scripture or prayers. Be fully present — not just with your mind, but with your heart.
INCLUDE EVERYONE May they all be one, just as, Father, you are in me and I am in you - John 17:21	Welcome each person warmly. Help new members feel at home. Use language that is simple and clear so no one feels left out. Invite others to read or share in a way that makes space for everyone
BE GENTLE ...and their great men make their authority felt. Among you this is not to happen - Mark 10:42-43	Avoid sounding like a teacher or giving long speeches. Don't pressure others to agree with you. Speak simply and humbly. Allow time for everyone to share without dominating the conversation.
STAY CHRIST-CENTRED If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me - Luke 9:23	At the heart of our reflection is God's Word and the call to follow Jesus. If the group starts to drift off-topic, gently bring the focus back to what God is saying to us today.
DO NOT OVER-PREPARE Because when the time comes, the Holy Spirit will teach you what you should say - Luke 12:12	You do not have to plan every sharing in advance. Wait patiently and trust that the Holy Spirit will inspire someone to speak when the time is right. When someone does share, give thanks — it's a gift.
LET YOUR LIGHT SHINE ...your light must shine in people's sight, so that, on seeing your good works, they may give praise to your Father in heaven - Matthew 5:16	Faith leads to action. At the next session, take a moment to share how you've tried to live out what you reflected on last time. Small acts of love and service make God's presence visible in the world.



CATHOLICSG RADIO
brings you the audio version of 2026
Lent to Easter Reflection Booklet.

Join our presenters as they take you through the reflection via the CatholicSG Radio, starting from 19 February 2026
all the way to Pentecost Sunday!

Live broadcast: Thursdays at 8am

Same day encore at 9pm

Listen now via **radio.catholic.sg** or as podcast on Spotify!
Access the Spotify playlist by scanning the following QR code:



Repeat broadcasts:

each day from Friday to Monday

8.00 am

11.45 am

3.45 pm

9.30 pm

How Can We Serve You Better?

THANK YOU FOR USING THIS BOOKLET!

We hope that the reflections have helped you and your community to grow in faith.

Did this booklet meet your expectations?

What else would you like to see in future booklets?

Your feedback is important to us. Let us know!



one.org.sg/feedback

Sundays of Lent

(YEAR A)

Week	Readings
1st Sunday of Lent	Genesis 2:7-9, 3:1-7 Rom 5:12-19 Matt 4:1-11
2nd Sunday of Lent	Genesis 12:1-4 2 Timothy 1:8-10 Matthew 17:1-9
3rd Sunday of Lent	Exodus 17:3-7 Romans 5:1-2,5-8 John 4:5-42
4th Sunday of Lent	1 Samuel 16:1, 6-7, 10-13 Ephesians 5:8-14 John 9:1-41
5th Sunday of Lent	Ezekiel 37:12-14 Romans 8:8-11 John 11:1-45
Passion/Palm Sunday	Matthew 21:1-11 Isaiah 50:4-7 Philippians 2:6-11 Matthew 26:14 – 27:66

1st Sunday of Lent



Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Heavenly Father,

thank You for the grace of this new season of Lent, a reminder to deepen our faith as we prepare for the celebration of Easter. We dedicate this time of prayer and contemplation on Scripture to You. Speak to us and reveal the message that You intend for us to receive. Open our hearts and minds to Your Word and to each other. We make this prayer through Jesus Christ, Your Son.

Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Genesis 2:7-9, 3:1-7*

The opening chapters of the Book of Genesis are symbolic accounts of Creation and the Fall, showing how our first parents disobeyed God our Father and committed sin. St. Thomas Aquinas teaches that we act to obtain what seems good, yet if it is not aligned with God our Father, it ultimately disappoints. Eve saw the tree's fruit as apparently good but accepting it meant rejecting God our Father. Their eyes were opened as the serpent promised, yet they also felt shame, guilt, and loss of innocence. Sin often delivers what tempts us, but it always carries consequences, drawing us away from

the true source of goodness: God our Father.

2nd Reading: *Romans 5:12-19*

Sin entered the world through Adam's disobedience, and consequently humanity lost sanctifying grace and was expelled from the Garden. Although it seems unfair that one man's sin brought death to all, the same Scripture teaches that one man's obedience—Christ—brings justification to many. Through Jesus Christ, we are given the free gift of sanctifying grace. Thanks to Him, we are made righteous and restored to a right and proper relationship with God our Father.

Gospel: *Luke 4:1-13*

The three temptations that Jesus faced are those that we also face regularly (see table below):

In response to these temptations, Jesus turns to reminders of obedience to God our Father. Christ's example reminds us that every temptation is an invitation to turn back to our Father, who alone can satisfy our deepest needs.

Jesus' Temptations	Human Temptations
Turn stones into bread through divine power	Carnal pleasures: to satisfy bodily appetites through any means
Test God our Father by throwing Himself down from the pinnacle of the temple	Pride and presumption: testing God our Father, seeking to exalt oneself
Rule all the kingdoms of the world by worshipping the devil	Greed for wealth, power, and worldly glory

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

Our readings at the start of Lent carry the themes of temptation and sin. Perhaps there is weariness in discussing these topics. After all, who enjoys speaking about the unpleasant parts of life? It is important, however, to be reminded of temptation and sin, especially when entering a penitential season such as Lent. To truly appreciate victories, successes, and accomplishments, we first need to understand where we came from and the journey we have taken.

When God our Father established the Passover for the Israelites, He instructed them to celebrate it every year. He wanted to remind them that He had freed them from Egyptian slavery. In Singapore, we observe Total Defence Day on 15 February, the day when colonial Singapore surrendered to Japan in

1942. Similarly, we need to remember the sin of Adam to truly appreciate the saving gift of Jesus Christ.

Let us also be mindful that Jesus' freeing us from sin is not only a past event. We face temptation every day and frequently fall into sin. As St. Paul writes, *"all have sinned and fall short of the glory of God"* (Rom 3:23). Thankfully, we read in Hebrews 4:15, *"For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin."* Even in our smallest battles, He understands and stands with us.

Therefore, as we embark on our Lenten journey in preparation for Easter, let us not despair when we face temptation or fall into sin. Each stumble is a new invitation from Jesus Christ to draw closer to Him. Each misstep is a reminder of our inadequacies and our need to rely on God our Father. Our Father understands our struggles, so let us call out to Him for the strength to walk righteously!

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- Temptations are real and constant. Which are the ones that I regularly give in to?
- When I stumble or give in to temptation, what concrete steps have I taken to turn back to God our Father?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community/ministry/family.

FOR SMALL CHRISTIAN COMMUNITIES

- Lent is a season preparing us for Easter. In what concrete ways do we want to grow in holiness and how can we support each other in this during this Lenten journey?

FOR MINISTRY

- What are the constant temptations that we face in our service and ministry?
- How can we support one another to overcome these temptations?

FOR FAMILY

- What are some moments in our family when we have given in to temptations and not repented of them?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Temptations to be lazy and take the easy way out have caused harm to the environment and to society.

It is often more convenient to use disposable plastic or Styrofoam packaging when we "dabao" (takeaway) food from the hawker centre.

Yet genuine care for the earth will move us to care for people too.

Let us pause and reflect on how convenience can encourage us to put ourselves first. How might we begin to change this?



Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Heavenly Father,

thank You for the gift of our Lord Jesus Christ, the perfect example of obedience for us to follow. We stumble through our own personal sin and sometimes remain far from You. Yet, despite our waywardness, You never leave us to our own devices. You are constantly caring for us, just as You cared for Adam and Eve when they hid from You. You call us to turn back to You always, through Jesus Christ and the Holy Spirit. Thank You for Your steadfast love and watchful care over us. We make this prayer through Jesus Christ our Lord.

Amen.

My Reflections

2nd Sunday of Lent



Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Eternal and loving Father,
we bless Your holy name and praise You for Your goodness and glory.
Your steadfast love never ceases, and Your mercies are new every morning.
We thank You for Your faithfulness and for calling us to share in Your holiness. Open our hearts to listen to Jesus, Your Beloved Son, and give us the humility to let go of what holds us back from being transformed by Your Spirit. Draw us closer to You this Lent, that we may listen attentively to Your voice that leads and guides us. All praise and honour be Yours, Father, through Christ our Lord, in the unity of the Holy Spirit, forever and ever.
Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Genesis 12:1-4*

Some of us may have entered Lent with a heart set on specific areas of conversion, while others stumble without clear direction. Abram, with his wife Sarai and nephew Lot, followed Abram's father, Terah, leaving Ur intending for Canaan. Instead, they settled down in Haran, where Terah died. There Abram heard God our Father's call to leave everything familiar and journey into the unknown. No plans were provided, only the promise that God our Father would show the way. Abram trusted and obeyed. Likewise, we are called to journey in trust and openness. Our destination is holiness—set apart for our Father's purpose—which requires us to step out of our comfort zones so our Father's plan can unfold in us.

2nd Reading: *2 Timothy 1:8-10*

St. Paul reminds us that the call to holiness is a gift and grace bestowed by God our Father. Nothing we do or say can ever earn this grace, which is revealed through Christ, who saves us and reconciles us to our Father. Our sacrifices and practices of self-denial during Lent are not self-imposed sufferings to please God our Father. Rather, as disciples called to bear suffering, take up our cross, and follow Christ (cf. Luke 14:27), they sharpen our focus on God our Father, opening us to His transforming grace to grow in holiness on our earthly pilgrim journey.

Gospel: *Matthew 17:1-9*

The Transfiguration is one of two most intimate moments between God our Father and His Son, Jesus, revealed to chosen disciples and to us. Our Father proclaims His Son's identity and His love for Him. Jesus embodies the fullness of holiness: His union with the Father. Holiness, therefore, isn't abstract; it has been unveiled. God our Father reveals the way to attain it: *"Listen to Him."* Jesus declared, *"I am the Way, the Truth and the Life."* (John 14:6) Lent is a season of grace to strip away distractions and reorientate us to Christ through reflection and prayer. As adopted sons and daughters of our Father, we are favoured by Him and invited to listen to His loving plan for us.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

The journey towards holiness starts and ends with Jesus. Our sojourn through the 40 days of Lent can feel like a long, tiring trek with no end in sight when we lose our focus on Him. The themes of God our Father's promise, purpose, and presence in this Sunday's readings encourage us to stay on course, knowing that God our Father walks with us.

In the 1st Reading, we can only imagine Abram's alarm at God our Father's command to leave his land, kin, and all that was familiar. Yet the Lord set before him a promise to be fulfilled. In taking that single step of faith, Abram models holiness: obedience to God our Father's plan, even without knowing what it entailed, giving up everything to do so; for His thoughts are not our thoughts (cf. Isaiah 55:8). This Lent, we are invited, like Abram, to leave something behind—a bad habit, a recurring sin, or an unhealthy attachment—and journey towards holiness. Let us do so without questioning the "how" or "why", but

trust the Lord to lead us into deeper life with Him.

