

# To the Heights

**Year A 23RD SUNDAY IN ORDINARY TIME**

Download from [www.waterfordlismore.ie/resources](http://www.waterfordlismore.ie/resources) or subscribe to receive by email!



**HEAR!** Sunday Gospel  
Matthew 18:15-20

 If you don't have a Bible handy, click the image here to access the Mass readings for this Sunday!

**WATCH!**

**Fr Mike Schmitz**

**"YOU WILL GET WHAT YOU TOLERATE"**



**PRAY!**



Jesus, you want me to be the best version of myself. Help me to establish boundaries with others where I need to, so that both I and my friendship with others can flourish. Show me where I need to cut out certain behaviours in my own life too, and give me the strength to change. Amen.

**TUNE!** 

I Spoke Up  
Steffany Gretzinger

**GROW!** 

**RESOURCES: SOUND OF FREEDOM**

Sound of Freedom is a true story film that exposes the darkness of child trafficking. A federal agent, Tim Ballard, saves a boy from traffickers, but his sister is still captive. He embarks on a dangerous mission, risking his life to free her from a fate worse than death. Starring Jim Caviezel in the role of Tim Ballard in this gripping and moving film.

 **15A**

 Watch the trailer.

**EVENTS**

- Evangelium Apologetics Conference for Young Adults:** Saturday 7 October, 11am - 4.30pm, Imperial Hotel Cork. €15. Book in advance. More info on [www.evangelium.ie](http://www.evangelium.ie)
- Youth2000 Munster Retreat:** Catholic Youth Retreat - faith, fun and fellowship for those aged 16 - 35 years in Midleton Co. Cork, 20 - 22 October. Donation only. For more details and information on how to book go to [www.youth2000.ie](http://www.youth2000.ie)

**WEEKLY CHALLENGE!** 

- Take some time in prayer and reflection this week.
- Is there someone in your life you need to have a courageous conversation and set boundaries with?
- Or is there something within yourself that you need to stop tolerating and change? Make a resolution to work on it this week.

**GAMECHANGERS!** 

**EXALTATION OF THE CROSS** 14 September  
**OUR LADY OF SORROWS** 15 September

Check out our online resources. 



The Catholic Church offers us so many examples of inspirational saints and heroes, or as we like to call them here, **Game Changers!** Check them out on our web page!

Disclaimer: On these resource pages you will find links to external websites. Although we make every effort to ensure these links are accurate, up to date and relevant, Ascend Youth & Young Adult Ministry cannot take responsibility for pages maintained by external providers. While we strive to provide only links to useful and ethical websites, we have no control over the content and nature of these sites and the links to other websites do not imply a recommendation for all the content found on these sites.

## PUZZLE

FIND THE WORDS FROM TODAY'S READING IN THE WORDSEARCH BELOW



- agree
- bind
- brother
- charge
- community
- disciples
- evidence
- granted
- heaven
- in my name
- Jesus
- listen
- loose
- solemnly
- wrong

D N A E A O V N D C X V J C G  
 E C S V C G E M H B K D E N M  
 C A E I L S R A A A D J N O L  
 H V L D B R R E N N T Z G I Z  
 I H P E N G J I E C X G A P B  
 S K I N E R C I V W Y C E E A  
 Z U C C T K N X A N P S H W G  
 Z X S E K M Y R E I O Y G W Q  
 K U I E Y L E A H O W P R P O  
 P M D N J H I Q L G S X A B W  
 O M A U T W K S O L E M N L Y  
 Y M B O W I Q V T U B X T E T  
 E P R G W R O N G E R I E E O  
 A B Z U P B R I R U N N D C S  
 T V U Z Y T I N U M M O C R I

Can you explain how any four of these words relate to the message of the Gospel?

What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.




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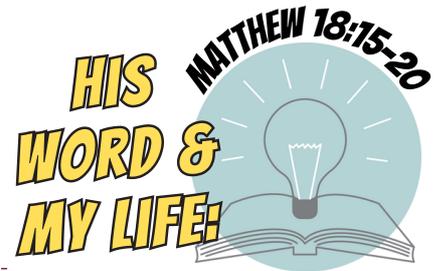
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## DOODLE PRAYER

Reflect on scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

*"FOR WHERE TWO OR THREE MEET IN MY NAME, I SHALL BE THERE WITH THEM."*

[Click here for some relaxing instrumental music](#)  
 SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO



"We get the behaviour we are willing to tolerate." It makes sense really, doesn't it? If we allow a friend or family member to be sarcastic or rude to us, they will continue to be sarcastic or rude. If we decide for ourselves that this is not acceptable, if we communicate it clearly and follow through with consequences, it can make a difference. We hope that their behaviour will change, but if not, something inside us can change as we make the decision and follow through.

