



EASTER TO TRINITY SUNDAY

JOURNEY WITH US FROM EASTER TO TRINITY SUNDAY

5 April - 31 May 2026

WEEK 1 – 5 APRIL	Jesus Has Risen
WEEK 2 – 12 APRIL	Jesus Appears to His Disciples
WEEK 3 - 19 APRIL	On the road to Emmaus
WEEK 4 - 26 APRIL	The Good Shepherd and His sheep
WEEK 5 – 3 MAY	Jesus is the way to the Father
WEEK 6 – 10 MAY	Jesus promises the Holy Spirit
Ascension Day May 14, 2026	
WEEK 7 – 17 MAY	Jesus Prays for His Disciples
WEEK 8 – 24 MAY	Jesus appears to His Disciples
WEEK 9 – 31 MAY	The Great Commission



HOME GROUPS AND CLASSES GUIDE:

1. Open in Worship and Prayer: this is to invite God into the meeting. For example, you can light a candle, sing together, or use a YouTube Hymn or song.
2. Open your Bibles and read the Bible verses for this week (take turns?) see below.
3. Reflect on the Bible verses and the reflection written by a Minister or Lay Preacher.
4. Connect with each other and take the reflection deeper by answering the Questions.
5. Works out: What have we learned that we can apply in our lives in this session? Keep each other accountable for promises made or important steps taken. Pray for and over each other (after taking prayer requests).

WORSHIP SONG:

“Trust and Obey” Sing-Along Track: <https://www.rosemarysiemens.com/store>

WEEK 5

SUNDAY - May 3

Bible Readings



Acts 7:55-60
 Psalm 31:1-5, 15-16
 1 Peter 2:2-10
John 14:1-14

John 14:1-14 - New International Version

Jesus Comforts His Disciples

14 “Do not let your hearts be troubled. You believe in God; believe also in me. ² My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴ You know the way to the place where I am going.”

Jesus the Way to the Father

⁵ Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?” ⁶ Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. ⁷ If you really know me, you will know my Father as well. From now on, you do know him and have seen him.” ⁸ Philip said, “Lord, show us the Father and that will be enough for us.” ⁹ Jesus answered: “Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, ‘Show us the Father?’ ¹⁰ Don’t you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. ¹¹ Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the works themselves. ¹² Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. ¹³ And I will do whatever you ask in my name, so that the Father may be glorified in the Son. ¹⁴ You may ask me for anything in my name, and I will do it.”

SCRIPTURE REFLECTION:

Written by: Rev Zamani Sikupela

John 14:1-14 is a central passage in the Gospel of John, often called part of the “Farewell Discourse”. It offers comfort to troubled disciples, reveals Jesus’ identity as the way to the Father, and commissions believers to continue His works. It is a passage of deep comfort and assurance, where Jesus promises His disciples peace, guidance, and the certainty of eternal life with Him. It emphasizes that He is the way, the truth, and the life, and that faith in Him opens the path to the Father. Jesus begins with “*Let not your hearts be troubled. Believe in God; believe also in me*”.

These words were spoken to people whose world was about to collapse – when fear, confusion, and sorrow pressed in. Jesus reassures His followers that His leaving is not abandonment but preparation for their eternal dwelling with God. In that darkness, Jesus spoke peace – He reminded them that faith in Him steadies the heart when life feels uncertain. This passage is both pastoral and missional – it comforts troubled hearts, reveals Jesus as the unique way to God, and empowers believers to continue His mission through prayer and Spirit-led works.

Jesus speaks tenderly to His disciples, and His words echo into our lives today. He declares, “*I am the way, the truth, and the life*”. He is not simply pointing us toward God; He Himself is the path, the reality, and the source of life. In Him we see Father’s love revealed, and through Him, we find peace and direction. We don’t need to search endlessly for meaning or direction – Christ Himself is the path to God, the truth that steadies, and the life that sustains.

This is a call to trust Him even when circumstances feel uncertain or overwhelming. For the disciples, it was reassurance before His crucifixion; and before His departure, for us, it is a reminder that faith steadies us in life’s storms.

