

# CATECHESIS@HOME 2022 #12

"DO NOT LET YOUR HEARTS BE TROUBLED OR AFRAID"

(6th SUNDAY OF EASTER)



Prepared by Archdiocesan Catechetical Centre  
Archdiocese of Kuala Lumpur



## INTRODUCTION

This material has been prepared to provide families an opportunity to gather and spend time reflecting and discussing about the scripture readings of the 6th Sunday of Easter.

## HOW TO USE THE MATERIAL

This document contains activities that members of the family may complete individually (just the children), in pairs (with parental assistance), or as an entire family. It would be helpful to print a hard-copy, so that members of your family may carry out different activities at the same time.

## WHEN TO USE THE MATERIAL

During the week after the family has celebrated the Mass of 6th Sunday of Easter.

## OPENING PRAYER

Heavenly Father, we thank you for the gift of each one gathered here today. Help us to trust Jesus because he is with us always and gives his peace to us. Holy Spirit, guide us during this family gathering. We make this prayer in Jesus' name, Amen.



## SCRIPTURE REFLECTION

Invite someone to read **John 14: 23-29**. Later, reflect on the questions given together as a family, and share your responses with one another. (If necessary, parents are encouraged to rephrase the information and questions according to their children's level of understanding).

### Time for reflection and discussion:

1. If you had been one of the disciples and hear Jesus saying the words as found in the gospel reading, what would you have thought or felt?
2. How often have you wished that Jesus is physically present to you? Why do you feel this way?
3. Jesus says he will give peace to his followers. What do you think is the main reason why many Christians are not able to experience the peace of Jesus?
4. Would you say that you have experienced the peace of Jesus in your own life? If yes, share this experience.

In the gospel passage, we hear Jesus gently trying to prepare the disciples for the day when he will no longer be present to them in bodily form. Unlike us, who know the story, they did not know what was coming next, so they are confused and worried. In this way, Jesus is inviting his followers not to cling to his physical presence, but to be open to a deeper way of being in relationship with Him, and to believe and trust in him completely.

Jesus also shares with his disciples his peace. To have the peace of Jesus does not mean we will always have a peaceful life. The peace that Jesus gives is not a feeling but a gift. When someone gives us a gift, we have to appreciate and to enjoy it. In the same way, when Jesus gives us his gift of peace, we have to know how to appreciate it and to enjoy it, even in moments of trials and challenges. The peace of Jesus comes to us in the Person of Holy Spirit who dwells in us. Let us learn how to appreciate and enjoy the Peace of Jesus.

## FOLLOW-UP ACTIVITIES

Below you will find some activities for younger children, revolving around the Sunday Gospel. Select the activities you would like to complete with your children, or try to complete them all if you can!

Activity #1: Find the words.

## Peace of Mind and Heart

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. John 14:27 (NLT)

Based on John 14:23-29



N C D U H O M E Z R E R O Q T  
N C W T N B N U Y M Q Q A K Y  
S W P B R Q B Y O T D J F R M  
U J E F Y M E C D I M I W D Z  
N P A L V W V D A S H K L H N  
D H C O X Z J R D V O R L O G  
Y J E V H F F R V O O Q W L R  
Z A T E Z A O N W W X W L Y E  
W A P E F W T M R O K N R F A  
F M I H I N H C S O U A T C T  
F A S V E B T E A C H I N G E  
G O T B R A B U R C R G G E R  
D L B H J P R V L I B Q L O Z  
M N Y E E G X T P V J Z W A P  
G D K I Y R G S S Q N P D M D

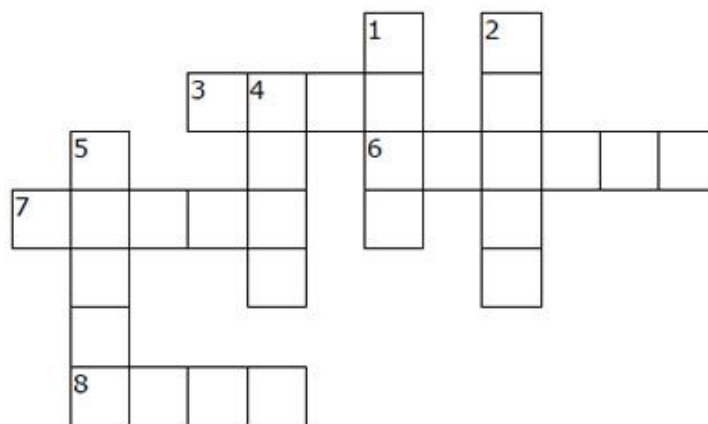
WORDS	HEARTS	SPIRIT	HOME	GLAD
TEACHING	FATHER	LOVE	OBEY	HOLY
GREATER	AFRAID	WORLD	PEACE	COME

Activity #2: Solve the puzzle.

