

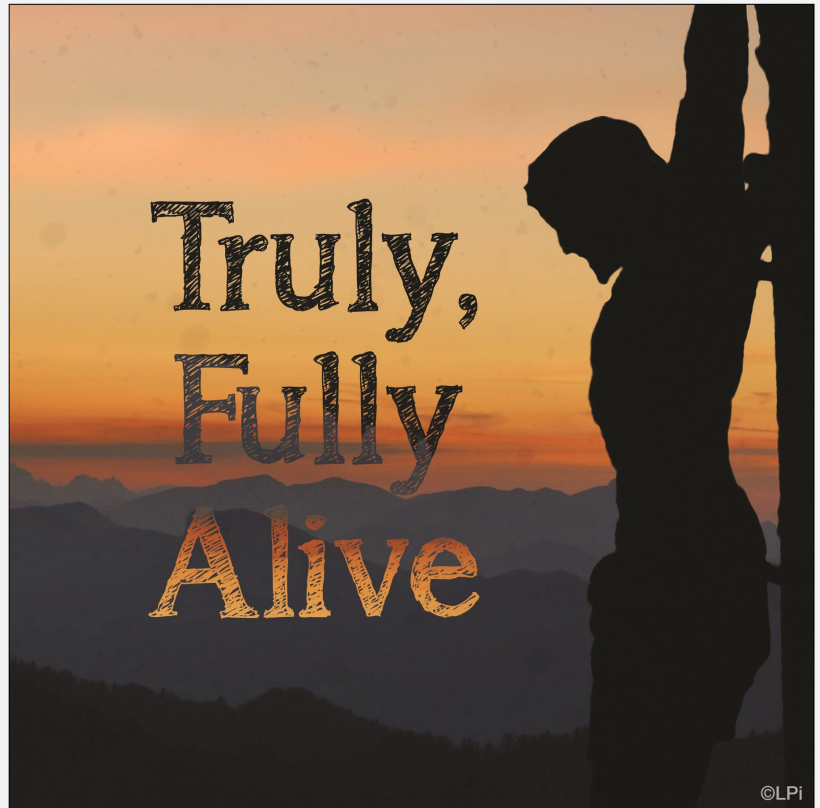
GOSPEL MEDITATION -
ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

May 3, 2026
The 5th Sunday
of Easter

Readings:

Acts 6:1—7
Psalm 33
1 Peter 2:4—9
John 14:1—12

We generally approach life with the question, “What can this do for me?” We try a new workout, a low-carb diet, intermittent fasting, or a new career path, hoping it will make us healthier, stronger, happier. The assumption is that if I invest in this, I’ll eventually reap some benefit, or I won’t do it.



It is easy to think of faith the same way: if I really practice my faith, what will it do for me? Will it make me calmer, more moral, more successful?

But in today’s Gospel, Jesus says something astonishing. He doesn’t present himself as a teacher who shows us the way to life. He says, “**I am the Way, the Truth, and the Life.**” (John 14:6) He is not merely a guide toward some higher benefit. He *is* the benefit itself. To know him is to know Life.

Thomas Aquinas explains that every desire in the human heart — love, joy, meaning, all of our restless cravings — is really an indirect cry for life. Even despair testifies to this longing: people despair precisely because they feel they are not, and might never be, fully alive.

The good news is that Jesus is not simply the means to a better life; He is Life itself. To believe in him is to share in God’s own eternal vitality. Not simply later but even now. Faith is not a transaction that produces results — it is a union that fills us with joy. To be in communion with Christ is to be truly, fully alive.

— *Father John Muir*; ©LPi