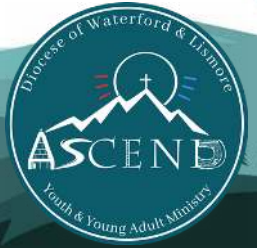




To the Heights



Year C 8TH SUNDAY IN ORDINARY TIME

Download from www.waterfordlismore.ie/resources or subscribe to receive by email!

Discover how the Lord has worked in the lives of our community here in Holy Family Mission 



SPOTLIGHT!

Testimony Series

Tuesdays & Thursday after 9am Mass
www.holyfamilymission.ie

HEAR! Sunday Gospel

Luke 6:39-45

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

FR MIKE SCHMITZ 

EXPRESSING YOUR OPINION? WATCH!

Memorise and repeat every morning:



PRAY

SET A GUARD OVER MY MOUTH,
LORD, KEEP WATCH OVER THE
DOOR OF MY LIPS.
PSALM 141:3-4

WEEKLY CHALLENGE!

Put Fr Mike's Four Question Rule into practice this week when faced with an opportunity to offer your opinion and weigh up if this something you actually deserve to have an opinion on? Why are you speaking about this? Do you have the kind of relationship with this person that allows you to speak your mind? what is the best way for the receiver to hear your opinion?

TUNE! 

Love you with the truth
Casting Crowns

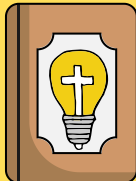


GROW

HALLOW APP:
Hallow is a Catholic prayer app that offers audio guided meditation sessions to help us grow in our faith & spiritual lives and find peace in God. Explore over 500 different sessions on contemplative prayer, meditation, sessions on Catholic Bible readings, music, and more e.g Catholic Bible readings, Christian Meditation, Bible Sleep Daily prayers, Rosary, Ignatian Examen, Lectio Divina, Stories, Rosary, Ignatian Examen, Community, Homilies Taizé & Gregorian Chant, Challenges, Litanies & Guests, Praylists, Novenas and Minute Meditations. There really is something there for everyone!



GET IT ON Google Play
Download on the App Store



REFLECT

- What do you understand by the expression "the blind leading the blind"?
- Explain the parable of the splinter and the plank in your own words - how is this a good description of hypocrisy?
- What do you think the parable of the sound tree and the rotten tree means?
- Where do a man's words flow from?
- What does this teach us about the kind of words someone will utter or the life they will live?
- Have you ever experienced a situation like Jesus is describing in any of these parables

GAMECHANGERS!




The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, Game Changers! Check them out on our web page!

Ash Wednesday is coming up which means Lent is beginning this week! Have you decided on any Lenten promises? Check out our Lenten Guide for lots of practical suggestions for this season of Lent!

SEASON OF LENT

UP

RESOURCE PACK FOR POST-PRIMARY SCHOOLS / YOUTH GROUPS



BRING IT TO YOU BY THE GRACE OF WATERFORD & LISMORE

HIS WORD & MY LIFE!

LUKE 6:39-45



PUZZLE

FIND THE WORDS FROM THIS SUNDAY'S GOSPEL IN THE WORDSEARCH BELOW

- blind
- brambles
- disciple
- eye
- figs
- flow
- fruit
- good
- goodness
- grapes
- heart
- hypocrite
- Jesus
- lead
- observe
- parable
- pit
- plank
- rotten
- splinter
- teacher
- thorns
- tree
- words



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

Reflect on the 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!

DOODLE PRAYER

"There is no sound tree that produces rotten fruit, not again a rotten tree that produces sound fruit..."

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

RESPOND!



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.

Being a follower of Christ is not for the apathetic - He constantly calls us to greater things and closer union with Him. More often than not, that call involves searching deep in our own hearts and considering how well we are treating others. He doesn't tell us we cannot judge actions. He Himself talks in this passage about good and rotten fruit. Good and evil actions are a reality of life; but judging another's heart and their motives is not our job, it's His. It can be really hard to bite our tongues, especially when we feel we're so clearly right and they're just not getting it!?! Reflecting on the why, what, who and how of our opinions can be just the speed bump we need, stopping us from jumping in feet first into needless criticism that can just burn bridges and harden hearts. What kind of witness to Christ do I show daily? Is this how Jesus would speak? Am I correcting out of love, or out of a need to justify myself? Do I even know enough about the topic or this person to have an informed opinion? When it comes to someone else's heart, we need to tread carefully and lovingly. Above all, let's check for any glaringly obvious planks in our own eyes and work on those first!

