

# 4th Sunday of Easter (Year A)

**John 10:1-10**

**'I am the door of the sheep.'**

At that time: Jesus said, 'Truly, truly, I say to you, he who does not enter the sheepfold by the door but climbs in by another way, that man is a thief and a robber. But he who enters by the door is the shepherd of the sheep. To him the gatekeeper opens. The sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. A stranger they will not follow, but they will flee from him, for they do not know the voice of strangers.' This figure of speech Jesus used with them, but they did not understand what he was saying to them.

So Jesus again said to them, 'Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers, but the sheep did not listen to them. I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.'

## Reflection

Jesus says, "I came that they may have life and have it abundantly" – real, full life is found in following Him. Being a disciple isn't boring or restrictive; it's where life actually starts to make sense. Jesus is always showing us the way, even in the middle of everyday stuff. The more we get to know Him through prayer, Scripture, and the Sacraments, the easier it becomes to recognise where He's leading us. But His voice isn't usually loud or obvious; it's often quiet and gentle, so we have to slow down and really listen. Following Him means taking time to notice, to pause, and to figure out what He's asking of us.

How often do you try to listen for Jesus' voice? Do you give Him a bit of space in your day, even for a few minutes, just to be with Him?



## Materials needed

- Pens
- Paper or journal
- A quiet space

## Activity

As a group, take some time to slow down together. Start by sitting in silence for 2 minutes – phones away, no distractions – just giving space to listen to Jesus. It might feel a bit strange at first, but that's okay. After the silence, spend a few minutes journaling. Write down anything that came to mind – a thought, a feeling, an image, or even just how the silence felt. There's no right or wrong here; it's just about noticing. If you feel comfortable, you can share something from your journaling with the group.

## Call to Action

As a challenge, try to keep this going during the week: 2 minutes of silence each day, followed by a quick note in a journal or on your phone. Then next time you meet, come back and share how it went. Did it get easier? Did you notice anything new? Over time, this can become a simple habit – a way of making space to hear Jesus' gentle voice in the middle of everyday life.