## Peace of Mind and Heart

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. John 14:27 (NLT)

Based on John 14:23-29



### ACROSS

3. To have a deep feeling of affection toward a person
6. Have a feeling of fear
7. A time when people live and work together happily without violence
8. A place where someone lives; a residence.

### DOWN

1. To receive a sound using your ears
2. Parts of a language which can be spoken or written
4. To carry out or fulfill a command, order, or instructions
5. To give instruction to others

TEACH	LOVE	WORDS	AFRAID
OBEY	HOME	HEAR	PEACE

Activity #3; Break the code.

BibleWise

Break The Code And Discover The Hidden Messages

Using the code breaker below, decipher the message!

A= 	N= 	_____	_____
B= 	O= 	  	  
C= 	P= 	_____	_____
D= 	Q= 	   	    
E= 	R= 	_____	_____
F= 	S= 	         	
G= 	T= 	_____	_____
H= 	U= 	      	
I= 	V= 	_____	_____
J= 	W= 	  	 
K= 	X= 	_____	_____
L= 	Y= 	 	     
M= 	Z= 		



Activity #4: Complete the words.

## He'll Be Back

"You heard me say, 'I am going away and I am coming back to you.' If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. I have told you now before it happens, so that when it does happen you will believe. John 14:28-29 (NIV)

Enter the missing vowels to complete the words from the Bible verse shown above.



1. L \_ V \_ D \_\_\_\_\_
2. \_ W \_ Y \_\_\_\_\_
3. T \_ LD \_\_\_\_\_
4. G \_ \_ NG \_\_\_\_\_
5. C \_ M \_ NG \_\_\_\_\_
6. F \_ TH \_ R \_\_\_\_\_
7. GL \_ D \_\_\_\_\_
8. B \_ L \_ \_ V \_ \_\_\_\_\_
9. B \_ CK \_\_\_\_\_
10. H \_ \_ RD \_\_\_\_\_

BELIEVE	GLAD	GOING	AWAY	HEARD
COMING	BACK	TOLD	LOVED	FATHER

Activity #5: Break the code.

## He'll Be Back

"You heard me say, 'I am going away and I am coming back to you.' If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. I have told you now before it happens, so that when it does happen you will believe. John 14:28-29 (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



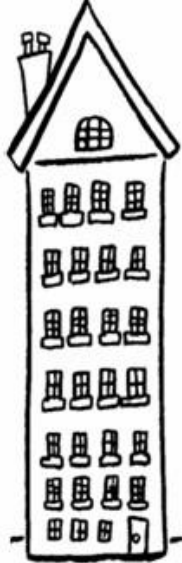
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- 2-1-3-11 \_\_\_\_\_
- 6-1-20-8-5-18 \_\_\_\_\_
- 20-15-12-4 \_\_\_\_\_
- 7-15-9-14-7 \_\_\_\_\_
- 12-15-22-5-4 \_\_\_\_\_
- 3-15-13-9-14-7 \_\_\_\_\_
- 1-23-1-25 \_\_\_\_\_
- 2-5-12-9-5-22-5 \_\_\_\_\_
- 8-5-1-18-4 \_\_\_\_\_
- 7-12-1-4 \_\_\_\_\_

FATHER	GLAD	TOLD	GOING	LOVED
BELIEVE	BACK	HEARD	COMING	AWAY

Activity #6: Find the words.

T	H	F	E	C	A	L	P	E	R
S	T	R	A	E	H	Y	R	P	T
T	U	R	H	T	A	E	E	E	U
T	R	E	O	W	H	V	P	R	T
S	T	A	U	U	I	E	A	F	G
U	M	S	S	D	B	I	R	O	N
R	T	O	E	F	I	L	E	R	I
T	U	N	O	I	V	E	E	M	N
R	C	W	O	R	K	B	V	D	I
E	N	R	U	T	E	R	N	I	L




HEARTS  
TROUBLED  
TRUST  
ROOMS  
HOUSE  
TRUTH  
BELIEVE  
FATHER  
LIVING  
EVIDENCE  
REASON  
PERFORM

Activity #7: Find the words.

