

6th Sunday of Easter  
May 22, 2022

# FAITH @ HOME

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**First Reading:** Acts 15:1-2, 22-29  
**Responsorial Psalm:** Psalm 67:2-3, 5, 6, 8  
**Second Reading:** Revelation 21:10-14,  
22-23  
**Gospel:** John 14:23-29

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

## 1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? You can [find the Gospel reading here](#).

[Click here](#) if you would like to watch a video that has images accompanying the proclamation of the readings.

## 2. PRAY

In today's Gospel, Jesus says, "Peace I leave with you, my peace I give to you," and "Do not let your hearts be troubled or afraid."

There are often many things in our lives and our world that leave us feeling troubled or afraid. Tell Jesus about the things that are currently causing you to feel troubled or afraid.

After sharing these things with Jesus, take some time to listen silently and hear what Jesus is saying to you.

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

Close your prayer by taking several slow, deep breaths. Slowly and quietly repeat Jesus' words: "Peace I leave with you, my peace I give to you." Repeat this several times and allow Jesus to hold you in his peace.

## 3. TALK

Find a blank piece of paper and something to write with (pen, pencil, crayon, marker). Draw a large heart on the paper.

What is happening in your life that is on your heart right now? Some might be joyful; others might be troublesome. Inside the heart you drew, draw pictures or write a few words about each of these things.



Share with your family the things you drew or wrote about that are on your heart. Tell them how you are feeling about each one. If you live alone, consider sharing this with a close friend or writing about it in a journal.

After sharing about the things on your heart, tell your family how you are experiencing God's love or peace in the midst of these things.