St. Paul, in the 2nd Reading, reminds us that we already share in God our Father's holiness through our identity as His children. This truth is revealed in Jesus Christ, who shows the Father's love in desiring that we be holy as He is holy. In weakness and darkness, we should draw strength from knowing we do not grow in holiness by our human efforts but by fixing our eyes and heart on Jesus, who walks with us in our trials and temptations.

The Gospel passage on the Transfiguration reveals Jesus in radiant glory, giving us a glimpse of what awaits us. Holiness is not abstract but real. We will be holy if we listen to Jesus, conform our will to His, and allow Him to transform us. Like Abram, we walk in faith, trusting that God our Father is faithful and has called us into the fellowship of His Son (cf. 1 Cor 1:9).

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- What is my goal during this Lenten season?
- What is the clear path / orientation that I am taking during this Lenten journey?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- Are we mindful that Lent invites us to grow in holiness? In what gentle and concrete ways can we respond to this call each day?

FOR MINISTRY

- How can we listen to Jesus and His ways in our service and ministry?

FOR FAMILY

- Are we letting Jesus gently lead our family's journey? What helps us stay close to His way?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

To grow in holiness is to tend to our own spirit and to care about the holiness of others. In Singapore, we throw away about two million kilograms of food every day. That is more than one bowl of rice wasted per person, daily. This Lent, invite someone to journey with you by being mindful not to waste food and by reducing single-use plastics and Styrofoam packaging.



Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

All-knowing Father,

without a plan but only a promise was made to Abraham. His faith and obedience in You brought him blessings. You call us to holiness without us knowing the plan, and we are unfolding this gift of holiness through sacrifices and the discipline of Lent. The bearing of the crosses is that of a willing heart to follow our Lord Jesus Christ. The transfiguration offers us a glimpse of what we are called to be, our Lord Jesus Christ. Confident in Your grace to do this, we end this prayer through the same Christ our Lord.

Amen.

My Reflections

3rd Sunday of Lent



Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Loving Father,

You gave us Jesus to be our living water in the deserts of our lives. Your care for us is evident in how You gather us today, with the Holy Spirit present to guide our discussion and sharing. We trust that as we remain open and honest, this gathering will lead us closer to You and renew the grace of our baptismal vows. In Jesus' name we pray.

Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: Exodus 17:3 7

The Israelites wandered in the desert and began to complain about the lack of water. Moses cries out to God our Father, who tells him to strike the rock at Horeb, causing water to gush out for the whole community. There are three points that are often missed in this episode: the rock represents Christ, the “strike” points to the spear that drew blood and water from Christ's side, and the naming of the place “Massah” (testing) and “Meribah” (quarrelling) because the people questioned whether God was truly with them. This reminds us that doubt can become a moment for deeper trust when God our Father answers.

2nd Reading: Romans 5:1 2, 5 8

St. Paul tells us that because we are justified by faith, we have peace with God our Father and share in His grace. From that peace springs hope that never disappoints, because God our Father's love is poured into our hearts by the Holy Spirit. Notice how St. Paul links three gifts—peace, hope, love—in a single sentence; this trio mirrors the three Theological virtues of faith, hope, and charity. The love spoken of is not just God our Father's love for us, but the love that grows inside us, enabling us to love others.

Gospel: John 4:5 42

Jesus stops at Jacob's well in Samaria and asks a woman for a drink. He offers her “living water” that will become a spring of eternal life. The dialogue reveals several hidden layers: the Samaritan woman's “five husbands” points to her brokenness, yet Jesus sees her whole person and invites her to worship “in spirit and truth.” His promise that the water will never leave her foreshadows the Holy Spirit given at Pentecost. The story shows how Christ's invitation to holiness reaches beyond borders and the woman's testimony sparks the whole town's belief, showing how a single encounter can ignite evangelisation.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

The theme “Be holy, for I am holy” echoes God our Father’s call to imitate His perfect love. In the desert, the Israelites complained, yet God our Father responded with water from a rock—an unexpected source that satisfied their deepest need. Their testing (Massah) reminds us that doubt can become a moment for God our Father to reveal His mercy.

St. Paul’s letter shows that holiness is not earned by our effort but granted through faith in Christ. The *“grace in which we stand”* is a stable foundation; the Holy Spirit’s love poured into us transforms our hearts. Even while we remain imperfect, Christ’s sacrifice assures us of God our Father’s unwavering love.

Jesus’ encounter with the Samaritan woman illustrates how holiness breaks barriers. He offers “living water” that quenches spiritual thirst, inviting the woman—and us—to drink deeply from the well of divine love. Her testimony turns a personal encounter into a communal invitation; the whole town comes to believe.

All three readings point to the same truth: God our Father meets us in our weakness, fills us with His love, and calls us to share that love. When we accept the water of grace, we are empowered to become holy witnesses, inviting others to the same source. Our daily life—school, work, family—becomes a desert where we can offer the living water of prayer, kindness, and truth. By trusting that God our Father is present in every trial, we become channels of His holiness, echoing the ancient cry: “Is the Lord among us or not?” We answer: Yes, He is, and He calls us to be holy as He is holy.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- Recall a time when you felt "thirsty" for something (peace, help, guidance). How was this "thirst" quenched?
- How might you allow the Holy Spirit to pour love into your heart and shape the way you treat others?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- How can our community become a "well" of living water for those who feel isolated or judged?

FOR MINISTRY

- What practical steps can we take to bring the message of "living water" to our ministry members and then to people outside our parish?

FOR FAMILY

- What is the brokenness in our family? Can we be like Jesus, drawing out this brokenness to provide acceptance and healing?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Sometimes, like the woman at the well, our own hurts and desires can lead us to focus on “what I want” and “when I want it”, without noticing how our choices affect creation and others. How have you been growing in reducing waste, especially in using less plastic or Styrofoam, and wasting less food? Together with the person(s) you are journeying with, let us pray that God our Father, who meets us in our weakness, will give us grace to keep growing in love for His creation.



Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Holy Father,

the love You pour into our hearts, like living water, will never run dry. You invite us to drink deeply, to be transformed, and to become channels of Your holiness to all whom we meet. Strengthen us to live as true disciples, so that peace, hope, and love may flourish in us. Even in our brokenness, help us to worship You in spirit and in truth in all that we do. We pray this through Jesus Christ our Lord.

Amen.

My Reflections

4th Sunday of Lent



Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Heavenly Father,

You are the source of all holiness, the light that pierces our darkness, and the love that sees beyond appearances. As we gather in Your presence today, we open our hearts to Your Word and to one another. May this time together be on holy ground. May Your Word challenge and transform us. We make this prayer through Jesus Christ our Lord.

Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *1 Samuel 16:1, 6-7,
10-13*

God our Father reminds Samuel that He looks at the heart, not appearances. David, the youngest and least regarded, was chosen because his heart was open to our Father's will. Holiness begins within the heart. This is not a command to look perfect on the outside, but an invitation to be transformed on the inside, to reflect our Father's love, mercy, and truth in the hidden places of our souls. David's anointing foreshadows Christ's kingship, in which God our Father's holiness is made visible and shared with His people. Through the Sacraments of Baptism and Confirmation, we too have been anointed in Christ, given the Spirit, and called to live as holy people whose hearts belong wholly to God our Father.

2nd Reading: *Ephesians 5:8-14*

St. Paul calls believers to live as “*children of light*”, reflecting Christ’s truth and goodness. David in the 1st Reading was chosen for his heart rather than outward appearance. Likewise, early Christians embraced inner transformation, letting Christ’s light expose and heal what was hidden. During Lent, this call is urgent: we examine our hearts, turn from darkness, and walk in the light. Today, the Church expresses this through prayer, penance, and works of mercy, showing the world that God our Father’s light changes lives from within, not merely through outward observance.

Gospel: *John 9:1-41*

In the Gospel passage, Jesus heals a man born blind, revealing that God our Father's work is to bring light where there was darkness. The healed man grows in understanding, moving from calling Jesus "a man" to proclaiming Him as "Lord," while the Pharisees, though physically seeing, remain spiritually blind. This passage shows God our Father's desire for a personal, transforming relationship with His people—one that frees us from darkness. True sight comes not from the eyes, but from an open and believing heart.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

In all three readings, we are reminded that God looks at our hearts especially those open to Him. We are also reminded to live as “children of light” and to bear fruit in goodness, righteousness and truth. Jesus also healed the man born blind to reveal God our Father’s transforming power.

Physical sight becomes a sign of deeper spiritual sight—recognising Jesus as Lord and walking in His light. These readings challenge us to examine our own vision. Do we see as God sees, valuing the heart over appearances? Do we let Christ’s light expose our darkness, or do we cling to shadows like the Pharisees, who refused to acknowledge the truth before them? The healed man’s bold testimony shows that once we truly encounter Jesus, we cannot remain silent—we are called to witness.

In our daily lives, it is easy to be blinded by superficial measures of worth: success, status, or image. However, God our Father calls us to look deeper—into our own hearts and into the hearts of others. When we live in His light, we become living signs of His love and mercy, drawing others to Him.

Conversion begins with letting Christ open our eyes, then continues as we walk with Him, reflecting His light to a world still in darkness. Evangelisation flows naturally from this encounter: like the man born blind, we can simply tell our story—how we were blind, and now we see—so that others too may believe and live.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- When have you found yourself measuring your worth by success or appearance?
- How might God be inviting you to see yourself differently, through His eyes of love?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- Conversion begins with letting Christ open our eyes. In what ways can we open our eyes to the real gifts and struggles of those in our community?

FOR MINISTRY

- In working together as members of the same ministry, how do we accept our differences and see each other as our Father see us?

FOR FAMILY

- Everyone is unique and created by our Father. How can you, as a family, affirm one another as our Father's unique creation?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

The healed man moved from calling Jesus “a man” to proclaiming Him as “Lord”. This change of heart shaped the way he lived and witnessed. How is your own heart being converted in the way you see the environment and the society around you? Have you been growing in using less plastic, avoiding Styrofoam, and wasting less food? Whom can you invite to take these steps with you?



Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Gracious and Holy Father,

we thank You for the gift of this time: for Your Word that speaks truth, for Your Spirit that stirs within us, and for the fellowship we share in Your name. You have reminded us today that holiness is not perfection, but a life surrendered to You: a heart that listens, a soul that seeks, and eyes that see with compassion and faith. Send us forth now, Lord, renewed in purpose, anchored in grace, and committed to living lives that reflect Your holiness. We pray this in the name of Jesus, our Light and our Redeemer. Amen.

