



# TO THE Heights

SEVENTH SUNDAY IN ORDINARY TIME

 [youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie)



Carl Bloch, Public domain, via Wikimedia Commons

Year C

## Sunday Mass Readings

### First Reading:

1 Samuel 26:2, 7-9, 11-13, 22-23

### Responsorial Psalm:

Psalm 102 (103):1-4, 10,12-13

### Second Reading:

1 Corinthians 15:45-49

### Gospel:

Luke 6:27-38

*"Love your enemies and do good, and lend without any hope of return..."*

## Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints, or as we like to call them, **Game Changers!**

You can check out our GameChanger Series resources, free to download [by clicking here!](#)

**21 February** [St Peter Damian](#)

**22 February** [St Peter's Chair](#)

**23 February** [St Polycarp](#)

Did you know that every Saturday is dedicated in a special way to Our Lady? [Find out why here!](#)



## Hear

Grab your Bible and look up the Gospel reading. Don't have a Bible? No worries, click the bible image for this week's readings!



1. Who was Jesus focussed on as He began this sermon?
2. How are His disciples expected to treat those who hate them / curse them / treat them badly?
3. Why should they not just love those who love them?
4. What kind of reward can His disciples expect for living in this way?
5. Whose standard are the disciples meant to reach?
6. What do you think Jesus means by "the amount you measure out is the amount you will be given back."?
7. Is this a difficult Gospel to follow? Explain.



## Gospel Reflection: RESPONDING TO GOD'S LOVE



Today's gospel reading is a continuation of the teaching that began in last Sunday's gospel. We continue to hear Jesus' Sermon on the Plain. Recall that in Luke's Gospel, this teaching is addressed to Jesus' disciples. This is in contrast to the parallel found in Matthew's Gospel, the Sermon on the Mount, in which Jesus' words are addressed to both the disciples and to the crowds.

These words from Jesus' teaching are familiar to us. They constitute the crux and the challenge of what it means to be a disciple: Love your enemies, turn the other cheek, give to those who ask, do unto others, lend without expecting repayment, judge not lest you be judged.

There are several similarities between Luke's and Matthew's report of Jesus' great teaching. Both begin with the Beatitudes. Matthew includes nearly all the content that Luke does; the Sermon on the Mount in Matthew's Gospel is longer than Luke's Sermon on the Plain. There are, however, differences in language and nuance. For example, Matthew presents this portion of the teaching as a contrast between Jesus' teaching and the teachings of the law and the prophets. This is in keeping with Matthew's concern to address his predominantly Jewish audience. It is likely that Luke omits this contrast because it was unnecessary for the Gentile believers for whom Luke is writing.

Another point of contrast between Matthew and Luke's presentation is the terminology. In Luke, Jesus contrasts the behaviour of his followers with the behaviour of "sinners." In Matthew, Jesus contrasts the behaviour desired with the behaviour of tax collectors and Gentiles. Matthew concludes the teaching about love of enemies with the admonition to be perfect as God is perfect; Luke concludes by emphasizing God's mercy.

In both Gospels, Jesus' words challenge those who would follow him to be more like God. God loves us beyond our expectations, beyond anything we can possibly imagine. In response to God's love, we are to love as God loves, beyond expectations and with a depth beyond imagining.

From Loyola Press Sunday Connections

## TEACHER'S CORNER

**The Chosen:** Zoom Series, Wednesday nights, 8.00 - 9.15pm, see [www.waterfordlismore.ie](http://www.waterfordlismore.ie)

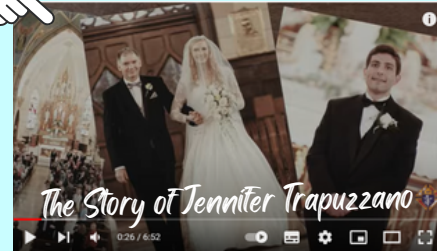
**Cherished:** Women's Retreat at Glencomeragh House (ages 18-50) Feb 25 - 27. Full board €140 pps. To book: [info@holymission.ie](mailto:info@holymission.ie) / Shauna (087) 1378364.

