

We now listen to a personal faith sharing where a catechist shares how they have known Jesus as the Way, the Truth and the Life.

- How willing am I to journey along the way of Jesus rather than my own way or the way of the world?
- Do I make the Word of God my home?
- How well do I know and live the truth which Jesus Christ offers me in the Word of God?
- How has or might my life change as a disciple, a follower of Jesus Christ?

Spend some time sharing your reflections as a group.

Prayer

Lord Jesus,
we believe that you are
the Way, the Truth and the Life.

Help us to hear your call
and to follow you
each and every day of our lives.

We thank you that you journey with us
for you have promised to be with us always.

Amen.



Getting to know Jesus Christ



5. I am the Way, the Truth and the Life

I am the Way, the Truth and the Life

John 14:6

Introduction

Many people are looking for meaning in their lives. They may spend many years searching for truth and fulfilment, looking for answers to the most important questions about human life. Even Jesus' first followers were full of such questions and asked him how they could find the way to God the Father. In answer Jesus told them that he himself was the Way, the Truth and the Life.



Reflecting on Our Experience

The way of Jesus is very different to the ways of the world. Let's take forgiveness as an example. The way of Jesus is a way of forgiveness and so Christians are called to forgive. This can be a big challenge for many of us, particularly if we have been badly hurt and let down by others. However

if we walk in the way of forgiveness, choosing to forgive as we have been forgiven by Jesus Christ, we then discover the truth that forgiving sets us free. We are then liberated from bitterness and resentment and free to enjoy healing and new life in our relationships. How have you experienced the life giving power of forgiveness in your life and relationships?

Listening to Scripture

Choose one or more of the following Scripture passages to read and reflect on.

Deuteronomy 30:15-20 — *I set before you life or death... choose life*

Isaiah 55:8-9 — *My ways are not your ways*

Psalms 25 — *Lord, make me know your ways*

Psalms 119: 105 — *Your word is a lamp to my feet, a light on my path*

John 8:31-32 — *If you make my Word your home... you will learn the truth and the truth will make you free*

John 14:1-7 — *Jesus is the Way, the Truth and the Life*

Reflecting and Sharing

The example of forgiveness shows us that the Christian life is something very practical; it is a life we live by putting the Word of God into practice. Jesus didn't promise his disciples that he would explain everything in advance but rather he invited them to trust in Him and follow him. If we choose to walk in Jesus' way, obeying his Word, we too will discover the truth that sets us free and find life. In the early Church Christians were called 'followers of the Way'.