My Reflections

5th Sunday of Lent



Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Almighty Father,

our true home is with You in heaven, where we shall dwell in the fullness of Your glory. Guide us as we persevere on the journey toward our eternal home. As we gather now, may this time be one of renewal and love, so that in all we do, You may be honoured. We ask this through Christ our Lord. Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Ezekiel 37:12-14*

The people of Israel understood well that all life comes from God our Father. In Genesis, the Lord created man by breathing into his nostrils the breath of life (cf. Gen 2:7). Yet, life is more than mere existence, it is meant to flourish. During the Babylonian Exile, the Lord speaks through Ezekiel: *"I shall put my spirit in you, and you will live, and I shall resettle you on your own soil."* Flourishing means being fully alive in God our Father and being home with Him. This promise of our Father's Spirit breathing new life also foreshadows the resurrection, fulfilled in Christ and offered to us, so that our flourishing finds its fullness in eternal life with Him.

2nd Reading:

Romans 8:8-11

The themes of life and home continue in our reading. Rather than imagining a physical, external location, St. Paul exhorts the Romans: *"Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you."* When we live "spiritually", that is, when we are concerned about living life with God our Father, we establish an intimacy with Him so deep that He dwells within us. This means that heaven, eternal life with Him, can already begin here on earth if we properly order our interests and way of living.

Gospel:

John 11:1-45

Life in Christ does not mean we will escape difficulties. Reading the full version of today's Gospel, we see how God our Father can even make use of death. Lazarus's passing appears to be a tragedy, but Christ invites his sisters to an act of faith: to believe that He is the resurrection and the life. This faith is rewarded: *"Have I not told you that if you believe you will see the glory of God?"* This miracle, together with Christ's own resurrection, is a lesson for us. Joy often comes only after having suffered well. In our difficulties, we ought to remain firm in faith and hope.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

When St. Teresa of Avila and her brother were very young, they tried to go to the country of the Moors to become martyrs for the faith. Asked by their uncle who stopped them along the way, the saint gave a deeply insightful reply despite her tender age: "I want to see God, and to see Him, we must die."

Left to ourselves, our desires and our destiny drift away from our Father. Without proper guidance, we easily fall into selfish habits that bring no lasting happiness. To be authentically joyful, we need to live as God our Father intended, loving Him and our neighbour. This is the life that is truly meaningful, the life in which we flourish and find real happiness.

This shift from selfishness to love of others (charity) requires that we learn to say no to ourselves, and to sacrifice our comfort for others' needs. This self-denial is painful; it is like a mini death each time. Unless we take up this cross and imitate Christ who did the same for us, we will never be His disciples;

we will never arrive at true happiness. What chains us to misery is not suffering but a heart that is too small and constrained to love others.

"I want to see God, and to see Him, we must die." The daily work of self-denial, no matter how small, prepares us to imitate Christ, to already see Him in this life—be it in our prayer, the liturgy, or in our interactions with our neighbour. If we persevere in this, we will see the truth in Christ's words: "If anyone believes in me, even though he dies he will live." Our physical death will then be merely a transition from seeing Him as in a mirror dimly to seeing Him face-to-face.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- When have you made a difficult sacrifice and later seen God's grace in it?
- What habits or imperfections might God be inviting you to let go of today?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- As the Lord says in Ezekiel 37:12, "*I am now going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel.*"

What "graves" of routine or convenience have we entered, and where is the Lord inviting us to rise to new life?

FOR MINISTRY

- As St Paul teaches us in Romans 8:9, "*Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you.*"

In light of this, how does our ministry help one another to live more in the Spirit, and why is this important?

FOR FAMILY

- The miracle at Bethany was marked by the love shared between the siblings Mary, Martha and Lazarus, and by their close friendship with the Lord.

Seeing the love shared in the home at Bethany, how might our family deepen our love for one another in the Lord?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

The shift from selfishness to love of others requires us to say no to ourselves and to sacrifice our comfort for the sake of others. How have you been growing in reducing the use of plastic and Styrofoam and in wasting less food? Are you ready to invite others to live in this way for the glory of our Father?



Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Almighty Father,
we make this journey through Lent to be fully alive in You and to be at home with You, and we know that this is not possible without the grace of Your invitation. Aware of the difficulties and tragedies of this life, we know that trusting in the word of our Lord Jesus Christ and remaining firm in it will lead us to be with You. We thank You for the great love You have for us, through Christ our Lord.

Amen.

My Reflections

Palm / Passion Sunday



Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Heavenly Father,
as we enter Holy Week, allow us the openness
to meditate on Your Son's passion through our everyday experiences.
Your love for us was indeed made visible
through Jesus' passion and agony on the cross.
Your redemptive work through Your Son invites us
to look at our encounters with difficulties and sufferings
as a means of participating in His redemptive work.
We ask this in the precious name of Your Son,
our Lord Jesus Christ.
Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

Procession: *Matthew: 21:1-11*

Drawing near to Jerusalem indicates that Jesus is nearing the moment of His passion. However, what will seem like disaster and chaos in human eyes falls under divine providence, because everything has been prepared for. Jesus even tells His disciples that they will find an ass that has been tied, along with a colt. These two animals are symbolic. As the older animal, the ass represents the chosen people of the Old Covenant, while the young colt represents the gentiles who will come under the New Covenant. Together, these two groups of people will be set free by the Lord just as the two animals were untied.

1st Reading: *Isaiah 50:4-7*

This passage is taken from the collection of texts within the book of Isaiah known as the Servant Songs. These songs are smaller prophecies set within the larger prophecies of Isaiah that speak of a suffering servant. Written during the period known as the Babylonian Exile, these

texts originally serve to personify Israel's suffering at the hands of outsiders on account of her waywardness. However, as prophecies, they also point to the Suffering Servant *par excellence*: Jesus Christ.

2nd Reading: *Philippians 2:6-11*

This passage is the reflection of an early Christian community looking back on the events of Christ's death. This is, in effect, their commentary on both the Gospel and the Old Testament. They see in Jesus a total kenosis, or self-emptying. He did not just take on human nature; He took on the conditions of a slave. In a complete and utter expression of kenosis and humility, Jesus underwent death — a process that is so far removed from divinity. He is *THE* Suffering Servant.

Gospel: *Matthew 26:14 – 27:66*

The passion and death of the Lord Jesus Christ in Matthew's Gospel can be viewed through the lens of the Suffering Servant. At the beginning of today's Passion narrative, the evangelist recounts how Jesus was "sold" for thirty pieces of silver—the normal rate for buying and selling slaves. But here lies a beautiful image, because through Jesus' self-emptying and embrace of the state of a slave who suffers, all of humanity, which was previously in slavery to sin, is now set free — just as Barabbas was set free on account of Jesus.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

Suffering is not something that we would normally welcome. We only need to look at the existential dread that some may experience on Sunday evenings, knowing that the start of the workweek is just around the corner. Palm Sunday is often viewed with the same kind of dread because we all know that Jesus' triumphal entry into Jerusalem will be quickly marred by His Passion and Death. It is therefore not surprising that readers will, in turn, look at the adulating crowds with cynicism: "The people welcoming the Lord this weekend are the very people who will call for His blood in a few days' time". It is as if readers are sure that they will never be part of the same crowd!

However, if we look at Christ's Passion and Death as a gateway to His glorious resurrection, then the events of Palm Sunday are truly that of a triumphal entry. Jesus is really entering Jerusalem as a peaceful king, and He not only knows that He is entering the city to do battle with the dark forces of evil, but He also knows that He will be victorious. This, in turn, should also colour the way we view the negative experiences that we encounter in life. Christ's confidence in utter victory should also give us courage in facing those experiences, however bleak they may appear to be. Every negative experience we encounter is a privileged means of sharing in the struggle Jesus faced against His foes.

St. John of the Cross tells us that one who seeks not the Cross of Christ also seeks not the glory of Christ. There is no shortcut to eternal glory. Let us walk steadily behind the Saviour, so that we too will share in His triumph.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- Think of an incident or situation that you have suffered through. What was the cause of the suffering? Did it bring you closer to our Father?
- What grounded you throughout the experience and helped you persevere through it?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- In small communities, learning how to live harmoniously with one another takes practice. When friction arises, how is Christ inviting us to see one another with patience, humility, and understanding?

FOR MINISTRY

- When serving in parish ministries, interpersonal conflicts or clashes in working styles are inevitable. How can these moments be opportunities to share in Christ's self-emptying and contribute to our sanctification?

FOR FAMILY

- Are there concrete moments where my family is facing or has faced what seems like an insurmountable challenge, such as inter-generational misunderstandings? How have we "walked behind the Lord" in such moments?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Have you experienced any small “sufferings” or challenges as you tried to reduce plastic, avoid Styrofoam, and waste less food? If you have been able to keep this resolve, share your experience with a few others this week, so that they too may be encouraged.



Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Heavenly Father,
as we face the struggles and challenges of life that call us to empty ourselves for the glory of Your name, may this bring us closer to Your presence. Fill us with a spirit of joy, so that we may lift one another's burdens and come to the glory of the resurrection rejoicing together.
Amen.

My Reflections



Sundays of Easter

(YEAR A)

Week	Readings
1st Sunday of Easter	Acts of the Apostles 10:34, 37-43 Colossians 3:1-4 John 20:1-9
2nd Sunday of Easter	Acts of the Apostles 2:42-47 1 Peter 1:3-9 John 20:19-31
3rd Sunday of Easter	Acts of the Apostles 2:14,22-33 1 Peter 1:17-21 Luke 24:13-35
4th Sunday of Easter	Acts of the Apostles 2:14, 36-41 1 Peter 2:20-25 John 10:1-10
5th Sunday of Easter	Acts of the Apostles 6:1-7 1 Peter 2:4-9 John 14:1-12
6th Sunday of Easter	Acts of the Apostles 8:5-8, 14-17 1 Peter 3:15-18 John 14:15-21
7th Sunday of Easter	Acts of the Apostles 1:12-14 1 Peter 4:13-16 John 17:1-11
Pentecost Sunday	Acts of the Apostles 2:1-11 1 Corinthians 12:3-7,12-13 John 20:19-23

Easter Sunday

Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Benevolent Father,

You offer us new life through the resurrection of Your Son, Jesus Christ our Lord. Having renewed our baptismal vows and our covenant with You, we desire to keep walking in this renewed relationship. Thank You, Father, for giving us the chance to restore what was broken and recover what was lost in our old way of life. In the name of the resurrected Lord, we pray. Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Acts of the Apostles 10:34, 37-43*

The energy of the Lord's resurrection makes itself felt through St. Peter's evangelisation. In a few short sentences, St. Peter sums up the life, death, and resurrection of Jesus Christ and its implications—eternal life for those who believe and follow Him. The prophecies found in the Old Testament find their fulfilment now in the disciples and witnesses of the New Testament. St. Peter wastes no time in carrying out this new vocation to which he has been called to.

