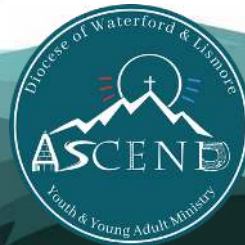




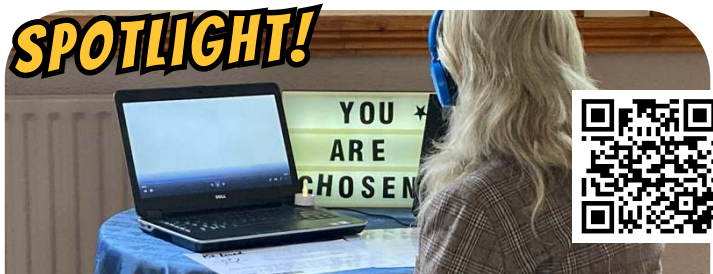
To the Heights



Year C 28TH SUNDAY IN ORDINARY TIME

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

SPOTLIGHT!



Training in Prayer Spaces for our Parish Faith Reps in September - for more on Prayer Spaces check out <https://prayerspacesinschools.com/>

HEAR: Sunday Gospel

Luke 17: 11-19

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



PRAY

Jesus you are so good to me, in so many ways that I don't even see each day. But for the things I do see I thank you, especially for _____, _____ and _____. Let me never grow indifferent to the gifts you have blessed me with! Amen

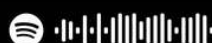
PRAYER INTENTION!

For all those who are sick at home or in hospital, and for all those who care for them.



TUNE!

GRATITUDE
Brandon Lake



GROW



ONE MINUTE
PAUSE APP



App Store Google Play

Take a pause. A simple way to connect with God in the middle of your busy day. From John Eldredge, the New York Times Best Selling Author of Wild at Heart and Captivating. Based on the One Minute Pause chapter of his new book "Get Your Life Back", this app invites you into the simple practice of releasing everything to God, restoring your union with God and inviting him to fill you.

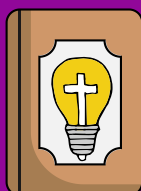


WEEKLY CHALLENGE!



This week, each morning and each evening, ask the Holy Spirit to guide you, then list 4 things you are grateful for and then remember to thank God for them. See if it changes your outlook!

SO VERY
thankful
INCREDIBLY
grateful
UNBELIEVABLY
blessed



REFLECT

- Where was Jesus travelling to?
- What regions was this route bordering?
- Why did the ten men stand at a distance from him?
- What did they shout out to Jesus?
- Why did Jesus tell them to show themselves to the priests (look it up if you don't know!)
- How many came back to thank Him?
- Where was this man from? What was significant about this?
- How did Jesus respond to this man?

FR MIKE SCHMITZ



WATCH!

START
SAYING
"THANK
YOU"

Let nothing disturb you,
Let nothing frighten you,
All things are passing away;
God never changes.
Patience obtains all things
Whoever has God
lacks nothing;
God alone suffices.

GAMECHANGERS!



ST TERESA OF AVILA
15th October

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!



FRANÇOIS CÉRARD, PUBLIC DOMAIN, VIA WIKIMÉDIA COMMONS



www.waterfordlismore.ie/youth-ministry



[AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)



[ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)



[Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)

HIS WORD & MY LIFE!

LUKE 17: 17-19



PUZZLE

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

We can read the story of the ten lepers and be shocked at the behaviour of the nine. Imagine being cut off from society, alone, in desperate straits, facing a life of misery, isolation and eventual death - only to find restoration and healing in the person of Jesus Christ! Incredible!

You would imagine they'd be grateful and come rushing back to Him. Yet only one did. How strange and shocking! We'd never do that, would we? And yet, if we think about all the blessings and gifts we have every day in our lives, and how often we thank God for them, we might find ourselves aligning a little more closely with the 9 lepers and not the Samaritan leper who came back and threw himself at the feet of Jesus.

"What if you woke up this morning and had only the things you thanked God for yesterday?" (Max Lucado) That's a quote that's well worth spending some time on - might be a little uncomfortable too. But the good news is we can start an attitude of gratitude today, right at this very moment, and especially at the moments when we feel down, or a little meh about life! In all things give thanks!

cured
faith
feet
galilee
Jerusalem
Jesus
master
praise
Samarita
Samaritan
saved
take pity on us
ten lepers
thanked
threw himself
village
voice

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

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!



Jesus asked, "Were not all ten cleansed? Where are the other nine?"