E	S	S	W	O	R	L	D	E	S
R	E	E	P	N	E	S	N	N	E
E	L	T	M	E	E	K	A	S	T
H	P	R	A	R	E	H	T	A	F
T	I	U	E	C	P	K	S	A	L
O	C	T	V	R	O	P	R	E	E
N	S	H	O	W	I	V	E	S	S
A	I	E	L	R	V	S	D	K	Y
E	D	S	I	V	O	L	N	A	M
N	A	T	R	E	D	N	U	R	T

DISCIPLES      LOVE      FATHER  
ANOTHER      ADVOCATE      SPIRIT  
TRUTH      WORLD      ORPHANS  
UNDERSTAND      SHOW      MYSELF



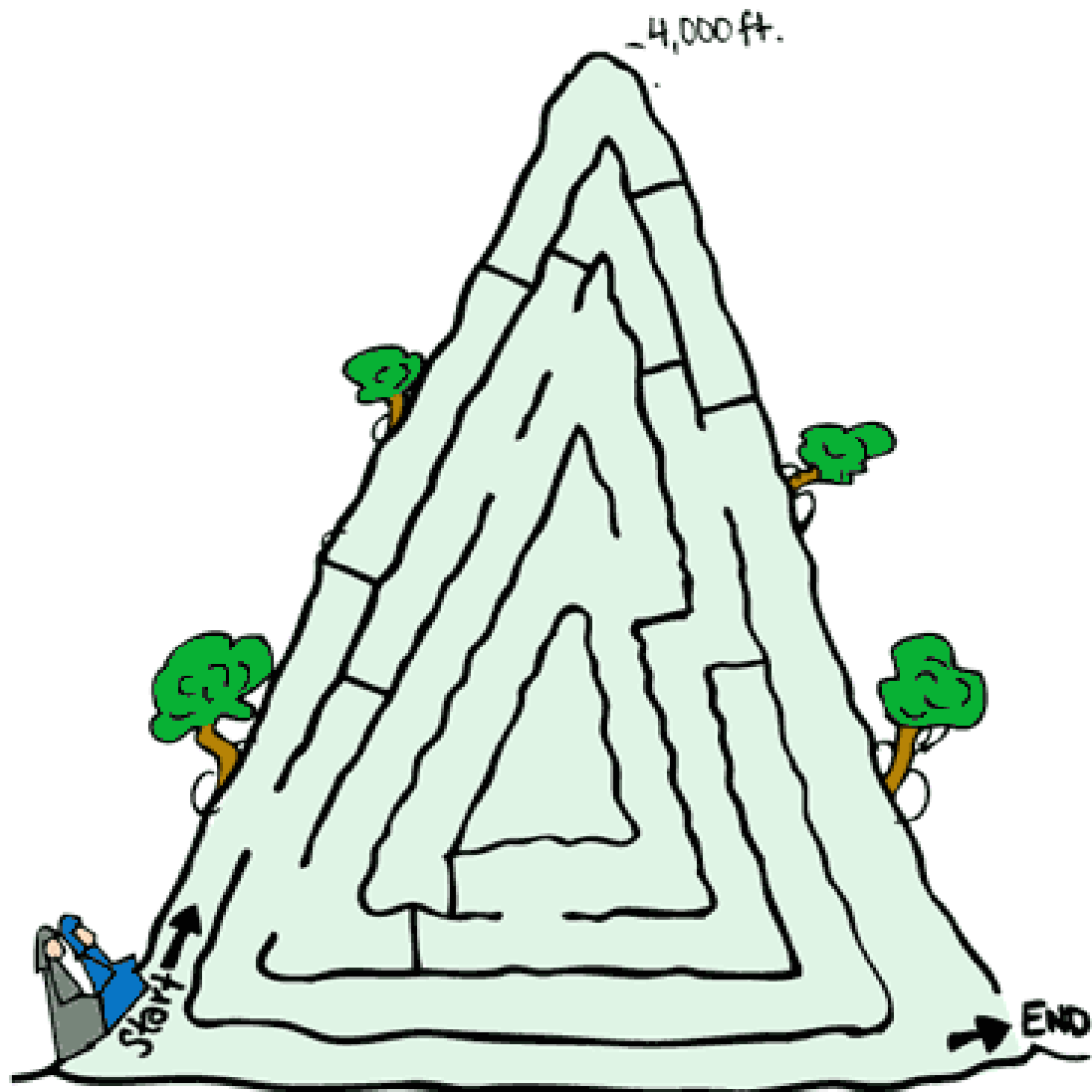


## Activity #8: Help Paul and Barnabas find their way.

BibleWise

### Mountain Maze

Paul and Barnabas had a dangerous journey travelling to Pisidian Antioch. Help them along their way by completing the maze.



