

7th Sunday of Easter (Year A)

John 17:1-11a

'Father, glorify your Son.'

At that time: Jesus lifted up his eyes to heaven, and said, 'Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him authority over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work that you gave me to do. And now, Father, glorify me in your own presence with the glory that I had with you before the world existed.

'I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you. For I have given them the words that you gave me, and they have received them and have come to know in truth that I came from you; and they have believed that you sent me. I am praying for them. I am not praying for the world but for those whom you have given me, for they are yours. All mine are yours, and yours are mine, and I am glorified in them. And I am no longer in the world, but they are in the world, and I am coming to you.'

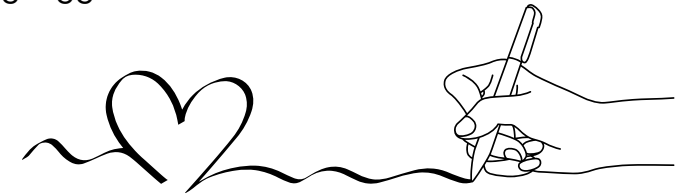
Reflection

This Gospel is a really powerful moment where we hear Jesus praying out loud to the Father – honestly, openly, and with so much trust. He knows what's coming next, that things are about to get really difficult, but instead of running from it, he places everything in God's hands. What stands out is how much he cares about his disciples – he's praying for them, and that includes us too. He wants them (and us) to truly know God, not just know about Him, but to have a real relationship that brings life and purpose. Even with the cross ahead, Jesus is focused on the bigger picture—the hope and joy of the resurrection.

For us, especially in Youth SVP, this is a reminder that we're not doing things alone or just for the sake of it. Like Jesus, we're called to live with purpose, to care for others, and to trust God even when things feel uncertain or tough. In the spirit of St. Vincent de Paul, we try to put that love into action by serving others, showing up, and making a difference in small but real ways. And just like in this Gospel, we can be confident that God is with us in it all, working through us and leading us towards something bigger.

Materials needed

- Writing paper
- Pens
- Envelopes



Activity

Writing a letter is something that people don't do so often these days. However, it is a great way to communicate with someone, especially with a friend or a family member. You can say so much more in a letter, you can be creative and spend some time thinking about what you would like to say. It's always exciting receiving a letter too, and wonderful when you get one in return.

Take some time to write a letter to God. You can be real- share what's going on in your life, your worries, your hopes, or ask for help for yourself or for others. You might want to include people you've met through SVP, or anyone who might be struggling or feeling alone.

Then, in the Vincentian spirit take it one step further. On a second piece of paper or card, write a short, kind message to someone else- a friend, a neighbour, or someone supported by your group. It doesn't have to be long, just something simple to remind them they are not alone.

Call to Action

You can keep your letter to God somewhere safe and come back to it later, but try to share the second message if you can. This way, your prayer turns into action – bringing hope, encouragement, and connection to someone who might really need it.

