

Monthly study guides can be used in personal prayer and for small group reflection.

MAY 2026

SCRIPTURE

Read: John 8:31-59

REFLECT:

1. What is the image of discipleship that Jesus gives in this passage? How can we attain to that image in practice?
2. Jesus speaks here of slavery to sin and contrasts it with the freedom of the life of the disciple, where one finds truth. In what ways are we affected by slavery to sin? In ways do we find freedom in Christ?
3. Why do think Jesus is so harshly criticized by those he is speaking to in this passage? How does this passage reveal who Jesus is and how he changes our relationship with God and with the world?

READ: A selection from *Via Fidelis* — Chapter 4

The Catholic Church is the Body of Christ and the oldest institution in the world. For over 2,000 years, she has continued to be taught by the Lord Jesus and guided by his Holy Spirit. Faithful to the task given to her, she proclaims her teachings at all times and in every place. The teachings of the Church are enlightened by sacred Scripture. They are founded upon sacred Tradition, especially the Church fathers, the living priesthood and the constant witness of the baptized through the ages.

The remedy to the disbelief of our age, therefore, is the life of a strong, well-formed, intentional disciple of Jesus Christ. It will be the hope and joy that exude from the witnesses of the Lord Jesus that will most challenge and collapse the disbelief and false belief of our times.

For this reason, I call on all the baptized to fan into flame the grace you have received from God, pursue a path of Christian formation, know our faith, live it without compromise and be one of the disciples whose life of grace will heal the secularism of our age and bring God back into the hearts of all men and women.

REFLECT:

1. In this selection, the bishop discusses the “Deposit of Faith,” sacred Scripture and sacred Tradition. What are some concrete ways that we can become deeper immersed in scripture and tradition in this year devoted to a deeper understanding of the faith?
2. What does “the life of a strong, well-formed, intentional disciple of Jesus Christ” look like in practice? How can we strive towards developing that life?
3. What are ways that we can “bring God back into the hearts” of those we encounter?

