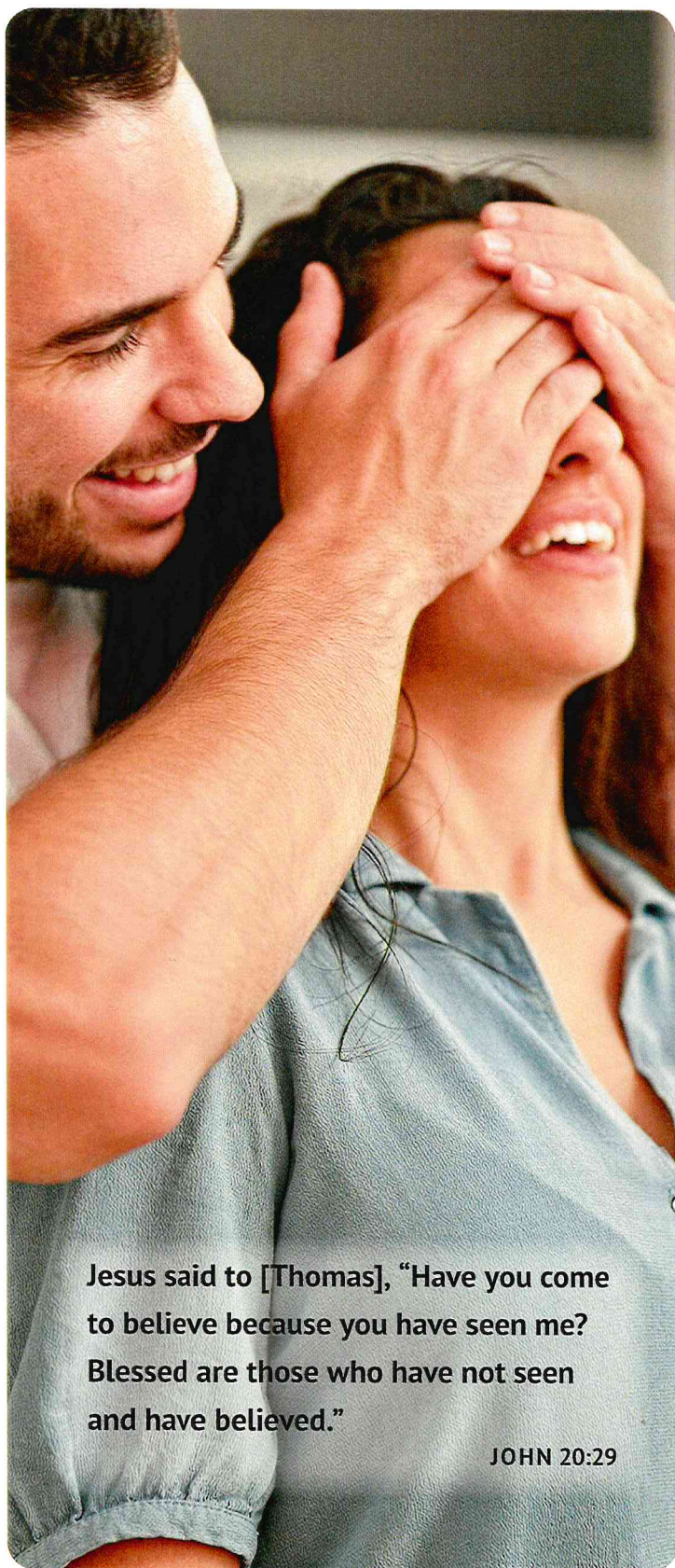




Jesus said to [Thomas], "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."

JOHN 20:29

The Importance of Trust

ANN M. GARRIDO

We can readily understand Thomas' insistence upon seeing things with his own eyes. Would you believe it if someone told you that a friend whose funeral you had attended was now walking through walls?

At some time or other, all of us have been tricked into believing something we later found out was untrue and remember how foolish we felt. Haven't our parents told us not to believe everything we hear? Haven't our teachers taught us to do our own research? Doubt serves a valuable purpose, and we would be naïve to disregard it.

At the same time, we know that doubt can become a way of life, overstepping its usefulness. During the COVID pandemic, for example, some refused to believe even the most knowledgeable medical voices in the nation. Like Thomas, they insisted that unless they'd "done their own research," they wouldn't believe. Such a stance ignores that unless you are a scientist working in a medical lab, even "your own research" will be based on an act of belief that what you are reading of others' research is correct. Doubt is good, but only in combination with a healthy dose of humility. In the end, the world turns on an axis of trust.

At the close of today's gospel, Jesus names as "blessed" those able to discern what is true and believe not only because of what they have seen with their own eyes but also because of what they have heard through their ears from sources worthy of their trust. ●

Reflect

When has doubt served a purpose, and when has it gotten in my way?

Dear Padre,

We are told that when we receive the Holy Eucharist, our venial sins are washed away. Does the same thing happen when we receive spiritual communion?

Yes, and there are many other ways that venial sins can be forgiven. First and foremost is each of the sacraments of reconciliation: baptism, Eucharist, penance, and anointing of the sick. In addition to the sacraments, an Act of Contrition will also suffice, as will a simple prayer of intercession, such as, “Lord, Jesus, Son of the Living God, have mercy on me, a sinner.” Forgiveness of venial sins is directly dependent on one thing: the sanctifying grace of the Holy Spirit at work in our world and in each one of us. Forgiveness is not merited; it is a gift, and, as a gift, it requires only that we ask and gratefully receive.

It is true that we are all sinful. We are also all blessed. As wonderful as forgiveness is, and there truly is no greater gift of God’s love, an equally wonderful gift is gratitude. Perhaps, with every Act of Contrition that we pray, we should also offer a prayer of thanksgiving. It might help us find balance if we remind ourselves not only how we may not have measured up but also that we are blessed and graced. ●

Fr. Thomas M. Santa, CSsR / DearPadre.org



MONSTERA PRODUCTION / PEXELS

A WORD FROM POPE LEO XIV



ALESSIA PIERDOMENICO / SHUTTERSTOCK

The Lord shows us his wounds and says: Peace be with you. Do not be afraid to show your wounds healed by mercy. Do not be afraid to draw close to those who are trapped in fear or guilt. May the breath of the Spirit make us,

too, witnesses of this peace and this love that is stronger than any defeat.

GENERAL AUDIENCE, ROME, OCTOBER 1, 2025

Monday

April 13
Easter Weekday
Acts 4:23–31
Jn 3:1–8

Tuesday

April 14
Easter Weekday
Acts 4:32–37
Jn 3:7b–15

Wednesday

April 15
Easter Weekday
Acts 5:17–26
Jn 3:16–21

Thursday

April 16
Easter Weekday
Acts 5:27–33
Jn 3:31–36

Friday

April 17
Easter Weekday
Acts 5:34–42
Jn 6:1–15

Saturday

April 18
Easter Weekday
Acts 6:1–7
Jn 6:16–21

Sunday

April 19
Third Sunday
of Easter
Acts 2:14, 22–33
1 Pt 1:17–21
Lk 24:13–35

Do you have a question for the Padre?

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and to learn more about **Dear Padre**.