



THE TEST OF THREE

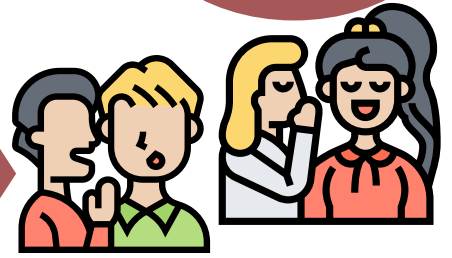
SET A GUARD OVER MY MOUTH, LORD; KEEP WATCH OVER THE DOOR OF MY LIPS. PSALM 142:3



CHECK OUT WHAT THE CATECHISM OF THE CATHOLIC CHURCH TEACHES ABOUT GOSSIP!

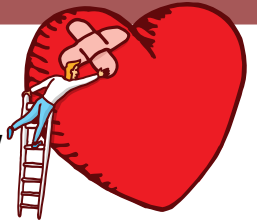
SENIOR RE-VOL EXAM. A1 / A3 / B1 / B2 / B3 / C1 / C2 / C3 / H2 / H3
JOB: 10 / 13 / 15 / 18 / 19 / 22 / 25 / 27 / 29 / 31 / 32 / 33 / 34 / 35

CAN YOU THINK OF A TIME WHEN YOU HEARD SOME GOSSIP THAT YOU LATER DISCOVERED WAS UNTRUE? DID YOU SHARE IT WITH OTHERS OR KEEP IT TO YOURSELF? HOW DID YOU FEEL WHEN YOU REALISED IT WAS FALSE?



CHOOSE ONE OF THE FOLLOWING TOPICS TO DISCUSS IN PAIRS/GROUPS:

- "There is no real harm in gossiping about celebrities."
- "Fake News harms society as a whole."
- "Words can leave deeper scars than physical wounds."



READ THE FOLLOWING POEM BY RUBY REDFORT AND RESPOND IN YOUR OWN WORDS:

Sticks and stones may break my bones, but words can also hurt me.
 Stones and sticks break only skin, while words are ghosts that haunt me.
 Slant and curved the word-sword falls, it pierces and sticks inside me.
 Bats and bricks may ache through bones, but words can mortify me.
 Pain from words has left its scar, on mind and heart that's tender.
 Cuts and bruises have not healed, it's words that I remember.

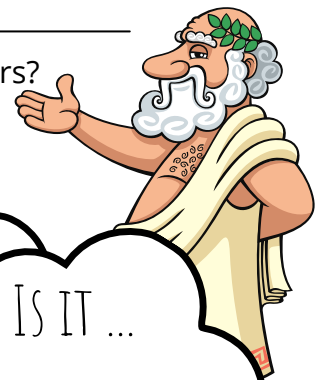
WATCH FR MIKE SCHMITZ' VIDEO: "3 QUESTIONS TO ASK TO PREVENT GOSSIPING" AND REFLECT ON THE QUESTIONS THAT FOLLOW:



Check these Bible references and write out the one / phrase that strikes you the most: [1 Peter 3:10](#) [Psalm 141:3](#) [James 3](#)

THE TEST OF THREE Which philosopher does Fr Mike reference? _____

What three questions should you ask yourself before sharing a story about others?

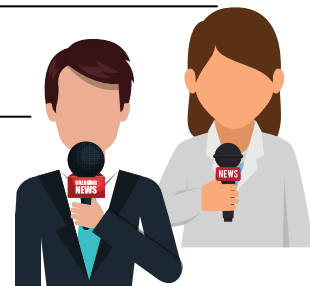


THE TEST OF THREE

Can you think of any bad news stories you heard reported lately?

Can you think of any positive news item you heard reported lately?

Why do you think we are so fascinated by bad news and not good news stories?



How does Fr Mike explain the scriptural analogy of the tongue as fire?

“It can give _____ and _____
but it can also _____”

How would you explain this idea in your own words?



"What does it matter if you can win a thousand battles if you cannot win against your own corrupt passions? It doesn't matter. The real battle is with ourselves"
Blessed Carlo Acutis



READ: MARK 9:38-43, 45, 47-48

In this Gospel Passage, Jesus highlights the consequences of our actions - be they good or bad. Even the most trivial good deed can have profound consequences - think of the difference a smile makes! In the same passage, however, Jesus highlights the importance of taking responsibility for our poor choices and habits too.

That's some pretty dramatic language there: If your right hand or foot causes you to stumble, cut it off! If your eye causes you to stumble, pluck it out! Jesus isn't asking us to maim ourselves, but He is speaking metaphorically and asking us to rid our hearts and our lives from anything that actually is causing us to stumble in our relationship with Him, with others and with ourselves. Is gossiping about others something that's an issue for us? If so, we really need to cut it out of our lives. Jesus doesn't say maybe we should perhaps think about making changes - He's really clear. If something is causing us to sin, to hurt others and ourselves, then we have to cut it out of our lives.



MISSION!

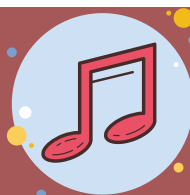
DESIGN A GRAPHIC OR EVEN JUST SCRIBBLE *THE TEST OF THREE* ON A POST-IT-NOTE AND KEEP IT SOMEWHERE YOU'LL SEE REGULARLY. TRY TO BE MORE CONSCIOUS ABOUT WHAT YOU SAY IN THE WEEK (AND MONTHS!) AHEAD, APPLYING THE TEST OF THREE TO YOUR WORDS. BUILD PEOPLE UP, DON'T TEAR THEM DOWN, AND SEE THE DIFFERENCE IT MAKES TO YOU AND THEM!



PRAYER TIME! Lord Jesus, help me to see others as You do, to respect their dignity and treat them with love. Help me to forgive those who may have hurt me by their words, and grant that my words will only enlighten and warm, and never tear down or destroy. Set a guard over my mouth, Lord; keep watch over the door of my lips. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE POWER OF WORDS THIS WEEK



- Mean Girls (Leanna Crawford)
- Slow Fade (Casting Crowns)
- The Voice of Truth (Casting Crowns)
- Speak Life (TobyMac)
- Delicacies (Jason Silver)
- Word (Hawk Nelson)
- Today I Choose (Brian Doerkson)
- Lifesong (Casting Crowns)



Fr Mike Schmitz: Venting or Gossiping?
ASCENSION PRESENTS

6:45 MINS



Michelle shares her story of how she finally left loved and lovable after an experience of bullying in school.
HM TELEVISION: TURN-AROUND

3:10 MINS