What about ourselves though? What are we willing to tolerate in our own behaviour? Can we be a little quick to let ourselves off the hook and make excuses for lowering our standards or our expectations of ourselves? Possibly.

There's a definite challenge in that for each of us this week. Is there something I'm not happy with in myself, some thing that I want to change, some standard I know I should reach or virtue I should practice, but I make excuses and settle for less, or even fall into sin?

The good news is we're not on our own in any of this. The Holy Spirit can help us to understand what to tolerate (or not) in ourselves and others, give us the grace to set those boundaries and the strength to commit (or recommit if we fall!). The first we have to do is decide for change.



# Setting Boundaries



Speaking truth will rarely earn you friends, but it will reveal who your true friends are and who are true friends of Christ.  
Mark Hart

WHAT KIND OF BEHAVIOUR TYPICALLY ANNOYS YOU?

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DO YOU FIND IT EASY TO COMMUNICATE YOUR ANNOYANCES TO OTHERS?

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WATCH THIS VIDEO FROM FR MIKE SCHMITZ "SETTING BOUNDARIES FOR YOURSELF AND OTHERS" AND REFLECT ON THE QUESTIONS THAT FOLLOW



When it comes to others, what kind of behaviour do we get, according to Fr Mike?

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Give an example to explain this theory (from the video, or from experience)



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Fr Mike explains that we need to establish clear boundaries: what kind of difficulties can there be in this process?

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What three steps are involved in setting boundaries with others?

1. Understand \_\_\_\_\_
2. Clearly \_\_\_\_\_ (this takes courage!)
3. Follow \_\_\_\_\_



**Over to you!** Someone who know is often dismissive of you and your opinions, especially in front of others. This bothers you a lot and you decide not to tolerate this behaviour any more. Role-play or write the kind of courageous boundary-setting conversation you might have with them:



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## SETTING BOUNDARIES



Why is it also true for ourselves that we get the behaviour we are willing to tolerate? Give an example to explain this.

What do we ultimately need to decide when it comes to how we live our lives?

What happens if we fall, or fail in our attempt?



Read Matthew 18:15-20



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What about ourselves though? What are we willing to tolerate in our own behaviour? Can we be a little quick to let ourselves off the hook and make excuses for lowering our standards or our expectations of ourselves? Possibly. There's a definite challenge in that for each of us this week. Is there something I'm not happy with in myself, some thing that I want to change, some standard I know I should reach or virtue I should practice, but I make excuses and settle for less, or even fall into sin? The good news is we're not on our own in any of this. The Holy Spirit can help us to understand what to tolerate (or not) in ourselves and others, give us the grace to set those boundaries and the strength to commit (or recommit if we fall!). The first we have to do is decide for change.



**MISSION!**

TAKE SOME TIME IN PRAYER AND REFLECTION THIS WEEK. IS THERE SOMEONE IN YOUR LIFE YOU NEED TO HAVE A COURAGEOUS CONVERSATION AND SET BOUNDARIES WITH? OR IS THERE SOMETHING WITHIN YOURSELF THAT YOU NEED TO STOP TOLERATING AND CHANGE? MAKE A RESOLUTION TO WORK ON IT THIS WEEK.



**PRAYER TIME!**

*Jesus, you want me to be the best version of myself. Help me to establish boundaries with others where I need to, so that both I and my friendship with others can flourish. Show me where I need to cut out certain behaviours in my own life too, and give me the strength to change. Amen.*



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

- Steffany Gretzinger: I Spoke Up
- Bethel Music: Raise a Hallelujah
- Christopher: Leap of Faith
- Steffany Gretzinger: Letting Go
- Casting Crowns: The Change in Me
- Jeremy Camp: Empty Me



## "If you're not changing it, you're choosing it."

WHAT DO YOU THINK THIS MOTTO MEANS? DISCUSS.