2nd Reading:

Colossians 3:1-4

The privilege of a new life with Christ is not a free ticket to heaven. It comes with accompanying duties and obligations. St. Paul exhorts the Colossians to remember that their baptism in Christ means putting the old self to death and, as such, the earthly manner of life and unnecessary desires that they were once accustomed to must be left behind. Their thoughts must be turned towards heavenly things, the things that belong to the heavenly realm, because that is where their new life in Christ will take them.

Gospel:

John 20:1-9

The themes of evangelisation and a post-resurrection newness of life are poetically reflected in this Gospel passage. The opening scene begins in literal darkness and with a new week. Confusion comes along with this darkness – Mary of Magdala was disturbed by the missing body of the Lord. As she spreads the news, an inadvertent evangelisation of the resurrection takes place, though she does not know it yet. The reader is led out of the darkness of the morning into the bright vision of faith, hope, and belief possessed by the beloved disciple.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

For most Catholics, the liturgical celebrations of Easter are an annual affair. Perhaps we even know of fellow Catholics who, while lapsed, nevertheless make time and effort for this one time of the year. However, we must ask ourselves if this annual celebration of Easter is nothing more than an annual cultural custom that we observe — just another event in the calendar. If this is the case, this dilutes the sorrowful passion and the glorious resurrection of our Lord. The liturgies of Holy Week and the Paschal Triduum are dramatic visual and aural meditations on the reality and consequences of sin, the time and effort in the process of redemption, and the possibility of a new beginning and a new life. What a spiritual tragedy it would be if we were not to capitalise on this energy and the possibility of new life!

The “newness of life” must be more than a familiar line repeated each Easter simply because it seems appropriate for the season. Instead, it must be lived out. If we had a time machine and could go back, would we reverse some of the decisions we made? What new course of action would we choose? What would we tell our younger selves? We cannot do that, but Easter provokes us to realise that the time for change is now. Our lives cannot remain the same. By the time next Easter comes, we should have grown beyond the “old us” and be ready to face a new set of challenges.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- Hold the image of Peter speaking boldly before strangers. What fears or obstacles keep you from witnessing to Christ more openly?
- Imagine setting aside old, heavy clothes and putting on something new. When society's pressures weighed on you, how did belief in the resurrection shape your choices?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- Your community could be like that of the disciples immediately after the death of the Lord. The disciples went back to their old way of life. What is the new life in Jesus Christ that you have because of your Lenten discipline?

FOR MINISTRY

- Imagine your ministry gathered at the empty tomb, being sent forth together. How can we, as a ministry, bring the joy and hope of the resurrection to others in our parish or community in concrete, practical and visible ways?

FOR FAMILY

- Is there a “new life in Christ” in the family as we celebrate Easter? What is this “new life”?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Do the migrant workers in your parish need a “new life”? What might that look like for them? Take some time this week to speak with different migrant workers and listen to what would help them live a more hopeful and renewed life.

Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Heavenly Father,

we thank You for the grace of this new life! Let us truly see this as a new start and a new beginning, so that whatever problems we have faced, are facing, and are about to encounter, we may see them in the light of Your beloved Son's passion and death. In these problems, may we find opportunities for sanctification, and may we rise to new life with Him! Amen.

My Reflections

2nd Sunday of Easter

Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Loving and merciful Father,
all praise, glory and honour belong to you. We thank You for Jesus, Your
beloved Son, who gives us the Holy Spirit as Advocate and guide. Teach us
to be holy, merciful, and forgiving, so that Your light shines through us and
leads others to faith.

Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Acts of the Apostles 2:42-47*

The 1st Reading offers a glimpse of the early Church, where faith was lived through teaching, shared prayer, breaking of bread, and fellowship. This reveals two dimensions of holiness: to *“love the Lord your God with all your heart, and with all your soul, and with all your mind”* (Mt 22:37) and second, to *“love your neighbour as yourself.”* (Mt 22:39) In this way, the believers strengthened one another’s faith by witnessing to God our Father’s presence in daily lives. Holiness is not a solitary pursuit but a communal journey, lived as children of our Father, baptised into Christ’s body, the Church.

2nd Reading:

1 Peter 1:3-9

In the 2nd Reading, St. Peter reminds us that through the death and resurrection of Jesus Christ, we receive the gift of holiness and the promise of eternal life as children of our Father through baptism. This gift, though freely given, does not remove the hardships we face. Rather, by carrying our crosses with steadfast faith, our relationship with God our Father, Jesus and Holy Spirit are purified and deepened. Jesus *“is the same yesterday, today, and forever”* (Hebrews 13:8), we hold firm to His enduring promise and grow in holiness through perseverance in trials.

Gospel:

John 20:19-31

In the Gospel, Jesus’ first words to His disciples in the locked room after His resurrection are, *“Peace be with you.”* This is more than a greeting. He gives a peace that the world cannot give (cf John 14:27): a peace that transcends, flows from His victory over death, and embodies the Father’s love and mercy. Holiness is not a façade of human perfection, but it is allowing Christ’s peace to take root in our hearts. Like St. Thomas, we are called to conversion and conviction, extending this peace and proclaiming the truth so that others may believe even if they have not seen.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

On this Second Sunday of Easter, also known as Divine Mercy Sunday, we are invited to see the journey of holiness not as an unattainable perfection, but as a journey shaped by trials we must embrace to grow in holiness. We do not attain holiness by our own strength but by leaning on our Father through our risen Lord.

The 1st Reading reminds us that holiness is not an individual accomplishment but a communal endeavour. The early Church devoted themselves to prayer, to the teaching of the apostles, to the breaking of bread, and to caring for one another with a spirit of generosity and joy. In this way, they lived the reality of holiness: making God our Father visible and tangible to others.

The 2nd Reading speaks to the trials we inevitably face on our earthly pilgrimage: illness, loss of loved ones, financial struggles, addictions, persecutions and more. These hardships, when endured in faith, strengthen our character and deepen our hope. As St. Paul

teaches, *"suffering produces endurance, and endurance produces character and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit"* (Romans 5:3-5). Holiness is forged when we allow God our Father's love to meet us in our weaknesses and reshape us.

The Gospel shows this in St. Thomas. His doubt did not end in his despair; instead, in humility and with courage, he turned to Jesus and confessed, "My Lord and my God!" In encountering Jesus' mercy, he was transformed. Holiness involves struggle, doubt, and failure, but when these moments are surrendered, they become grace-filled encounters, that lead to authentic growth towards holiness.

By our Baptism, holiness is our first vocation. It is not an impossible demand, for our Father is not unreasonable. Instead, it is a daily invitation from God our Father to receive His mercy, peace, and forgiveness in love. Thus, even amidst trials, we live with hope and joy, assured of the inheritance promised through Christ's resurrection (1 Peter 1:3-4).

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- In what ways can I reflect holiness through “newness” in my life so that others around me may be inspired to grow in holiness?
- How is our Father inviting me to trust in Him as I face my trials and difficulties?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- What are the areas of our community life that have seen a turnaround from doubt, scepticism, and disunity to holiness?

FOR MINISTRY

- What is the conversion that we need to sustain the new life of Easter in our ministry?
- How do we help ministry members to continue this journey of holiness?

FOR FAMILY

- In times of struggle or doubt, what gives our family joy and hope?
- How do we ensure our family continues to grow in faith in each other and in the resurrected Lord?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Holiness is a communal journey shaped by both grace and hardship. This week, consider how you can offer the peace of the Lord to migrant workers by beginning with simple gestures of acknowledgement and kindness. As these small steps open the way to deeper encounters, reflect on what you are learning from your conversations about what might bring “new life” to them.

Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

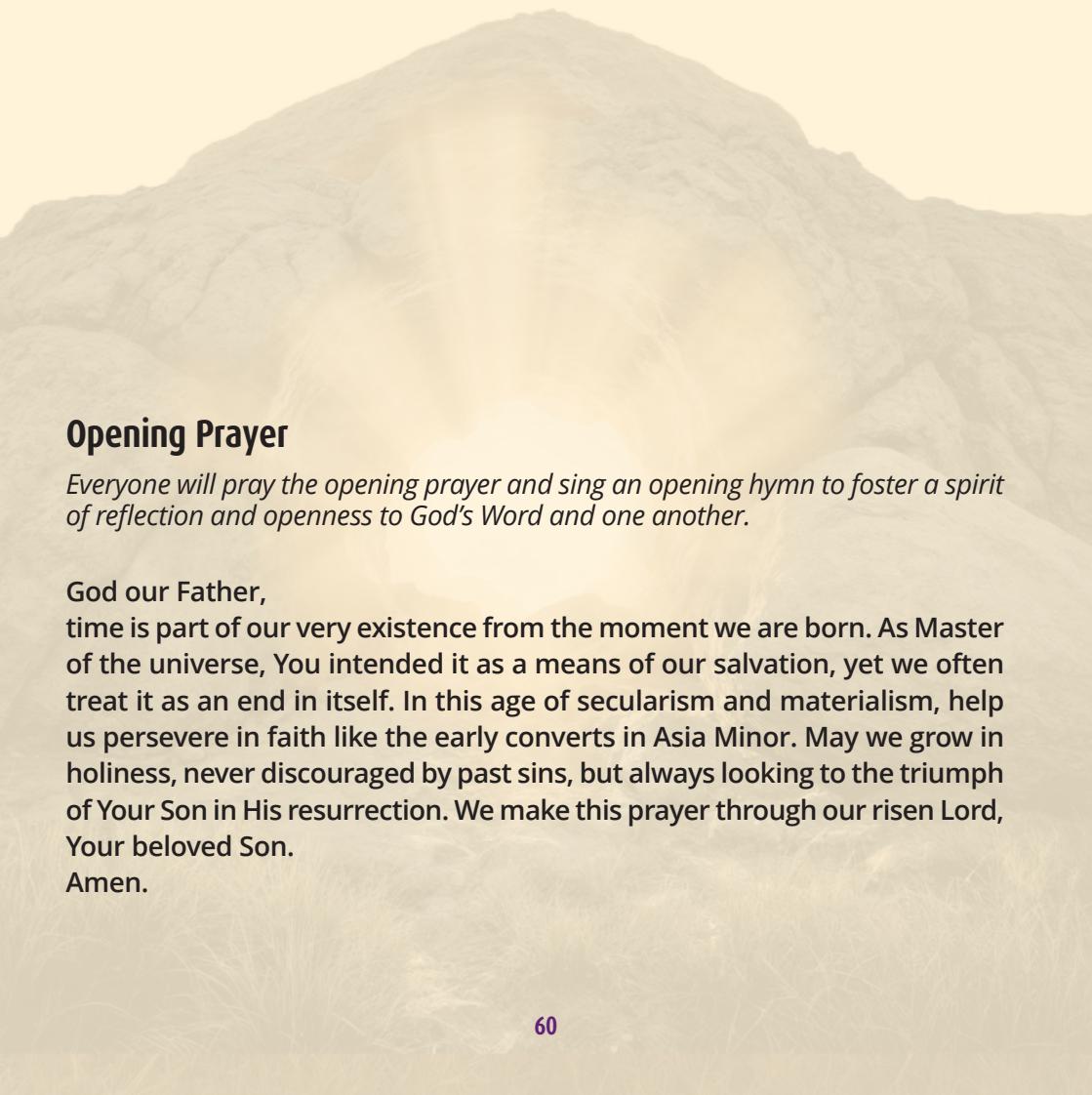
Eternal and loving Father,

we praise You for Your wondrous love and thank You for Your Word that lights our path to holiness. Though our earthly pilgrimage brings difficulties, we know that when we journey together as a community, Jesus is with us. Doubts may come with sufferings and trials, but as St Thomas was transformed, we trust that Jesus Christ will transform us too. As we grow as a family of love and witness to the glory of the resurrection of Your Son, Jesus, we give You praise and honour through the same Christ our Lord.

