



# Small Groups

Parish Community of Saint Helen

**Sunday, April 7, 2024**  
**Second Sunday of Easter**  
**Divine Mercy Sunday**  
**Becoming Witnesses: Resurrection Responses Week 2**

**Opening Song:** [Let Your Mercy Wash Over Us ~ Trevor](#)

[Thompson](#)

## Opening Prayer

Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbor's souls and come to their rescue.

Help me, that my ears may be merciful, so that I may give heed to my neighbors' needs and not be indifferent to their pains and moaning's.

Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbor, but have a word of comfort and forgiveness for all.

Help me, O Lord, that my hands may be merciful and filled with good deeds, so that I may do only good to my neighbors and take upon myself the more difficult and toilsome tasks.

Help me, that my feet may be merciful, so that I may hurry to assist my neighbor overcoming my own fatigue and weariness. My true rest is in the service of my neighbor.

Help me, O Lord, that my heart may be merciful so that I myself may feel all the sufferings of my neighbor. I will refuse my heart to no one. I will be sincere even with those who, I know, will abuse my kindness. And I will lock myself up in the most

merciful Heart of Jesus. I will bear my own suffering in silence. May Your mercy, O Lord, rest upon me.

Amen.

St. Faustina's Prayer to be merciful

## **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.  
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:** [Msgr. Tom's Sunday Message](#)

## Discussion Questions

1. Think back over your life and your relationship with the Lord. Think of your decisions and your choices that led you away from God.
  - a. What led to those decisions and choices?
  - b. If you've moved past this, how did the Lord call you back to himself and show you his merciful love?
  - c. If these struggles are still in your life, how is the Lord offering you his mercy?
2. How has the risen Jesus broken through your locked doors?
3. Share a "Thomas" moment. How have you found your way out of doubts?
4. Thomas leads others to the wounds of Christ.
  - a. Where is Christ's body wounded in our world?
  - b. How can we as witnesses to the resurrection bring hope to those wounds?

## 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 :** [I Will Rise ~ Saint Helen Band](#)