**Encounter:** gathering for young adults aged 18-35 in St John's Church, Waterford, Fri 11th March, 8pm, Talk - Music - Prayer - Refreshments. Free Admission. More info: [www.waterfordlismore.ie](http://www.waterfordlismore.ie)

**"Show us the Father" - Lenten Retreat** at Glencomeragh House, March 25 - 27. Full board €225. (052) 6133181 / [info@holymission.ie](mailto:info@holymission.ie)

**Silent Retreat** preached by: Fr. Kilian Byrne, Foyer of Charity at Glencomeragh House, April 18-24, Cost €380 full board. Contact Helen 086 1678027 / [hellywilliams@gmail.com](mailto:hellywilliams@gmail.com)

## TESTIMONY TIME



## Young Person's Prayer



Jesus, You are the source of all joy and peace. You know that there are areas of my life and people in my life that have caused me pain, and it can be difficult for me to forgive. I'm not sure if right now I even want to forgive. But I pray now for the grace to want to let your healing into my life. To make room for Your healing, I know there are things I need to let go of. Fill my heart with Your love, and grant me the grace I need to decide to take a step towards forgiveness today, no matter how small that step may be. Amen

"...forgive us our sins as we forgive those who trespass against us..."

## IS FORGIVENESS TOO HARD?

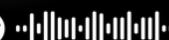
This Gospel passage is a continuation of Jesus' Sermon on the Plain (or on the Mount depending on which Gospel you are reading). He holds up for us an incredibly high standard of living - the Christian standard: love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. This is tough, really tough! Is it impossible? By human standards, yes, but by God's grace, thankfully no. Jesus calls us to love and view others as He does if we want to call ourselves a follower of His. Jesus calls us to give and not count the cost, or as we looked at in Fr Mike's video, to count the cost and still forgive. This passage directly follows the Beatitudes, the path to joy Jesus promises us. Lack of forgiveness can enslave us, hold our hearts hostage, eat away at our joy and our ability to love. This is not living life to the full. This is not a path to joy. Jesus also knows we're weak and frail. He modelled for us how to live this way by His own life and death. He promises us all the help that we need. If we wait until we feel like doing any of this, that feeling may never come. Love is a decision, forgiveness is a decision. If you are struggling to forgive, make a decision to set your heart free, by God's grace.



## TUNE OF THE WEEK

Forgiveness

Matthew West



## WEEKLY CHALLENGE:



Are there people in your life that you struggle to forgive? People who have wronged you and hurt you? People who owe you a debt, who have cost you something in your life? If you feel like you can start the process of forgiveness, follow Fr Mike's advice. If you struggle with that, begin by praying for the grace to want to forgive them, and commit to that prayer.

**WATCH:** VIDEO: Forgiveness (Fr Mike Schmitz)



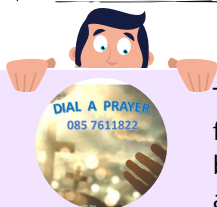
## CHECK IT OUT: DIAL-A-PRAYER



Call us

085 7611822 BETWEEN 2 - 3PM EACH DAY

The Sisters of Mary Morning Star in Waterford City offer Dial-a-Prayer for anyone who would like the Sisters to pray for their intentions. Phone 085 7611822 between 2 - 3pm each day with your intentions. The Sisters promise to bring the intentions, thoughts and prayers of people in the Waterford and Lismore Diocese to the Lord in their adoration and daily Mass. Check out the website for the Sisters of Maria Stella Matutina.







# What Forgiveness Means

"To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless."  
 GK Chesterton

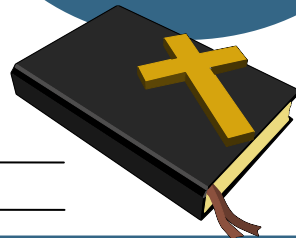


FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US

WHAT DO YOU THINK ARE THE HARDEST CHRISTIAN TEACHINGS TO LIVE OUT?



WHAT DO YOU THINK FORGIVENESS MEANS? HOW DO YOU KNOW IF YOU HAVE FORGIVEN SOMEONE?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "FORGIVENESS" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What does Fr Mike claim is one of the most radical teachings of Christianity?

What do we pray at the centre of the Our Father?