Amen.

My Reflections

3rd Sunday of Easter



Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

God our Father,

time is part of our very existence from the moment we are born. As Master of the universe, You intended it as a means of our salvation, yet we often treat it as an end in itself. In this age of secularism and materialism, help us persevere in faith like the early converts in Asia Minor. May we grow in holiness, never discouraged by past sins, but always looking to the triumph of Your Son in His resurrection. We make this prayer through our risen Lord, Your beloved Son.

Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Acts of the Apostles 2:14, 22-33*

This speech took place on the day of Pentecost, when the people of Jerusalem witnessed sights and sounds that were both frightening and perplexing. What they saw was the outpouring of the Holy Spirit, promised by Jesus. In response, Peter stood up and explained God our Father's plan concerning the identity and mission of our Lord. The Apostle drew on Joel's prophecy with new boldness, as well as our Father's promise to King David of an eternal descendant. Both were fulfilled in Jesus, who was crucified and raised to life.

2nd Reading: *1 Peter 1:17-21*

This letter was addressed to gentile converts to Christianity in Asia Minor.

The author called them exiles, acknowledging their separation from the heavenly kingdom. His purpose was to help these minorities living in a difficult pagan territory persevere in their faith by reminding them of Jesus' sacrifice and the victory won by His resurrection. Specifically, they were called to imitate God our Father's holiness (1 Pet 1:16). This same call is made to us as exiles too.

Gospel: *Luke 24:13-35*

This post-resurrection account features two dejected disciples leaving Jerusalem because Jesus' crucifixion and an empty tomb were not the outcome they expected. Just as they failed to see the events as a fulfilment of the Old Testament, they did not recognise the risen Lord when He appeared until His act of breaking bread. The interior movements they experienced when Christ was offering them catechesis—explaining the Scriptures and revealing God's plan—further confirmed His identity. Both men were transformed from disbelieving followers into credible witnesses, a role they immediately assumed by returning to the community. This intimate encounter with Jesus is similarly offered to us when we celebrate the liturgy of the Word and liturgy of the Eucharist at the Eucharistic Celebration.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

Past, present, future – this is a common way we use to make sense of time. Many movies have been produced based on these themes, with creative storylines of characters travelling to the past or the future, usually to modify events so that there would be a happy ending. In less dramatic ways, variations of such plots play out in our lives too. There are some of us who have past regrets that we are still trying to undo, while others obsess with preparing for the unknown in the future. In either case, we end up missing out on what is right under our noses, like the two disciples.

As the Son of God, Jesus is all-knowing and all-powerful. Yet, He exercised absolute restraint, defying human tendencies to dwell on choices made or worry about what He had to face. More importantly, He did not use His divine abilities to change the course of events in His favour. When He did speak about His fate or apply His powers, it was always for the sake of His followers and those in

need. He lived fully in the present during His ministry, giving His attention to people and showing God our Father's love to them.

Jesus' choices rejected the serpent's lie to Eve. We are created to be like our Father, not to be god. We achieve this by learning from Jesus Christ, who stayed connected to our Father through prayer and trusted in His promises. We need not fear the past nor the future. We just need to be present in the here and now, faithfully following the teachings of Jesus, even if we fail to attain the fairy tale endings that movies portray. The fateful action of an innocent man being put to death was ultimately made right, let us, then, let go of our thoughts and ways.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- Where do I spend most of my time —in the past, present or future? What are the signs that show this?
- Where should I direct my thoughts and attention so that I can continually recognise Christ's presence in my life?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- How can the community be open and remain welcoming to people with different backgrounds and at different stages of spiritual development?

FOR MINISTRY

- How might our ministry walk with those searching for meaning, while respecting each individual's unique journey?

FOR FAMILY

- Like the two disciples, how can our family walk with those who are searching and help them recognise the risen Lord?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Have a simple conversation with one of the migrant workers you greeted last week. Take a few minutes to be present to them and listen to their view of life and their hopes.

Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

God our Father,

Jesus Your Son used His finite time on earth well. He was Your ambassador through and through, teaching us how to live and love according to Your ways. There were challenges and frustrations, as well as joys and fulfilment. As we reflect on the scriptures, may they light our lives and lead us towards our true homeland with You. Through our Lord, the risen Christ.

Amen.

My Reflections

4th Sunday of Easter

Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Father most faithful,
You continue to call us as You called Your chosen people, and You await our response to Your faithfulness and love. You offer us the abundance of life through Your resurrected Son. Through His sacrifice, we are given new life, empowering us to live righteously where true fullness is found. As we allow Your Word to speak to our lives and guide our actions, and as we listen to one another with patience, understanding, honest sharing, and support in faith, we trust that this fullness of life will grow in us through Your graces. We make this prayer through Jesus Christ our Lord.
Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Acts of the Apostles* 2:14a, 36-41

St. Peter's bold proclamation at Pentecost calls Israel to recognise Jesus as Lord and Messiah, revealing God our Father's faithful covenant. The text intends to show Israel's relationship with God our Father as one of call and response, inviting us to enter into the new life of the Christian community. The outpouring of the Spirit and the baptism prefigure the abundant life promised by Christ, as in John 10:10 records: Christ came that all may have life in its fullness. This early moment foreshadows the transformative encounter with God our Father through Christ, inviting our hearts to turn to Him, believe in Him, and experience the joy of God our Father's redeeming love.

2nd Reading: *1 Peter 2:20b-25*

St. Peter teaches that suffering for doing good aligns with God our Father's will, whereas suffering for wrongdoing does not. Jesus stands as the ultimate example, innocent yet willingly enduring the cross, bearing our sins to bring us closer to God our Father, the Shepherd of our souls. Through His sacrifice, we are offered new life, empowered to live righteously and to extend forgiveness and love even in hardship. Jesus' wounds bring spiritual healing, restoring us to our true home in God our Father. This passage invites us to imitate Christ's patience, humility, and unwavering trust, and to live out His redemptive love in the world.

Gospel: *Luke 24:13-35*

St. John presents Jesus as the Good Shepherd, contrasting Him with false leaders who seek to harm the flock. Entering through the door, Jesus guides His sheep to safety and nourishment, offering care, protection, and direction. Declaring, "I am the door," Jesus reveals that He alone is the true way into God our Father's community and into salvation. Through Jesus, believers receive not only life but abundant life, fullness of purpose, peace, and spiritual vitality. This passage invites us to trust Christ's guidance, follow His voice, and experience the transformative love and care of our Shepherd.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

The Word of God this Easter invites us to rediscover who Jesus is and the life He desires for us. In John 10:10, Jesus declares, *"I came that they may have life, and have it in abundance."* This abundance is not measured by possessions or success, but by the depth of our relationship with Him—the Good Shepherd who knows us, guides us, and lays down His life for us.

In the book of Acts of the Apostles, we know how this abundant life first took root. St. Peter, once fearful, boldly proclaims the risen Christ. His words pierce the hearts of listeners, calling them to repentance and baptism. Those who respond form a community marked by shared faith, prayer, and generosity. Their lives become a living witness to the transforming power of the Gospel, a model for all who follow Christ.

As the first letter of St. Peter reminds us: following Christ often means enduring trials with trust, just as Jesus bore suffering without retaliation. Patient endurance and faithful love become a testimony to God our Father's presence, revealing that our Shepherd never abandons us, even in difficulty.

On the 4th Sunday of Easter, we are invited to listen to the Shepherd's voice, allow His Word to transform our hearts, and live as a community where love, compassion, and forgiveness abound. True conversion begins when we let Christ's life shape our own. Evangelisation flows naturally when others see in us the joy, hope, and abundant life only God our Father can give. May the season of Easter inspire us to deepen our faith, embrace the Shepherd's guidance, and courageously share God our Father's love with the world.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- Jesus promises abundant life. In what ways have you experienced this in your own life?
- Peter calls believers to endure trials with patience, entrusting themselves to our Father. How have you been responding to the difficulties you face?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- In what ways has our community experienced the abundant life of Jesus?
- What can we do as a community to grow in this life He gives?

FOR MINISTRY

- How can we help the people we serve encounter Christ's abundant life through our words and actions? Choose one concrete act of patience, compassion, or forgiveness to practise this week.

FOR FAMILY

- How can our family create a home where each of us experiences God our Father's guidance, care, and abundant life?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

This week, take one deliberate step to share Christ's abundant life with the migrant workers. You might gather them for a simple meal, spend time sharing stories, or even sing a few familiar songs together.

Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Gracious Father,

Jesus our Good Shepherd was sent by You so that we may have life and have it abundantly. You opened the hearts of the disciples and filled them with courage to proclaim the Good News of Your love and salvation. As we live as witnesses of Your love in our families, our parish community, and our neighbourhood, may our lives show how deeply we have received Your message and Your love for us. Through Your graces, help us endure trials with patient trust, share generously because of Your love, and bring hope to those in need as You have given us hope. We trust that the Holy Spirit will empower us to live our faith with joy and to lead all people closer to You, because You love us.

Amen.

My Reflections

5th Sunday of Easter

Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

All-knowing Father,
the call to reflect on Your Word, to spend time in prayer, and to be with the community is to follow the example of our risen Lord, who is the Way, the Truth, and the Life. In the common priesthood we share through our baptism, we are invited to unite our daily lives with the sacrifice of Jesus on the cross, giving You honour through Him, with Him, and in Him. Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Acts of the Apostles 6:1-7*

The people of the Church are always at risk of doing what is practically necessary while neglecting their spiritual duty. By setting an example for the rest of the Church, the apostles understood that for their ministry to bear fruit, they had to *"devote themselves to prayer and to the ministry of the word"*. Put differently, they had to imitate the example of Christ—spending time in intimate conversation with the Father before being able to bring His words to others. Before talking to others about our Father, one must first speak to Him.

