



Small Groups

Parish Community of Saint Helen

Sunday, April 16, 2023
Divine Mercy Sunday
In the Zone Week 1

Opening Song

[Raise a Hallelujah ~ Saint Helen Band](#)

Opening Prayer

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

Amen

Source: Diary of St. Faustina, 1319

Gospel

Jn 20: 19-31

On the evening of that first day of the week,
when the doors were locked, where the disciples were,
for fear of the Jews,
Jesus came and stood in their midst
and said to them, "Peace be with you."
When he had said this, he showed them his hands and his side.
The disciples rejoiced when they saw the Lord.
Jesus said to them again, "Peace be with you.
As the Father has sent me, so I send you."
And when he had said this, he breathed on them and said to them,
"Receive the Holy Spirit.

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Whose sins you forgive are forgiven them,
and whose sins you retain are retained.”

Thomas, called Didymus, one of the Twelve,
was not with them when Jesus came.

So the other disciples said to him, “We have seen the Lord.”

But he said to them,

“Unless I see the mark of the nails in his hands
and put my finger into the nailmarks
and put my hand into his side, I will not believe.”

Now a week later his disciples were again inside
and Thomas was with them.

Jesus came, although the doors were locked,
and stood in their midst and said, “Peace be with you.”

Then he said to Thomas, “Put your finger here and see my hands,
and bring your hand and put it into my side,
and do not be unbelieving, but believe.”

Thomas answered and said to him, “My Lord and my God!”

Jesus said to him, “Have you come to believe because you have seen me?”

Blessed are those who have not seen and have believed.”

Now, Jesus did many other signs in the presence of his disciples
that are not written in this book.

But these are written that you may come to believe
that Jesus is the Christ, the Son of God,
and that through this belief you may have life in his name.

Reflection Video:

Options:

[The weekend Homily](#)

or

[Bishop Barron: Breathing Divine Mercy](#)

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Discussion Questions

1. Thomas confessed his faith with the words, "My Lord and my God!" What doubts or questions about God are we struggling with? What have you found helpful in dealing with doubts?
2. Imagine Jesus appears to us right now and says, "Peace be with you." What resonates in your heart when you imagine this?
3. Where could use Jesus' peace right now: in some relationship? In some inner fear? In your work?
4. When you have struggles and doubts in your faith, what have you found helpful?
 - a. Going to my bible
 - b. Sharing my struggles with my family or friends
 - c. Spending time alone with God
 - d. Talking it over with my priest, small group, or spiritual director
 - e. Other _____
5. If you could ask Jesus one "hard question" about your spiritual life, what would that be?

Closing Prayer

Ask for the group intentions ~ *Lord hear our prayer* after each

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now,
and ever shall be,
world without end.
Amen.

Closing Reflection Song [Lord, I Need You ~ Matt Maher](#)