

# Our Lady of Perpetual Help Parish **Bulletin for Teens**



## If you love me, keep my commandments

Sunday the 10th of May 2026, Sixth Sunday of Easter, Year A

### **Gospel: John 14:15-21**

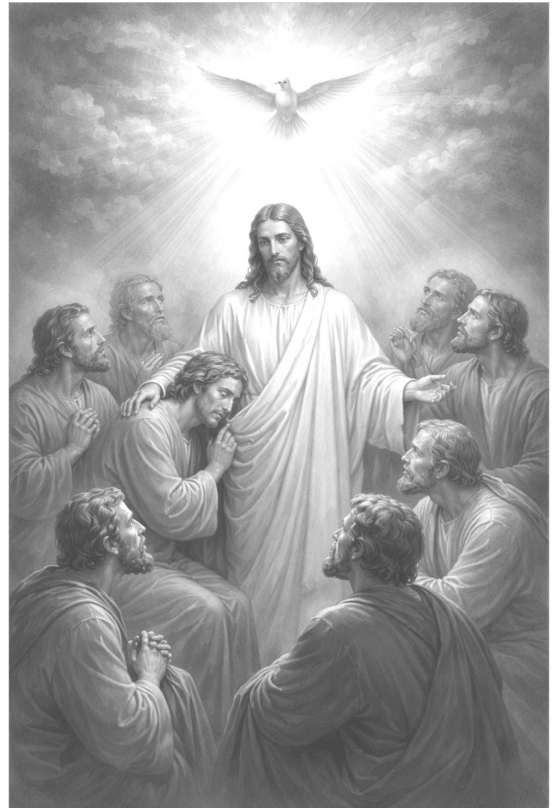
Jesus said to his disciples:

‘If you love me you will keep my commandments. I shall ask the Father, and he will give you another Advocate to be with you for ever, that Spirit of truth whom the world can never receive since it neither sees nor knows him; but you know him, because he is with you, he is in you.

I will not leave you orphans; I will come back to you. In a short time the world will no longer see me; but you will see me, because I live and you will live. On that day you will understand that I am in my Father and you in me and I in you.

Anybody who receives my commandments and keeps them will be one who loves me and anybody who loves me will be loved by my Father, and I shall love him and show myself to him.’

The Gospel of the Lord.



### **“If you love me you will keep my commandments”**

In the Gospel, Jesus says something really simple but also really challenging: “If you love me, keep my commandments.” At first, that can sound like rules or pressure, but Jesus isn’t talking about blind obedience. He’s taking about relationship. Think about it: when you genuinely care about someone, you naturally want to listen to them, respect them, and live in a way that honours them. Jesus is saying that following Him isn’t about ticking boxes, it’s about loving Him in a real, everyday way.

Then Jesus promises something incredible: He won’t leave us alone. He will send the Holy Spirit as an advocate, helper and guide. So even when life gets confusing, stressful, or lonely, we will know that God is not distant. He is with you, within you, helping you make decisions if you let Him, giving you strength to draw on, and reminding you that you are worthy, you are loved.

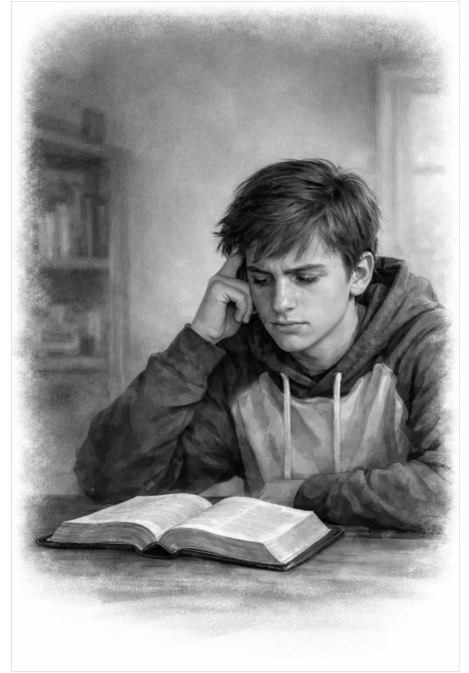
Life today isn’t easy. There’s always pressure, whether it comes from yourself, from family, friends, school, social media or expectations. It can feel like you are constantly being pulled in different directions. When you feel like this here are three important things to remember:

1. **Love is shown through choices:** Loving Jesus isn’t just about what you say; it’s about how you live.

Choose kindness. Stand up for what is right. Be honest even when it's hard. These choices are how your faith becomes real.

2. **You are never alone.** Even when it feels like no one understands you. God does. The Holy Spirit is in you waiting for you to listen to Him. He is in your thoughts, in your struggles, your decisions if you are open to Him. You don't need to figure life out on your own.
3. **You belong to something bigger.** Jesus says, "I am in my Father, and you are in me, and I am in you." You are deeply connected to God. Your life has purpose, meaning and value - no matter what others might say. You also belong to a community, a community of believers; a community of others seeking to deepen their relationship with God. A community that welcomes you, your questions, your growing faith and even your moments of doubt.

Imagine trying to navigate life like walking through a dark room full of obstacles. You could stumble around, guessing where to go, or you could turn on a light. The Holy Spirit is that light; guiding you, helping you see clearly, and leading you forward. You don't have to be perfect to follow Jesus. You just have to be willing. And the best part? You're not doing it alone.



### Reflection questions and a challenge for the week

Reflect on these questions:

- What does it look like for me to love Jesus in my everyday life?
- Are there areas where I know the right thing but struggle to follow through?
- When do I feel most alone, and how might God be present in those moments?

Pick one small action each day that shows your love for Jesus. It could be choosing kindness, spending a few minutes in quiet prayer, helping someone without being asked or avoiding something you know isn't right. Keep it simple, but do it intentionally.

## *The future of work doesn't lie in machines, but in humanity's moral decisions*

Sister Raffaella Petrini delivered the keynote address at the 'AI and the Future of Work' event in Rome. She insisted that "the future of work doesn't lie in machines, but in moral decisions of humanity." She also suggested that while we should not fear artificial intelligence, we must not simply accept it.

"In today's era of profound innovation, AI offers enormous potential, but also brings us to a crucial crossroads," she said, stressing that "choices must be made in order to ensure that this technology serves the interests of all humanity, always prioritising human and social values above all else." Work is one of the most important areas where choices must be made, because work enables a person to fulfil his or her calling as a human being." This must be a critical consideration as artificial intelligence redefines work and communication. Sister Petrini then posed the question: what does it mean to be human in an increasingly automated world?



To read more about Sister Petrini's keynote address use the QR Code and go the Vatican News article.