2nd Reading:

1 Peter 2:4-9

While the 1st Reading placed emphasis on the ministerial priesthood, this reading speaks of the common priesthood given to all the baptised. All of us are called to associate with and participate in the sacrifice of Jesus on the cross. This is the deeper meaning of “active participation” in the liturgy—to become like Christ in thought, word, and deed; both during formal prayer and in our daily lives. In this way we become “precious to God”, because we are being transformed to be like His beloved Son.

Gospel:

John 14:1-12

Thomas’ question reveals the fear that dwells in every human heart: we often feel lost and directionless. To help us, the Lord gives us these encouraging words: *‘Do not let your hearts be troubled. Believe in God and believe also in me.’* He calms His disciples’ anxiety by teaching that He is the Way, the Truth and the Life. As the Way is united with its destination, He is both the way and the end to which we are led. This helps us to better appreciate the invocation we hear each week, a reminder that we ought to do all things “through Him, with Him, and in Him”.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

Nemo dat quod non habet – “nobody gives what he does not have.” Whether the task is personal holiness, growing in charity towards our neighbour, or evangelising another, it is impossible if we do not first make contact with God our Father. Encumbered our limitations and sinfulness, we may ask: how can we possibly reach Him?

Here we discover God our Father’s great love. He has already taken the first step toward us, continually enlightening our minds with truth and strengthening our wills so that we may choose and persevere in what is good.

Too often, we begin a spiritual endeavour with little or no regular contact with God our Father. Christ, the apostles, and the countless saints show that every work must be accompanied by prayer: we cannot expect our efforts to succeed—no matter how religious they appear—if we do not constantly return to Him who is the source and fount of all graces. To try to build a spiritual house without the Holy Spirit is to build on sand.

There is the very real temptation to devise plans and strategies while treating prayer as practical work. Yet “the Lord is the living stone” (1 Pet 2:5), the keystone to which every effort must be attached. When we offer our work through Him, with Him, and in Him it becomes acceptable to the Father.

This reliance in the Lord is necessary. Otherwise, we end up trying to give others what we do not possess. Our journey towards holiness becomes a discouragingly, exhausting task; evangelisation seems to fall on deaf ears. Prayer is not merely talking to our Father; it is the humble acknowledgement that our human strength alone achieves very little. It is the recognition that we always need our loving Father. Hence, regular prayer is not optional—it is the wellspring from which all fruitful action flows.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- When a task is set before me, what is my first instinct? Do I make time to turn to the Lord in prayer?
- Do I feel fatigued or overwhelmed by my responsibilities? How can I draw strength and guidance from the Lord?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community/ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- *“But you are a chosen race, a royal priesthood, a holy nation, God’s own people, that you may declare the wonderful deeds of him who called you out of darkness into his marvelous light.”* (1 Pet 2:9)

How can we cultivate gratitude for God our Father’s gift of this community, and what is the Lord inviting us to do in order to share that light with others—our families, our colleagues, and beyond?

FOR MINISTRY

- *“It would not be right for us to neglect the word of God so as to give out food...”* *“It is not right that we should give up preaching the word of God to serve tables.”* (Act 6:2)

Sometimes, in ministry, we can get distracted by the “function and role” we play in the parish. How can we turn to the Lord and rely on Him as we carry out the responsibility that the parish has entrusted to us?

FOR FAMILY

- *“In my Father’s house are many rooms;”* (John 14:2)

In families, the temptation often arises to withdraw from one another or to become easily irritated by the close proximity of daily encounter with one another. What can I do to help my family turn to the Lord and rely on Him?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Speak with the migrant workers and gently ask about the trials they face and how they cope with them. Share, in turn, how you deal with your own struggles, and offer them a word of hope.

Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Loving Father,

we often find ourselves distracted by the daily duties of life, and these distractions do not draw us closer to You. The Apostles, who share in the common priesthood, set a good example for us, to follow. When we actively bring the grace of the Eucharist into our work, our homes, and our recreational spaces, we become ever more aware of Your loving presence. Do not let our hearts be troubled by our lack of focus or by our wavering faith in You. We make this prayer through Christ our Lord.

Amen.

My Reflections

6th Sunday of Easter

Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Heavenly Father,
when our Lord Jesus Christ ascended into heaven, He did not leave us as orphans but sent us the Holy Spirit to be our Advocate and Counsellor. The Spirit of truth is always with us and strengthens us to share with others the reason for the hope we have in Jesus Christ, a hope grounded in the unfailing love of the Holy Trinity for each of us. In the name of the resurrected Lord, we pray.
Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Acts of the Apostles 8:5 - 8, 14-17*

Empowered by the Holy Spirit, the martyrdom of Stephen and the persecution of early Christians did not deter them; instead, this led to the second stage of the spread of the Gospel outside of Jerusalem, to Samaria, as promised by Jesus (Acts 1:8). Philip, one of the seven deacons, "filled with the Spirit" (Acts 6:3, 5), is now doing what Jesus Himself did (John 4:4-42; Luke 17:11-19)—preaching the Gospel to the Samaritans who were estranged from the Jews. The Samaritans themselves received the same Holy Spirit when Peter and John came and laid their hands on them.

2nd Reading:

1 Peter 3:15-18

Persecution and false accusations are never far away from those who wish to live a good Christian life. Christ Himself is our model. He was innocent, yet suffered and died for the guilty, to lead us to our Father. Christians are to always have an answer ready for people the reason for their hope. Throughout the history of the Church, Christians have trained themselves in apologetics (the reasoned explanation and defense of the faith) in order to do this, with courtesy, respect and a clear conscience.

Gospel:

John 14:15-21

Jesus promises not to leave us orphans, and states clearly that "another Advocate", the Spirit of truth, will be sent by the Father. "Advocate" is *Paraklētos* (in Greek), which means "advocate" or "helper", and is translated elsewhere as "Counsellor". This word is used five times in John's writings, always with reference to Jesus or the Holy Spirit. This is truly comforting for the apostles, knowing that even when Jesus leaves, the Holy Spirit will be "with you forever", and that He is "with you" (with the Church) and "in you" (in each of us).

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

The readings for this Sunday may be considered in three points, persecution, power and preaching.

First, persecution. When we believe in Christ and try to lead a good Christian life, we will face persecution and crosses. What the Master experienced, His followers will also experience. However, take heart! Jesus is victorious over sin and death! Be reminded of Jesus' words in the Gospel about the unfailing love of our Father and of Jesus: "*anybody who loves Me will be loved by My Father, and I shall love him and show Myself to him*". In such times, as St. Peter exhorts us, we are to "*reverence the Lord Christ in [our] hearts*".

Second, power. In this Easter season, we are reminded that we are to overcome persecution and crosses by the power of the Holy Spirit. Such situations paradoxically give rise to opportunities to spread the Gospel. The martyrdom of Stephen and the persecution of the Christians in Jerusalem led to those "*who had escaped [going] from place to place preaching the Good News*" as well as to Philip's evangelisation of an entire Samaritan town.

Third, preaching. Empowered by the Holy Spirit and bearing our daily crosses with peace-filled confidence in Jesus Christ, we are to witness with both our words and works. We need to "*always have [our] answer ready*". This is a call to every Catholic, especially those who have received the full measure of the Holy Spirit in the Sacrament of Confirmation, to intentionally train ourselves to explain our faith and to stand boldly for it. At the same time, such words must be backed up by living a good Christian life. By doing both, we are doing our part to preach the Gospel.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- How is your relationship with the Holy Spirit, our Advocate and Counsellor?
- Have you shared your reason for the hope you have in Jesus Christ, our risen Lord, with another person?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- How can your Small Christian Community become more knowledgeable about our risen Lord? Suggest one or two tangible steps that can be taken collectively.

FOR MINISTRY

- How shall we set aside time each month to help your members know the risen Lord better and to walk by the power of the Holy Spirit?

FOR FAMILY

- What can you do as a family to develop a stronger relationship with the Holy Spirit? Suggest one or two tangible steps.
- Parents, do you *intentionally set aside time* (e.g. over lunch or dinner) to talk with your children about our risen Lord?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Reach out to a lapsed Catholic and share with them about the Risen Lord and the life He offers. If they stepped away because of hurt, gently remind them that the early Christians also faced persecution, yet the Lord continued to call them back. After your conversation, seek guidance from other Catholics on how best to journey with this person.

Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Benevolent Father,
the Holy Spirit, who proceeds from You and the Son, is our Comforter and Helper. We adore and glorify You. The Holy Spirit empowers us to be witnesses to the faith You have given us, even in times of persecution, false accusation, and false teaching. The Holy Spirit, whom You have sent, fills us with wisdom so that we may always have an answer for those who seek the reason for our faith, our hope, and our love for You. We thank You that we are not left as orphans on our journey towards You. In Jesus' name we pray.

Amen.

My Reflections

7th Sunday of Easter

Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Heavenly Father,

before His Ascension, Jesus promised that the Holy Spirit would be given to us, and You have fulfilled this promise. Trusting also in His promise that He will come again, we face the challenges of each day seeking to give You honour and glory, knowing that You watch over us and guide us on the right path. We make this prayer in Your name.

Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Acts of the Apostles* 1: 12-14

This reading takes place between two important events of our Catholic faith: the Ascension and Pentecost. The Apostles return after having seen Jesus ascend into Heaven and they retreat to the Upper Room to wait for the Advocate (the Holy Spirit) that Jesus promised. As they wait, they "*devoted themselves with one accord to prayer*". Just like how Jesus isolated Himself in the desert to pray before starting His ministry, the Apostles too dedicated a time of prayer before they would be sent out during Pentecost. Similarly, as Jesus' disciples, we too need to ensure we set aside time to pray as a community.

2nd Reading:

1 Peter 4: 13-16

St. Peter's remarks about suffering here reflect the words of Jesus in the Beatitudes: "*Blessed are you when they insult you and persecute you... because of me.*" (Matt 5:11) St. Peter then reminds us that by facing this suffering head-on, we are also glorifying God our Father. While the medium has changed in this modern world, we are still called to act in the ways that Jesus has taught us. On social media, at our workplace, in our homes, even in our church communities, we glorify Jesus by emulating Him at the cost of our comfort and pride.