[Click here for some relaxing instrumental music](#)

TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL
WORSHIP GUITAR | JON SNODGRASS



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.

"THERE'S NOTHING BETTER THAN THANKSGIVING, AND NOTHING WORSE THAN A LACK OF THANKSGIVING."

Give Thanks

LUKE 17: 11-19

ATTITUDE OF GRATITUDE

ICEBREAKER



- Can you remember a time where you gave someone a gift or your time to help someone and they never thanked you? What was it like?
- "There's nothing better than thanksgiving, and nothing worse than a lack of thanksgiving." Agree or disagree? Explain your answer.

WATCH THIS VIDEO FROM FR MIKE SCHMITZ (THE ABSOLUTE NECESSITY OF SAYING "THANK YOU") AND REFLECT ON THE QUESTIONS THAT FOLLOW:



What does Fr Mike say there's probably nothing worse than?

Meh



What was Fr Mike's prescription to the young man on campus who had a great life but felt a bit meh about it all? What was he to do every morning and evening?

Which part of this do we often forget to do?

How do people who are ungrateful often feel about themselves?



Becoming the kind of person who is grateful:



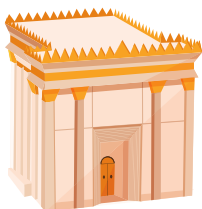
What did St Paul say in his letter to the Thessalonians?

What has the person who has chosen to be grateful chosen to see?

- **God's Perfect Will means:** _____
- **God's Permissive Will means:** _____

What does practicing this routine of gratitude change? _____

For the Israelites, what was the todah offering/sacrifice?



The rabbis said that in the age of the messiah to come, every sacrifice would cease except for the todah sacrifice. Explain how this came to pass for Judeo-Christians in 70AD?

ATTITUDE OF GRATITUDE

What is the todah sacrifice for Christians/Catholics today? _____

What is Eucharist the greek word for? _____

What have we as a people been redeemed from? _____



How did the prescription work out for the young man on campus? What changed?

How can our lives become lives of praise and thanksgiving? What do we need to bring together?



READ: LUKE 17: 11-19

We can read the story of the ten lepers and be shocked at the behaviour of the nine. Imagine being cut off from society, alone, in desperate straits, facing a life of misery, isolation and eventual death - only to find restoration and healing in the person of Jesus Christ! Incredible!

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MISSION!

THIS WEEK, EACH MORNING AND EACH EVENING, ASK THE HOLY SPIRIT TO GUIDE YOU, THEN LIST 4 THINGS YOU ARE GRATEFUL FOR AND THEN REMEMBER TO THANK GOD FOR THEM. SEE IF IT CHANGES YOUR OUTLOOK!



PRAYER TIME!

Jesus you are so good to me, in so many ways that I don't even see each day. But for the things I do see I thank you, especially for _____, _____ and _____. Let me never grow indifferent to the gifts you have blessed me with! Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GOD'S BLESSINGS IN YOUR LIFE



- Brandon Lake: Gratitude
- Nicole Nordeman: Gratitude
- Phil Wickham: Reason I Sing
- Steffany Gretzinger: Give Thanks

- Audrey Assad: Good to Me
- Shane & Shane: Praise to the Lord
- Chris Tomlin: Forever
- Mikeschair: All I can do (Thank You)



A Way to Practice
Gratitude (that actually
sticks) Fr Mark Mary CFR



GRATITUDE PRESCRIPTION!

1. BEGIN BY PRAYING TO THE HOLY SPIRIT TO GUIDE YOU.
2. THINK OF FOUR THINGS YOU ARE GRATEFUL FOR.
3. THANK GOD FOR EACH OF THESE.

IN ALL
THINGS
give
THANKS

DAY	MORNING	EVENING
MONDAY	1. 2. 3. 4.	1. 2. 3. 4.
TUESDAY	1. 2. 3. 4.	1. 2. 3. 4.
WEDNESDAY	1. 2. 3. 4.	1. 2. 3. 4.
THURSDAY	1. 2. 3. 4.	1. 2. 3. 4.
FRIDAY	1. 2. 3. 4.	1. 2. 3. 4.
SATURDAY	1. 2. 3. 4.	1. 2. 3. 4.
SUNDAY	1. 2. 3. 4.	1. 2. 3. 4.



“WHAT IF YOU WOKE UP THIS
MORNING AND HAD ONLY THE
THINGS YOU THANKED GOD
FOR YESTERDAY?”

- Max Lucado -