



## *faith in action* “*Living our Principles*”

*“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me” Matthew 25:40*

**Lesson:** Matthew’s Gospel, from which today’s lesson is derived, has often been called an early “manual for discipleship,” a radical discipleship, that is, which can only be lived through faith in action. Like our 1<sup>st</sup> century predecessors, we 21<sup>st</sup> century disciples of Jesus are also called to a life of emulation that includes both learning God’s Word *and* applying it to the needs of the world by ministering to the least of Christ’s own just as our Lord did on earth...not from a sense of obligation or expectation for reward, but out of our own loving response to a God who loved us first (I John 4:19), a God who died on a cross so that our reciprocal love could and would remain eternal.

*This week, put faith in action by...*

### *Give Us this Day... a Daily Bread Basket Prayer*

*Sometimes in our quest to give from our treasures, we forget that we can love others by inviting God’s loving presence into their hurt and fears through prayer.*

*You can start by asking your family to leave prayer requests in a “daily bread basket” each day and then remember those needs of the world during grace at your family’s main meal.*

**P.S. God Loves You!**

*Every night, after telling your child that you love them before going to bed, add *And God Loves you too!**

### *Through the Eyes of Christ*

*For over 500 years, Ignatian contemplation prayer has been helping the faithful meet and experience Jesus as an active participant in scriptural stories, using one’s senses and imagination. This week, invite your family to come face-to-face with the Lord and the least of his (or be one) by living into Matthew 25:34-40...and deciding what YOU would (and will) do.*

*Begin by explaining that the purpose of the prayer is to enter into a biblical story. Next, read the scripture, inviting participants to notice the scene’s details (who is there; what are the characters saying/doing; what time of day is it; what does it smell and sound like, etc.). After the 1<sup>st</sup> reading, sit silently for 1-2 minutes. Then read the passage again, inviting participants to now enter the scene as a character, real or imagined. Use feelings questions as a guide (what are you thinking, saying, doing, and why). Let their imaginations fill in the details. When completed, debrief the exercise and talk about how your child’s experience can inform their discipleship today...and yours!*

## Love Me? DO!

This week, ask family members to put a small  on a calendar every time they notice God's love (add 2 hearts, if God's love was experienced through another person). At the end of the week, come together and talk about God and others touched or made a difference in your life. Then pray on how you can be a heart on someone else's calendar!

## SMILE!

**Mother Teresa once wrote, *Let us always meet each other with a smile, for a smile is the beginning of love.*** Masking might make it difficult to get the ball rolling, but they don't stop us from choosing kindness. Whether you and your kids are in the car or just hanging-out at home, help them learn patience, compassion, hospitality, generosity and forgiveness (especially in trying, stressful times) but being a role model. Use those moments when smiles don't come as easily, as a time to talk about God's grace and our call to extend Divine love to others...even when it's difficult.

*I was sick and you looked  
After me... (Matthew 25:36)*

Know someone feeling under the weather, recovering from surgery or maybe just needs a little cheering up from all of this social distancing? Why not send a "We Care" package special delivery via your family??? Canned soup and crackers, wrapped cookies (especially home baked!), tissues, a puzzle book and pen, a cuddly stuffed animal and a personalized card are just what the Great Physician ordered!

For cancer patients undergoing the rigors of chemotherapy treatment, gift bags containing items such as lap blankets, socks, bottled water, moisturizers and bath lotions, lip balm, magazines, puzzle and coloring books, ginger candies to help decrease nausea and head scarves gifted in a reusable tote are welcomed reminders of God and your love.

## Spreading God's Love

*Yet another internet standard, but one that can open up the conversation about sharing God's love with others in a fun way.*

*Given the recent paper product shortage due to COVID-19, you may even want to talk about how Christian caring means sharing so that everyone has equal access to God's resources, from paper towels to food, water, housing, education, employment and health care.*

*Begin by drawing a big heart and several small ones around it on a paper towel in pen. Fill in the big heart with red non-permanent marker. Dip in water and watch the love spread!*

## Tiny Bubbles...

*Can be a fun - and easy - way to randomly show God's love to a world that needs more of it! During your next trip to the Dollar Store, pick-up a 3-pack of bubbles. Have your family help create and design a label that explains the bubbles are a random act of kindness and apply it to the container (crinkle ribbon adds color and fun). Leave the bubbles in a kid-friendly place to be found - a park, a playground or even a decorated box in your yard.*