Gospel:

John 17: 1-11

Here we see Jesus lifts us, His disciples, up to God the Father in prayer. The same way that our works glorify Jesus, He too lifts all that He has done to God the Father. In this Gospel, Jesus is empowering us to share in the mission given to Him by His Father. We are now His missionaries, just as He was a missionary of His Father. Jesus reminds us that He lives on inside each one of us, and that by coming together as one, we then emulate the love between the Father and Son in the Holy Spirit.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

“So that they may be one just as we are.” The last statement in the Gospel this week summarises the message of the three readings. In the 1st Reading, we are called to pray as a community. In the 2nd Reading, St. Peter asks us as a community to be willing to stand up for the faith. In the Gospel, Jesus lifts us up as a community to God the Father, charging us with the mission to continue spreading the faith.

A community is important because it allows us to be united in a common purpose, and at the same time gives us the space to share our burdens with other disciples. Having a strong support within the community allows us to keep going even when we feel lost and provides us with a place to return to when we are drained. Just as Jesus relied on His Apostles, we too can rely on the other members of our community to help us become holy.

Additionally, a Catholic community does not need to gather only in church. The setting or place is secondary. It could be a group of Catholics at the workplace, or friends you meet regularly who may no longer be attending Mass.

We are called to have communities such as these in all aspects of our lives. Evangelisation does not need to be intrusive, but by intentionally allowing our faith to seep into our daily secular lives, we allow the grace of our Father to create communities that can support us even in the most secular settings.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- Have you grown in your relationship with God our Father? Do your actions reveal this to those around you?
- How have your experiences been with community living?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- What are the ways that we can work as one united community to be a beacon of God our Father's light to others around us?

FOR MINISTRY

- Are we letting the "work" of our ministry distract us from being united in God our Father's love? How might we create a ministry space where love comes before the work we do?

FOR FAMILY

- What small steps could support our family in deepening our prayer life?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Invite a few people you know to join you in praying for lapsed Catholics, especially the ones you have been reaching out to. If possible, speak again with the same lapsed Catholic about what it means to live a resurrected life, rising from past hurts, painful experiences, and former practices that may have felt empty or meaningless.

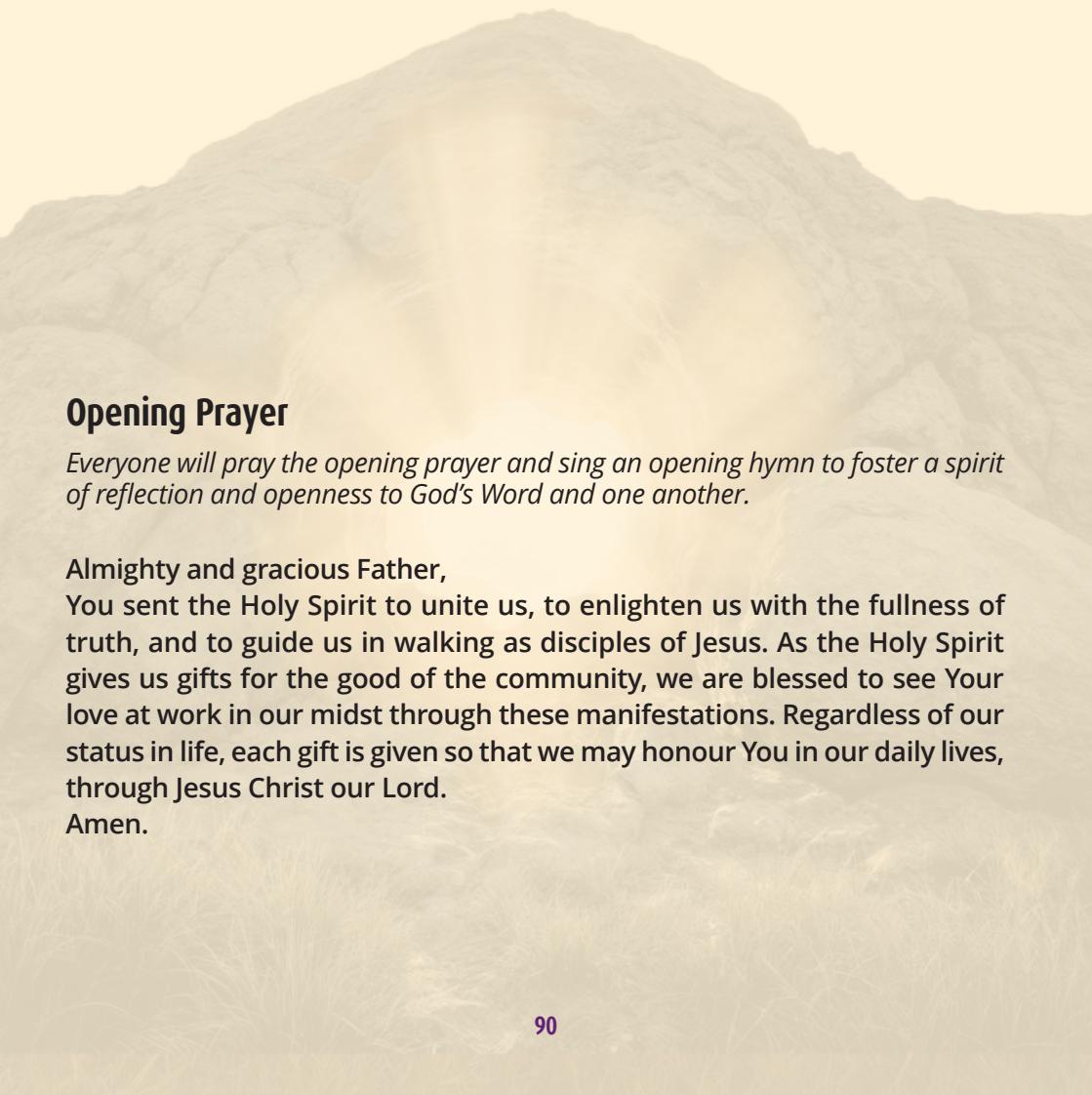
Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

Father God,
through Your love, let the words we have heard today settle in our hearts. Your Word gives us strength for the week ahead, helping us live as Your disciples in this world. The Holy Spirit makes us aware of the changes we need to make, so that we may become more like Jesus Christ and inspire holiness in those we meet. Your Word will fortify us against anyone who intends harm as we share Your love with those around us. We make this prayer in the name of Your Son.
Amen.

My Reflections

Pentecost Sunday



Opening Prayer

Everyone will pray the opening prayer and sing an opening hymn to foster a spirit of reflection and openness to God's Word and one another.

Almighty and gracious Father,

You sent the Holy Spirit to unite us, to enlighten us with the fullness of truth, and to guide us in walking as disciples of Jesus. As the Holy Spirit gives us gifts for the good of the community, we are blessed to see Your love at work in our midst through these manifestations. Regardless of our status in life, each gift is given so that we may honour You in our daily lives, through Jesus Christ our Lord.

Amen.

Readings

The three Scriptures readings and their accompanying commentaries must be read out loud, allowing some time for a silent reflection.

Next, the readings are explained by the leader or group facilitator using the given commentaries. Preparation is recommended for the leader or group facilitator to read and understand prior to the meeting.

Commentaries for:

1st Reading: *Acts of the Apostles*
2:1 11

The Holy Spirit comes like a rushing wind. Tongues of fire appear over each disciple. All are filled with the Holy Spirit and begin to speak in many languages. The crowd, made of many nations, hears the Kerygma of Jesus Christ's Passion, Death, and Resurrection in their own tongue. St. Peter explains that this fulfills the Prophet Joel's prophecy and shows that the Spirit empowers the Church to reach every people. The event breaks the barrier of race and language and shows that the mission of the Church is universal.

2nd Reading: *1 Cor 12:3 7, 12 13*

St. Paul tells us that the Holy Spirit gives many gifts, but all come from the same Spirit. He lists gifts such as wisdom, knowledge, faith, healing, and speaking in tongues. Even though the gifts differ, they are meant for the common good of the whole community. The body of Christ is one; though it has many members, Baptism unites us into one Spirit, regardless of race or status. The passage reminds us that every believer receives a unique role that builds up the whole community.

Gospel: *John 20:19 23*

After His resurrection, Jesus appears to the locked disciples, says *"Peace be with you"* and shows His wounds. He then breathes on them, saying, *"Receive the Holy Spirit"*. This breath recalls our Father's first act of giving life to Adam and shows that the Holy Spirit brings new life and authority to the apostles. Jesus also gives the apostles the power to forgive sins, linking the Holy Spirit with the Church's ministry of mercy. The moment shows that the Spirit brings new life, courage, and the authority to bring forgiveness to the world. Their mission now includes healing wounds of sin and proclaiming the risen Lord.

Reflections

Another person reads this section, which is meant to deepen our reflection(s) on the readings of the week. Allow adequate time for reflection(s).

Pentecost is the day the Holy Spirit turned a small group of followers into a worldwide Church. The wind that filled the apostles shows that the Holy Spirit moves us like an invisible force. Regardless of language, culture, or status, the Holy Spirit comes to every believer. This is why the apostles spoke in many tongues, so that every person could hear the same truth. In today's world, we also hear many languages and see many cultures, which can sometimes divide us. Yet the Holy Spirit invites us to listen with open hearts and to share the same message of love.

St. Paul reminds us that the Holy Spirit gives many gifts. Some of us may be good teachers, others good listeners, and some may have a talent for caring for the sick. All these gifts belong to the same Spirit and are meant to help the whole community. When we use our gifts for others, we become part of the one Body of Christ. The Gospel shows that the Spirit also gives us the power to forgive. Forgiveness is the first act of holiness: it clears the

way for new life. When we forgive, we imitate Christ and open space for the Holy Spirit to work in us and around us. Forgiveness frees us from the weight of sin and opens space for peace.

How has the Holy Spirit's wind stirred your heart today? Do we hear the call to use our gifts for the good of others? When we let the Holy Spirit guide us, we become witnesses who bring the Good News to our families, schools, and neighbourhoods. In every small act—listening, helping, forgiving—we echo Pentecost and help the Church grow in love.

Sharing Questions:

This section is divided into Personal and Group Contextual sharing. The latter is meant to prompt sharing based on the specific context, i.e. Small Christian Communities, Ministry or Family. Allow time to reflect on these questions and time for everyone to respond.

Personal Reflection & Sharing Questions

Everyone to reflect silently on the below question(s). Then, you may wish to share your reflections if you are in a group.

We talk about what struck you in the passages of scripture and how you can share the Word of God with others.

- Recall a time when you felt the Holy Spirit gave you courage. What happened and how did it change you?
- What gift of the Spirit is recognisable in you? How could you offer it to someone this week?

Group Contextual Sharing Questions

You may wish to reflect on one of the following questions according to your context. We talk about what struck us in the passages of scripture and how we can share the Word of God as a community / ministry / family.

FOR SMALL CHRISTIAN COMMUNITIES

- How can our community create a space where each member's different gift is valued and used for a common good?

FOR MINISTRY

- How can your ministry help each member discover and use a charism for the common good?

