

# Trust in Jesus: The Way, The Truth, The Life Lesson Plan

This The Way, The Truth, and The Life lesson plan emphasizes the importance of trusting in Jesus as the source of guidance, truth, and fulfillment in life. By studying John 14:1-12, Catholic youth will understand that Jesus is the way, the truth, and the life, and they will learn how to deepen their trust in Him.

## Materials for Trust in Jesus Lesson Plan

- Bibles
- Whiteboard and markers
- [Handout with John 14:1-12](#)

## Opening Activity for The Way, The Truth, and The Life Lesson Plan

### Exploring the Way, the Truth, and the Life

This simple activity creates a sense of community and allows the group to see how their own interpretations of these words relate to their faith.

1. Gather the group and welcome them to the lesson.
2. Begin by asking the group how they define the words “way,” “truth,” and “life.”
3. Write their definitions on the whiteboard and lead a discussion on how these definitions relate to their faith.
  - What do these concepts mean in the context of our Catholic faith?
  - How do we see these concepts reflected in the life and teachings of Jesus?
  - In what ways do these concepts shape our understanding of what it means to be a Catholic?
  - How can we apply these concepts to our daily lives?

4. Explain that in today's lesson, we will be studying a passage from the Gospel of John that explores these concepts further.

## Scripture Reading for Trust in Jesus Lesson Plan

today to explore a powerful passage from the Gospel of John. In this passage, Jesus speaks to his disciples about the importance of trust and faith, and offers a powerful message that is just as relevant to us today as it was to his disciples thousands of years ago. We face many challenges and uncertainties in life, but we can take comfort in the fact that we have a savior who loves us unconditionally and is always there to guide us.

As we read this passage, I encourage you to reflect on its meaning and consider how it applies to your own life. What can we learn from Jesus' words about the importance of trust and faith in our own lives? How can we deepen our relationship with Jesus and allow him to guide us through life's challenges and uncertainties? Let's read this passage with open hearts and minds, and see what wisdom and insight it has to offer us.

Read [John 14:1-12](#):

Jesus said to his disciples: "Do not let your hearts be troubled. You have faith in God; have faith also in me.

In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be. Where I am going you know the way."

Thomas said to him, "Master, we do not know where you are going; how can we know the way?"

Jesus said to him, "I am the way and the truth and the life. No one comes to the Father except through me. If you know me, then you will also know my Father. From now on you do know him and have seen him."

Philip said to him, "Master, show us the Father, and that will be enough for us."

Jesus said to him, "Have I been with you for so long a time and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'? Do you not believe that I am in the Father and the Father is in me? The words that I speak to you I do not speak on my own. The Father who dwells in me is doing his works.

Believe me that I am in the Father and the Father is in me, or else, believe because of the works themselves. Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father."

## Reflection for The Way, The Truth, The Life Lesson Plan

- After the reading, ask the group if there were any words or phrases that stood out to them.
- Write these on the whiteboard.
- Ask the group to share their thoughts on specific words or phrases, to gain insight into their personal connections to the passage and explore different interpretations and perspectives.

In our modern world, characterized by a fast-paced and ever-changing environment, it can be challenging to find a sense of direction and purpose amidst a multitude of daily distractions. As followers of Jesus, we may experience doubts and fears, questioning whether we are on the right path and living up to our full potential. However, this Gospel passage offers reassurance that we are not alone, and that Jesus is a constant guide, promising to prepare a place for us in heaven and leading us through life's challenges towards a fulfilling and abundant life.

Despite the many uncertainties we face, we can be confident in the guidance and teachings of Jesus, who offers us the way, the truth, and the life. By trusting in him, we can find direction and purpose, and draw inspiration from his words to navigate the challenges of our daily lives. Ultimately, we can find hope in the promise of eternal life, offered by Jesus as a reward for our faith and trust in him.

Discuss these with the group:

- What did Jesus mean when He said, "I am the way, the truth, and the life"?
- How does this passage help us deepen our trust in Jesus?
- How can we apply this passage to our everyday lives?

## Small Group Reflection Questions for Trust in Jesus Lesson Plan

- What specific challenges or struggles do I face in my life that require me to trust in Jesus more fully?
- What practical steps can I take to deepen my relationship with Jesus and cultivate a stronger sense of trust in him?

After a few minutes, ask for volunteers to share their thoughts with the larger group.

# Challenge for The Way, The Truth, and The Life Lesson Plan

Commit to spending time each day this week in prayer, reflecting on Jesus as the Way, the Truth, and the Life. Ask Jesus for guidance and direction in areas of your life where you feel uncertain or need clarity. Trust that Jesus will lead you on the right path.

## Prayer for the Trust in Jesus Lesson Plan

Lead the group in a prayer of gratitude for Jesus, who is the way, the truth, and the life.

Dear Jesus, Thank you for being our way, our truth, and our life. Help us to trust in you more deeply every day. Show us the areas of our lives where we need to surrender control to you. Help us to follow you with all our hearts, so that we may live the abundant life that you have promised us. Amen.

## Resources

[More Themes](#)

[Background Material](#)

[Music Suggestions](#)

[More Youth Ministry Lesson Plans and Reflections](#)

[Learn more about Jesus Christ through Scripture and prayer](#)