

FAITH



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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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21ST SUNDAY IN ORDINARY TIME - MONTH OF THE IMMACULATE HEART OF MARY

Year B

Sunday Mass Readings

First Reading:

Joshua 24:1-2, 15-18

Responsorial Psalm:

Psalm 33(34): 2-3, 16-23

Second Reading:

Ephesians 5:21-32

Gospel:

John 6:60 - 69

*"Lord, to whom shall we go?
you have the message of
eternal life"*



James Tissot, Public domain, via Wikimedia Commons

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [here](#).

Children will enjoy this [animated video](#) proclamation of the Gospel.

Watch [this 5min video](#) by Dr Brant Pitre which explains the significance of this week's Gospel reading for adults.

Pray

Take 20 minutes to meditate on the Gospel before attending Mass this weekend as a family. Use the above image of Jesus preaching to his disciples to help you focus. Read the Gospel twice with a time of silence in between. Point out that there are different people in this week's Gospel: Simon Peter, the Twelve and many followers who deserted Jesus after his teaching about the Bread of Life. As you read through the Gospel imagine yourself in this story. Do you resonate with one of these characters in particular? If so, why? Can you relate to how some of his followers reacted to Jesus' teaching? Do you believe like Peter that what Jesus says is true?

Talk

We see in this week's Gospel that many people were unable to accept what Jesus was saying and decide to turn their backs on Him. The apostles are committed to Jesus because they know he is *the Holy One of God*.

- Share a bit about your own journey and relationship with Jesus. Did you always have a relationship with Him or did it develop over time?
- Who has helped you to grow in your faith? Are there people who have inspired you to follow Jesus? Are there any groups you have been part of that have nourished your faith?
- Why do you think it is important to have faith in Jesus and to believe his teachings?
- What impact has your faith had on your life? How would you explain this to someone else?

Family Challenge!

This week when you are driving in the car take note of all the different "messages" that you are exposed to through branding on cars, billboards & signs etc. Remind your family that only Jesus has the message of eternal life!

Mission: Peter knew that sticking with Jesus was the best plan. He's the Saviour, the Way, the Truth and the Life! This week, think about the kind of choices you make - are you showing Jesus that you want to be His friend and follow Him?

Song of the Week!
MY BEST FRIEND

Please email us at faithathome@waterfordlismore.ie [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email youthministry@waterfordlismore.ie

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THE MESSAGE OF ETERNAL LIFE

For our Gospel today we hear the conclusion of the "Bread of Life discourse" in the sixth chapter of John's Gospel. In the preceding verses, which we have heard at Mass over the past few weeks, we have heard Jesus explain that he is the Bread of Life, given so that those who believe may have eternal life. This discourse follows the miracle in which Jesus fed more than five thousand people with five barley loaves and two fish. As Jesus has been teaching these things, John's Gospel describes how many of Jesus' followers were unable to accept his teaching. In today's Gospel, the crowd has drastically reduced in number, and John records the response of those in the crowd who are described as Jesus' disciples.

Just as the larger crowd had struggled with Jesus' teaching, these disciples also cannot accept Jesus' words. He responds by acknowledging their unbelief and says only those chosen by the Father will follow Jesus to the end. John's Gospel reports that many of those who had been Jesus' disciples ceased to follow him at this point. His teaching on the Eucharist was too much for them. The number of people following Jesus dwindled from a crowd of more than 5,000 to only 12 people. And it is to these Twelve that Jesus now turns his attention.

Jesus asks the Twelve if they too will leave. In response to Jesus' question, Simon Peter announces, on behalf of all the Twelve, that they have come to believe all that Jesus has taught about himself: Jesus is the one from God in whom they have found the path to eternal life. The message of eternal life is the most important message of all and the apostles know nothing matters more than this.

As we conclude the Bread of Life discourse we should take some time to focus on our own personal faith in Jesus. Each person must make his or her own judgment about who Jesus is and in doing so determines the way of life that he or she will follow. God's grace invites us to be disciples of Jesus in the world today. Each of us must respond to God's invitation to relationship with Him through belief that Jesus is the Holy One of God.

EVENTS

Campa Mhuire Mháthair: Free Online Catholic resources for Children aged 5 - 12. Great for Sacramental Preparation too. For more info, [click here](#)



Family Prayer

Lord Jesus,
You are the Way, the Truth and the Life. You alone have the message of eternal life. Help us to never lose sight of that in every decision we make for ourselves and for our family.
Amen



It has been said that we are the average of the five people we spend the most time with, when it comes to our attitudes, lifestyle and world-view. Take a few moments to apply that to your life. Would you agree? Are these five people a good influence on you? Are they helping you to become the best version of yourself? Are they true friends?

In today's Gospel, Peter and the other apostles have a decision to make about who they want to commit their time to. It's not an easy decision for them, because they didn't always understand the teachings of Jesus at the time. Later, after his death, resurrection and the descent of the Holy Spirit at Pentecost, the apostles received more clarity, but in today's Gospel, the apostles had to weigh up what they knew of Jesus until that moment and make a life-changing decision. Peter searched his heart and knew that what he believed of Jesus was true - that Jesus was the One worth following, worth pledging his life to. He was the One who was showing him how to be the best version of himself, in other words, a saint. This week, take some time to reflect on the relationships in your life and the influence they are having on you.