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Activity #9: Promise of the Holy Spirit Maze.

# Activity Sheet

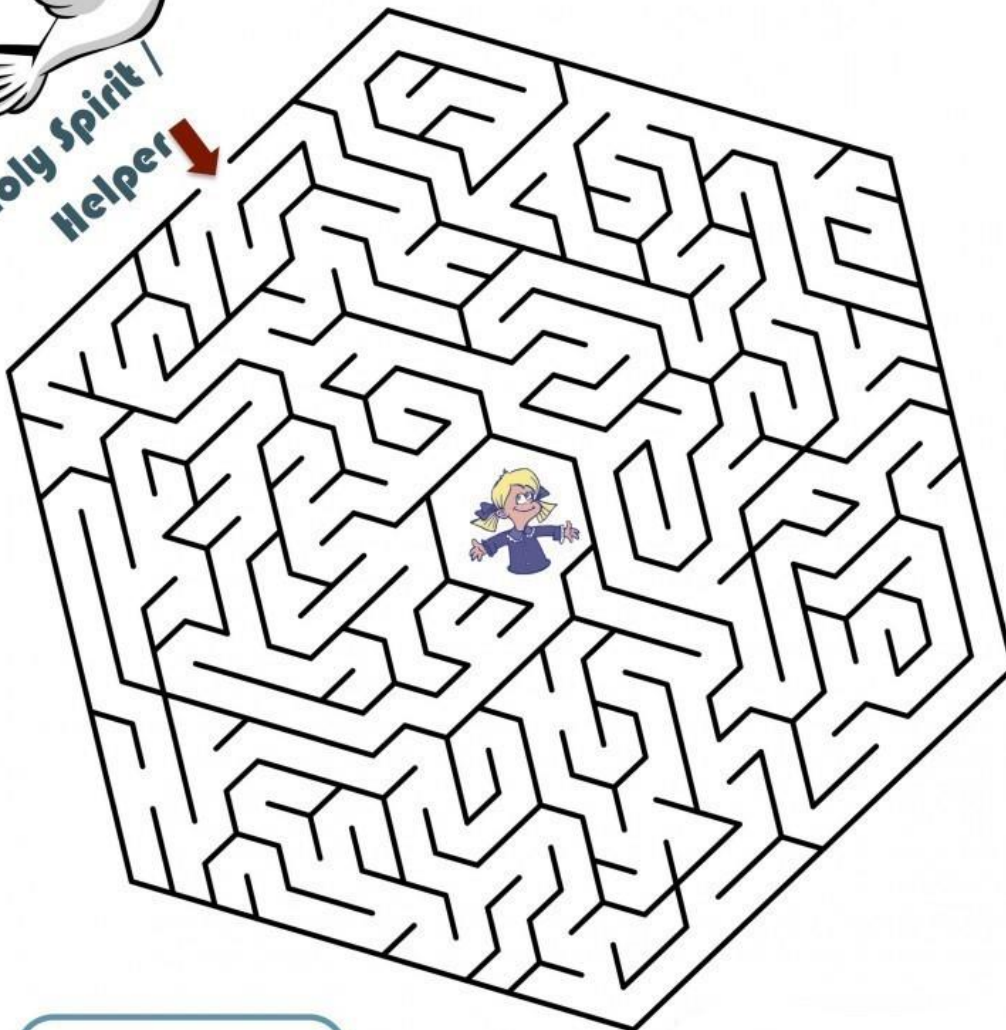


## Promise of the Holy Spirit Maze

*'I will pray to the Father, and he will give you another Helper, that he may be with you forever'*



**Holy Spirit /  
Helper** ↓



Can you guide the Holy Spirit through the maze to you?

Activity #10: Colour the picture.