## WHAT FORGIVENESS MEANS (AND WHAT IT DOESN'T MEAN!)



- Forgiveness doesn't mean you're no longer \_\_\_\_\_.
- Forgiveness doesn't mean you have to be \_\_\_\_\_ with this person again.
- Forgiveness doesn't mean that you \_\_\_\_\_ them.

When you forgive, why do you **not** have to feel like you have forgiven someone?

When you forgive, why do you **not** have to feel like you are hurt anymore?

When you forgive, why do you **not** have to feel like you should trust them again?

## WE CAN UNDERSTAND FORGIVENESS IN TERMS OF JUSTICE.

Justice = what I \_\_\_\_\_  
 or what another person \_\_\_\_\_.



IN TERMS OF FORGIVENESS THAT MEANS:  
 "I'M NOT GOING TO MAKE YOU PAY BACK  
 WHAT YOU OWE ME."

Retell the parable of the unforgiving servant in your own words:



### STEPS TO FORGIVING SOMEONE:

1 (JUSTICE) Write down: \_\_\_\_\_

2 (FORGIVENESS) Look at list and say: \_\_\_\_\_

## WHAT FORGIVENESS MEANS [LUKE 6:27-38](#)



**Forgiveness gives us the freedom to \_\_\_\_\_.**

*Forgiveness is a big deal, so before we do any of these steps we need to ask for God's grace, for the Holy Spirit to help us, for Jesus to guide our thoughts and actions, and to trust in the Father.*



**BONUS**



Watch the short YouTube clip, [The Story of Jennifer Trapuzzano](#).

How do you react to Jennifer's ability to forgive in this situation?

Try to find any other incredible stories of forgiveness to share with others!



### Now Read Luke 6:27-38



This Gospel passage is a continuation of Jesus' Sermon on the Plain (or on the Mount depending on which Gospel you are reading). He holds up for us an incredibly high standard of living - the Christian standard: love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. This is tough, really tough! Is it impossible? By human standards, yes, but by God's grace, thankfully no. Jesus calls us to love and view others as He does if we want to call ourselves a follower of His. Jesus calls us to give and not count the cost, or as we looked at in Fr Mike's video, to count the cost and still forgive. This passage directly follows the Beatitudes, the path to joy Jesus promises us. Lack of forgiveness can enslave us, hold our hearts hostage, eat away at our joy and our ability to love. This is not living life to the full. This is not a path to joy. Jesus also knows we're weak and frail. He modelled for us how to live this way by His own life and death. He promises us all the help that we need. If we wait until we feel like doing any of this, that feeling may never come. Love is a decision, forgiveness is a decision. If you are struggling to forgive, make a decision to set your heart free, by God's grace.



**MISSION!**

ARE THERE PEOPLE IN YOUR LIFE THAT YOU STRUGGLE TO FORGIVE? PEOPLE WHO HAVE WRONGED YOU AND HURT YOU? PEOPLE WHO OWE YOU A DEBT, WHO HAVE COST YOU SOMETHING IN YOUR LIFE? IF YOU FEEL LIKE YOU CAN START THE PROCESS OF FORGIVENESS, FOLLOW FR MIKE'S ADVICE. IF YOU STRUGGLE WITH THAT, BEGIN BY PRAYING FOR THE GRACE TO WANT TO FORGIVE THEM, AND COMMIT TO THAT PRAYER.



**PRAYER TIME!**

**Jesus, You are the source of all joy and peace. You know that there are areas of my life and people in my life that have caused me pain, and it can be difficult for me to forgive. I'm not sure if right now I even want to forgive. But I pray now for the grace to want to let your healing into my life. To make room for Your healing, I know there are things I need to let go of. Fill my heart with Your love, and grant me the grace I need to decide to take a step towards forgiveness today, no matter how small that step may be. Amen**



### CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON FORGIVENESS



- Forgiveness - Matthew West
- From the Inside Out - Hillsong
- O Come to the Altar - Elevation Worship
- Forgive our sins as we forgive - Koine Music
- A Heart that Forgives - Kevin Levar
- Forgive - This Hope Music
- Love Your Enemies - Kyle Sigmon
- Bless those who curse - Robert Martin
- O God Forgive Us - For King & Country
- Letting Go - Jeremy Camp

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



**Fr Mike Schmitz: Why is it so hard to forgive yourself?**



**Witness of Mercy: The Story of Jennifer Trapuzzano**