CHECK OUT WHAT
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT RASH
JUDGMENT
CCC 2477



IN MY OPINION...

UNASKED FOR AND UNSOLICITED ADVICE IS JUST CRITICISM...



Set a guard over
my mouth, Lord;
keep watch over
the door of my lips.
Psalm 141:3-4

ARE YOU SOMEONE WHO HAS STRONG OPINIONS? DO YOU FEEL YOU HAVE TO SHARE THEM WITH OTHERS?

HOW WELL DO YOU TAKE CRITICISM? WHEN IS IT EASIER TO TAKE CRITICISM FROM SOMEONE?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ "EXPRESSING YOUR OPINION"
AND REFLECT ON THE QUESTIONS THAT FOLLOW



Why did Fr Mike feel he could not offer his opinion on the OJ Simpson trial?

What does he mean when he says "I don't deserve to have an opinion on this topic"?

FOUR QUESTIONS TO ASK BEFORE EXPRESSING YOUR OPINION



WHY?

- What are my motives for speaking:
- Do I want to be right? To fix someone? Is it because I'm angry?
- Why am I speaking? Is it out of vengeance or justice?

• **Vengeance** as my motive means: _____

• **Justice** as my motive means: _____



WHAT?

- What am I speaking about? Is it a real thing? Is it a truth?
- Is it a principle or just a p_____?



WHO?

- Who am I? What is my r_____ with this person?
- Do I have their permission to offer my opinion or correction?

• Remember! Unsolicited (unasked for) advice is actually just c_____!



HOW?

There are two sides to communication:

- What is said Vs What is _____
- What is offered Vs What is _____

• A truth that needs to be spoken needs to take into account the person I want to receive it. I need to say it in a way they'll hear it more clearly.

• Am I saying it for myself or for _____?

IN MY OPINION...

Jesus taught us how to offer correction when necessary for *personal stuff*.

READ MATTHEW 18:15-18



STEP 1: _____

STEP 2: _____

STEP 3: _____

WHAT NOT TO DO! _____



WHAT ARE YOUR OWN THOUGHTS ON EXPRESSING OPINIONS?



LUKE 6:39-45

READ:

Being a follower of Christ is not for the apathetic - He constantly calls us to greater things and closer union with Him. More often than not, that call involves searching deep in our own hearts and considering how well we are treating others. He doesn't tell us we cannot judge actions. He Himself talks in this passage about good and rotten fruit. Good and evil actions are a reality of life; but judging another's heart and their motives is not our job, it's His. It can be really hard to bite our tongues, especially when we feel we're so clearly right and they're just not getting it!?! Reflecting on the why, what, who and how of our opinions can be just the speed bump we need, stopping us from jumping in feet first into needless criticism that can just burn bridges and harden hearts. What kind of witness to Christ do I show daily? Is this how Jesus would speak? Am I correcting out of love, or out of a need to justify myself? Do I even know enough about the topic or this person to have an informed opinion? When it comes to someone else's heart, we need to tread carefully and lovingly. Above all, let's check for any glaringly obvious planks in our own eyes and work on those first!



MISSION!

PUT FR MIKE'S FOUR QUESTION RULE INTO PRACTICE THIS WEEK WHEN FACED WITH AN OPPORTUNITY TO OFFER YOUR OPINION AND WEIGH UP IF THIS SOMETHING YOU ACTUALLY DESERVE TO HAVE AN OPINION ON? WHY ARE YOU SPEAKING ABOUT THIS? DO YOU HAVE THE KIND OF RELATIONSHIP WITH THIS PERSON THAT ALLOWS YOU TO SPEAK YOUR MIND? WHAT IS THE BEST WAY FOR THE RECEIVER TO HEAR YOUR OPINION?



PRAYER TIME!

Memorise and repeat Psalm 141:3-4 every morning:



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



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON YOUR HEART'S MOTIVES



- Love you with the truth - Casting Crowns
- I shall not want - Audrey Assad
- May the words of my mouth - Tim Hughes
- From the Inside Out - Hillsong
- Psalm 141 Song - Jason Silver
- Mean Girls (Leanna Crawford)
- Slow Fade (Casting Crowns)
- Lifesong (Casting Crowns)



Fr Patrick Cahill: "The Plank in Your Eye"



Ascend YM Spiritual Blindspots Resource