In times of anxiety, Jesus’ words remind us to anchor our hearts in Him. When facing uncertainty (like illness, loss, or change), meditate on verse 1: “*Let not your heart be troubled*”. So, take courage: your heart need not be troubled. You belong to Christ, you are empowered for His work, and you are assured of His presence now and forever.

When you feel anxious: “*Let not your heart be troubled*”

When you feel alone, here is the assurance: “*Jesus has prepared a place for you*”

When you feel directionless: “*He is the way*”

When you feel powerless; “*You are empowered to continue His works*”

Walk boldly in faith, knowing that He is the way, the truth, and life.

PRAYER: Lord Jesus, calm our troubled hearts. Help us to trust You as the way, the truth, and the life. Strengthen us to continue Your works and to live with hope, knowing You have prepared a place for us. Amen!

GROUP QUESTIONS :

1. What troubles your heart most often? How does trusting Jesus bring peace in those moments?
2. What does it mean to you that Jesus has prepared a place for you? How does this promise shape the way you live today?
3. In what ways do you experience Jesus as the way in your daily life? How do you see Him as truth and life in your journey of faith?
4. What greater works might God be calling you to do?

DAILY MEMORY VERSE AND PRAYER

MONDAY, May 04

Exodus 13:21 *"By day the Lord went ahead of them in a pillar of cloud to guide them on their way."*

Prayer: Lord, guide me clearly today and lead me in the way I should go. Amen

TUESDAY, May 05

Proverbs 3:5 *"Trust in the Lord with all your heart and lean not on your own understanding."*

Prayer: Father, help me trust You fully, instead of relying on myself. Amen

WEDNESDAY, May 06

John 8:32 *"Then you will know the truth, and the truth will set you free."*

Prayer: Jesus, set my heart free through Your truth today. Amen

THURSDAY, May 07

Psalms 66:12 *"We went through fire and water, but you brought us to a place of abundance."*

Prayer: Faithful God, carry me through trials into the abundance You promise. Amen

FRIDAY, May 08

Genesis 7:16 *"Then the Lord shut him in."*

Prayer: Lord, shelter me safely within Your care when storms rise around me. Amen

SATURDAY, May 09

John 14:27 *"Peace I leave with you; my peace I give you."*

Prayer: Prince of Peace, calm my heart and fill me with Your steady peace. Amen

FAMILY TIME - Written by Magogodi Nkuna

The Power of Forgiveness

Opening song: I speak Jesus <http://www.youtube.com/watch?v=PcmqSfrIENY>

Acts 7:55–60

We've all heard the saying, *"Sticks and stones may break my bones, but words will never hurt me."* Let's be real: that's a lie. Words hurt, and mean comments on your post hurt. Being left out of the group chat hurts. In this story, Stephen was facing real stones, and they really hurt. Instead of him being angry and plotting revenge, he prayed for the people who were stoning him. He asked God to overlook their actions.

He didn't let their actions change who he is. When you forgive someone who doesn't deserve it, you aren't saying what they did was "okay." You're saying, "I'm not going to let your bitterness live in my heart." You're choosing to stay in God's peace instead of being chained to someone else's drama.

Reflection Time

Preteens

1. When someone is mean to you, is your first instinct to get back at them?
2. Having read Stephen's story, what can you do differently?
3. Why do you think Stephen could so easily forgive his enemies?

Teens

1. In today's world, when someone does you wrong, you cancel them. If you're to learn from Stephen, is there anyone you need to un-cancel?
2. Stephen was stoned for his faith, what one truth are you willing to stand up for; the "hill you're willing to die on"?
3. Stephen didn't focus on what he was going through; instead, he shifted focus to his enemies and prayed for them. What do you think is required to think like this?

Prayer

Lord, when people throw 'stones' at me, help me to respond like Stephen. Give me the strength to forgive instead of getting even. Help me to trust You so much that I stay at peace, no matter what's happening around me. Amen