



# Small Groups

Parish Community of Saint Helen



**Sunday, April 30, 2023**  
**Fourth Sunday of Easter**  
**In the Zone Week 3**

## Opening Song

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

## Opening Prayer

The Lord is my shepherd; I shall not want.

In verdant pastures he gives me repose;

beside restful waters he leads me;

he refreshes my soul.

He guides me in right paths for his name's sake.

Even though I walk in the dark valley I fear no evil;

for you are at my side

With your rod and your staff that give me courage. ~ Psalm 23:1-4

## Gospel

**Jn 10:1-10**

Jesus said:

"Amen, amen, I say to you,

whoever does not enter a sheepfold through the gate

but climbs over elsewhere is a thief and a robber.

But whoever enters through the gate is the shepherd of the sheep.

The gatekeeper opens it for him, and the sheep hear his voice,

as the shepherd calls his own sheep by name and leads them out.

When he has driven out all his own,

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he walks ahead of them, and the sheep follow him,  
because they recognize his voice.  
But they will not follow a stranger;  
they will run away from him,  
because they do not recognize the voice of strangers."  
Although Jesus used this figure of speech,  
the Pharisees did not realize what he was trying to tell them.

So Jesus said again, "Amen, amen, I say to you,  
I am the gate for the sheep.  
All who came before me are thieves and robbers,  
but the sheep did not listen to them.  
I am the gate.  
Whoever enters through me will be saved,  
and will come in and go out and find pasture.  
A thief comes only to steal and slaughter and destroy;  
I came so that they might have life and have it more abundantly."

**Reflection Video:** [Weekend Homily ~ Msgr. Tom](#)

## Discussion Questions

1. How does this weekend's message encourage us to be "In the Zone?"
2. In this gospel Jesus says to us: "Amen, amen, I say to you, I am the gate for the sheep."
  - a. What does this mean to you?
  - b. Do you see yourself as one of Jesus' sheep?
  - c. How is he your gate?
3. We also hear Jesus say to us in the gospel, "Whoever enters through me will be saved, and will come in and go out and find pasture." What kind of pasture does your soul long for?

4. Pope Benedict XVI once said, “We are no longer able to hear God; there are too many frequencies filling our ears.” How do you listen to our Good Shepherd?
5. Do people hear in you the voice of Christ? For whom are you a “gate”?

## **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** [Follow Me ~ Danielle Rose](#)