- Who do you spend time with? (Fr Mike Schmitz)
- "What a Friend" (Matt Maher)
- Handout: Who do you spend time with?

CHECK IT OUT: YOUCAT



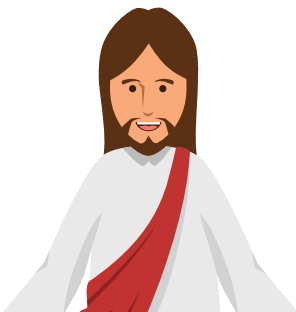
YOUCAT is the *Catechism of the Catholic Church* for young people - and many adults find it really helpful too. The most important elements of the faith are summarised in a Q&A format. There is also Children's YOUCAT available too to help families explore the Catholic faith together, and you can download the 'YOUCAT Daily' app for daily Catholic inspiration.



Colour in every letter with a dot in it to reveal
the message from today's Gospel!

John 6:68

Lm0rtd, rto
xwih4om
szh6alxl wqe
gro? Ypotu
chvavme
tlhme
mne5sgseagre
ogf
e7toepraanal
klikfeq."



Write out the message here:

Who do you spend time with?



"SHOW ME YOUR FRIENDS AND I WILL TELL YOU WHO YOU ARE."

IF YOU COULD CHOOSE THREE PEOPLE IN THE WORLD TO GO ON HOLIDAYS WITH, WHO WOULD THEY BE ?



WHICH FIVE PEOPLE DO YOU ACTUALLY SPEND THE MOST TIME WITH?



WATCH FR MIKE SCHMITZ' VIDEO: "WHO DO YOU SPEND TIME WITH?"
 AND REFLECT ON THE QUESTIONS THAT FOLLOW



"We are the average of the five people we spend the most time with."

- Jim Rohn -

Fr Mike observes in this video how it's possible for us to absorb and adopt the attitudes, worldview and lifestyle of the five people we spend most time with. Think about your own life - do you think this is true for you in any way?

How does he explain "misplaced loyalty" in a friendship? How can this lead to difficulties?



FR MIKE OBSERVES THAT WE HAVE A RESPONSIBILITY TO OURSELVES AND TO GOD ABOUT THE KIND OF PEOPLE WE BECOME.



What 2 pieces of advice does he give to people who don't have a choice about who they spend their time with (e.g. when it comes to work colleagues and/or family members who are not good for us to be around?)

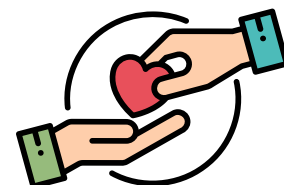
1

Establish clear _____.

2

Make a decision to go against the _____ and not be unconsciously _____.

**HOW DID MOTHER TERESA FIND THE STRENGTH TO REACH OUT TO THE POOREST OF THE POOR?
 WHO DID SHE SPEND HER TIME WITH?**



"WHO DO YOU SPEND YOUR TIME WITH?"

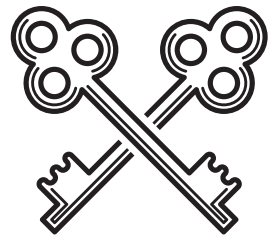
JOHN 6:60-69

Now Read John 6: 60 - 69



Jesus has just been teaching His followers the doctrine of the Eucharist: that He is the Bread of Life, and only those who eat His flesh and drink His Blood will have eternal life. Many found this too difficult to comprehend or accept, and they walked away from Him. When Jesus asked His disciples if they would leave Him too, how did Peter respond? (John 6:68)

Peter knew that even though He didn't understand everything, Jesus was the One who he absolutely needed to stick with; He was the One worth following; His was the message that was life-giving, life-changing and would ultimately lead to eternal life. Peter made the decision not to walk away, but to spend his time with Jesus Christ; a decision that utterly changed his whole attitude, worldview and lifestyle, and influenced billions of believers down through the ages since then.



- How much time do you spend with Jesus?
- Do you believe He wants what is best for you? Do you believe that following Him will make you happier, more loving, more fulfilled?
- Do you choose not to listen to or follow Him because you find His message challenging sometimes? Or because those around you have chosen not to follow Him?
- God has given us the ability and responsibility to choose to listen to Him, to follow Him, and to become the best version of ourselves. If Jesus really and truly is "the Way, the Truth and the Life", as He claims, what would that mean for your life if you chose to follow - or if you chose to walk away?



Spend some time in prayer, reflecting on who the key people in your life are at the moment and the influence they are having on you. You might find it helpful to make a list on paper or in a journal.

Lord, I thank you for my life and all the joys in it. I thank you for blessing me with so many good people in my life who help me to be the best version of myself. I pray for those who prevent me from becoming the best version of myself. You love them Lord, but You also know where my boundaries need to be. Help me to choose wisely how and with whom I spend my time. Show me how to be a good influence on others. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON FRIENDSHIP THIS WEEK



- [What a Friend \(Matt Maher\)](#)
- [Jesus, what a Saviour \(Housefires\)](#)
- [Better than Life \(Hillsong\)](#)
- [I will offer up my life \(Matt Redman\)](#)
- [I am \(Nicole Nordeman\)](#)
- [What if \(Nicole Nordeman\)](#)
- [Isn't He \(Natalie Grant\)](#)
- [Without You \(Matthew West\)](#)

Click the links for the YouTube videos to listen to some suggestions!