FOR FAMILY

- How does your family recognise the Spirit's gifts in each member, and encourage one another to use them?

Doing Your Bit

Your action to reach out or evangelise to another person to share the Good News of Jesus.

Invite the lapsed Catholic to join Landings or another welcoming programme in your parish, or encourage them to connect with a community that is loving and supportive.

Closing Prayer

The session ends with a prayer being prayed by everyone in the group. Everyone will pray for each participant and then for the community.

All-knowing Father,

You have gathered all believers into one fold through the Holy Spirit, who binds us together through many gifts. The new life of Easter is strengthened by the Holy Spirit, who heals the wounds of sin and enlightens us on how we can continue to live for You, Father. We thank You for this wonderful moment in history that we celebrate constantly, for it is truly an outpouring of Your awesome love for us. Our lives are blessed by the Pentecost event. We thank You, Father, through Jesus Christ.

Amen.

My Reflections

Lent Activity: Stations of the Cross for the Family

Praying the Stations of the Cross as a family is a simple quiet time of prayer or an opportunity for conversation, sharing one another's thoughts and meditations about each station. You can also prepare your own stations by printing out pictures of each station and getting the younger children to colour them. Alternatively, if you have older children, show them paintings based on the different stations – this is an opportunity for them to appreciate liturgical art as well as develop their ability to reflect.

Opening Prayer

Lord Jesus Christ, take me along that holy way you once walked to Your death. Take my mind, my memory, and above all my reluctant heart, and let me see what once you did for love of me and all of the world.

The First Station: JESUS IS CONDEMNED TO DEATH

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Jesus is brought to stand in front of Pontius Pilate, the judge. He is innocent but Pontius Pilate condemns Him anyway and sentences Him to death.

All: Jesus, it is really our bad thoughts, mean words and angry actions that you are being punished for. We are praying the Stations of the Cross to tell You that we are sorry for all our sins.

Our Father, Hail Mary, and Glory Be...

The Second Station: JESUS TAKES HIS CROSS

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Jesus has been beaten by the soldiers. He has been laughed at and spat upon. Now He must pick up the heavy cross and carry it while the crowd yells. He is so tired and sad but no one cares.

All: We care that You are tired, Jesus. We are sorry that You are sad. We would like to help You carry Your cross with our prayers.
Our Father, Hail Mary, and Glory Be...

The Third Station: JESUS FALLS THE FIRST TIME

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: The cross is too heavy. It is so heavy that Jesus falls down under its weight. The blood from the crown of thorns is running into His eyes and His back aches from the scourging. People are still screaming and throwing things at Him. His heart must be as heavy as the cross He carries.

All: Jesus, it is our sins that make Your cross so heavy. We are sorry. We love You and we try to be good for You with our prayers and with our lives.
Our Father, Hail Mary, and Glory Be...

The Fourth Station: JESUS MEETS HIS BLESSED MOTHER

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Suddenly, Jesus sees His mother. She is standing at the side of the road surrounded by the crowd. Her eyes fill with tears when she sees Jesus. She wants to help Him but she cannot. Both their hearts ache at the other's pain.

All: Jesus, You and Your Blessed Mother help us whenever we ask. Our hearts ache too with the pain of the Stations of the Cross. We promise to pray to You every day and we ask Mother Mary to pray for us.
Our Father, Hail Mary, and Glory Be...

The Fifth Station: SIMON OF CYRENE HELPS JESUS CARRY THE CROSS

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: The soldiers are in a hurry. They grab Simon of Cyrene out of the crowd to carry the cross and make Jesus go faster. Jesus was grateful to Simon for his help.

All: Simon did not know he was blessed when he was carrying Your cross – he only felt how heavy it was. Praying the Stations of the Cross will help us to remember that carrying our crosses help You too.

Our Father, Hail Mary, and Glory Be...

The Sixth Station: VERONICA WIPES THE FACE OF JESUS

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Jesus' face is covered with sweat, blood and dust. It is itchy and uncomfortable. In pity, Veronica runs out to the road to wipe the dirt from Jesus' face. This small act of kindness is all she can do to help Him.

All: Jesus, we want to see and touch Your face, shining in glory in Heaven. We know that our small acts of kindness and our prayers help us grow closer to You and Your Father in Heaven.

Our Father, Hail Mary, and Glory Be...

The Seventh Station: JESUS FALLS THE SECOND TIME

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: The road is so long and the cross is so heavy. Exhausted, Jesus falls down again. The soldiers yell at Him and whip Him to make Him get up. Don't they know that they are hurting Him more?

All: Jesus knows that He is suffering for the sins of the world. He gets up and keeps walking. Jesus, sometimes we get tired, discouraged and impatient with the world. When we fail and fall into sin, it hurts You more. We are sorry and we ask You to help us be as patient and brave as You.

Our Father, Hail Mary, and Glory Be...

The Eighth Station: JESUS SPEAKS TO WOMEN OF JERUSALEM

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Next, Jesus meets some of the women He taught. They are crying. They are crying for Jesus, and for their own loss -- what will they do without Jesus? Jesus tells them not to weep for Him, but for all the sinners of the world.

All: Jesus, you told the women of Jerusalem to weep for us. Even in Your pain, You remembered us. Thank you. We will pray for sinners too.

Our Father, Hail Mary, and Glory Be...

The Ninth Station: CHRIST'S THIRD FALL

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Jesus reaches the last hill before Calvary. He looks up to see how far He has to go. When He sees the hill where He knows He is going to die, His strength leaves Him and He falls to the ground. There is still more pain, still more sorrow to endure. But Jesus loves us, so He keeps going.

All: Jesus, You kept going even though You were tired, scared and sad. You loved us then, and You love us now. We offer our prayers to tell You that we love You, and want to comfort You in Your great sacrifice.

Our Father, Hail Mary, and Glory Be...

The Tenth Station: JESUS IS STRIPPED OF HIS GARMENTS

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: The crowd has followed Jesus and the soldiers to the top of Calvary hill. Now they laugh as the guards pull off His clothes - His robe was stuck to the blood on His back. The guards push and shove Jesus. They do not care who He is, they only see that He is an object of scorn.

All: Jesus, even wounded, bleeding, roughly treated by the guards and mocked by the crowds, You were and are still our King. We ask You to remember us in Your Kingdom.

Our Father, Hail Mary, and Glory Be...

The Eleventh Station: JESUS IS NAILED TO THE CROSS

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Is this the worst? The feet that carried the message of God's Love and the hands that healed are pierced with nails as Jesus is nailed to the cross. More wounds, more pain and more humiliation for Jesus.

All: Jesus, they tried to stop Your hands and feet from doing Your Father's work by nailing You to a cross. You endured the pain of it for us, as You gave Your whole life for us. We thank You and we love You.

Our Father, Hail Mary, and Glory Be...

The Twelfth Station: JESUS DIES UPON THE CROSS

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: The sword that Simeon prophesied has pierced Mary's heart. The hopes of the Apostles are crushed. The veil of the Temple, symbol of the old covenant of God's Love, is torn in two as Jesus' death opens a New Covenant with God our Father.

All: Jesus, you spoke lovingly to everyone gathered at the foot of Your cross. You knew the new life that Your death made possible. Speak lovingly to us when we come before You and make us worthy of that new life in You.

Our Father, Hail Mary, and Glory Be...

The Thirteenth Station: JESUS IS TAKEN FROM THE CROSS

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Now, all that is left is to take Jesus' body down from the cross. All the gentleness, reverence and love denied through this terrible day is possible now. Mary and the Apostles wonder...is it too late? Is it over?

All: Jesus, with our prayers, we join in taking Your body down from the cross. We touch You; take the nails out, wash Your wounds, take off the crown of thorns, with love and sorrow. We grieve with Mary, and want to comfort her.

Our Father, Hail Mary, and Glory Be...

The Fourteenth Station: JESUS IS LAID IN THE SEPULCHER

All: We adore You, O Christ and we bless You because by Your holy cross, You have redeemed the world.

Leader: Even in this time of sorrow, there is help. Joseph of Arimathea arranges for Jesus to be buried in a nearby tomb. His body is wrapped in clothes and sealed away. Everyone walks away, weeping. Finally, all is quiet, peaceful even.

All: *Our Father, Hail Mary, and Glory Be...*

Leader: Three days later, something wonderful happens-Jesus rises from the dead! The Light of the Resurrection cracks open the tomb-Jesus' Light is stronger than death.

Closing Prayer

Lord Jesus, we sometimes think that You are gone, that it is all over, that we will never be happy or good again. Your resurrection shows us that You will never leave us. Help us always to try to follow You in our lives and through our prayers. We make this prayer in Your most holy name. Amen

Easter Activity

Celebrating Sundays of Easter

Easter Sunday (5 April 2026)

Together with family and friends, let us be ready and watchful as we celebrate Easter as one Body in Christ.

2nd Sunday of Easter: Divine Mercy Sunday (12 April 2026)

Gather your family, ministry, or community members and pray the Divine Mercy chaplet. We lift up in this prayer those who are most in need of His mercy.

3rd Sunday of Easter (19 April 2026)

As we prepare for Vocation Sunday (Good Shepherd Sunday) next week, take time this week to lift up a priest or religious in prayer.

4th Sunday of Easter: Good Shepherd Sunday (26 Apr 2026)

We celebrate the Feast of St. Joseph the Worker on 1 May. We implore his intercession and let us honour the men in our lives. May St. Joseph become our role model in our family life and work.

5th Sunday of Easter (3 May 2026)

As we prepare to celebrate Mother's Day next Sunday, offer a spiritual bouquet to our Blessed Virgin Mary by praying a rosary. We pray especially for mothers and those who are trying to conceive.

6th Sunday of Easter & Mother's Day (10 May 2026)

Begin a nine-day (from 16 May to 14 May 2025) novena prayer to the Holy Spirit on the day after Ascension Thursday.

7th Sunday of Easter - World Day of Social Communications (17 May 2026)

Read the Holy Father Leo's message for the 60th World Day of Social Communications: Preserving human voices and faces.

Pentecost Sunday (24 May 2026)

Prepare a music playlist for Pentecost and play it in the background as you go about your week. Alternatively, you can listen to CatholicSG Radio. Sing along whenever the Holy Spirit moves you.

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Be Holy. For I Am Holy

Through Baptism, we are made holy and set apart as God's own. Yet, through our human failures and sin, we forget who we are. Lent calls us to turn back to God, but it is Easter that reveals who we are meant to be: renewed, restored, and alive in Christ.

To be holy is to share in His Resurrection, to live each day as God's beloved and radiant people. In this season, how are we being called to reclaim and live out the holiness we already share in Christ?

This resource is intended for families, RCIA groups, parish organisations and ministries, small Christian communities, and neighbourhood Christian communities. It may also be used for individual reflection.



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