

5th Sunday of Easter

John 13:31–33a, 34–35

‘A new commandment I give to you, that you love one another.’

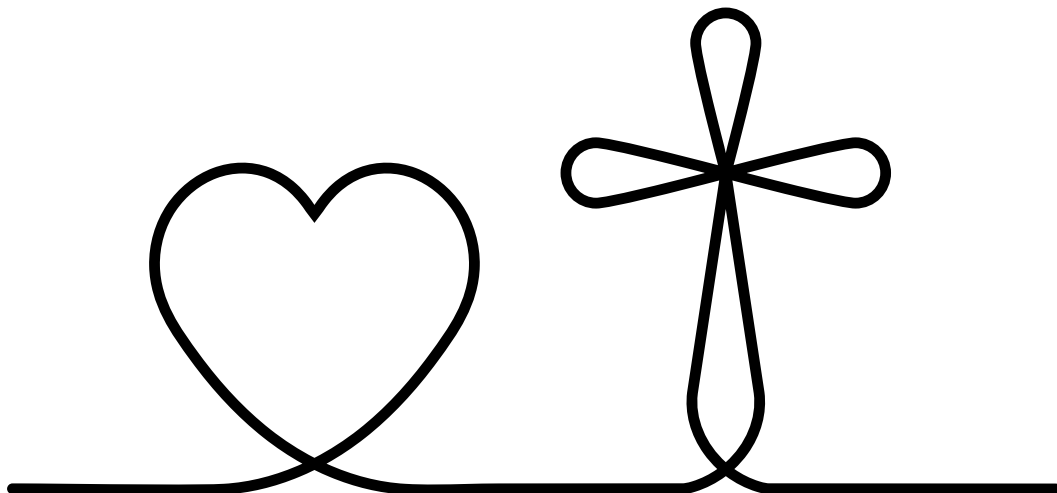
When Judas had gone out from the upper room, Jesus said, ‘Now is the Son of Man glorified, and God is glorified in him. If God is glorified in him, God will also glorify him in himself, and glorify him at once. Little children, yet a little while I am with you.

‘A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.’

Reflection

In today’s Gospel, Jesus tells us something really important: “Love one another just as I have loved you.” Jesus showed us how to love by being kind, helping others, and caring for them no matter what.

As Vincentians, we are called to love others the same way Jesus loves us. This means helping people who need it, being kind to our friends, and showing love to everyone around us. When we love others, we are sharing Jesus’ love with the world.



Materials needed

- Paper
- Pens

Activity

- Are there people in your community who are often overlooked or left out? Perhaps those who are isolated, lonely, or living on the margins of society. Take a moment to reflect on a group that might rarely experience the warmth of love and belonging. How could you reach out to them and show them God’s love through your actions and service? Create an action plan that puts love into practice in a real and meaningful way.

Call to Action

- Love isn’t just a feeling – it’s something we do. Now that you’ve reflected and created your plan, it’s time to act. Choose one step you can take this week to share God’s love with someone who really needs it. Whether it’s a kind word, a helping hand, or simply showing up – your actions can make a difference. Be the reason someone feels seen, valued, and loved.

