

# To the Heights

Year A 3RD SUNDAY IN ORDINARY TIME

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## SPOTLIGHT!



Such a great day at our REvive Conference for Senior Cycle Students in the SETU Arena on 15<sup>th</sup> January! Can't wait for next year!

## WEEKLY CHALLENGE:

Practice being present to God this week and becoming aware of His presence to you. Before you begin each day, ask God how He wants you to spend your time & your money, and how He wants you to use the things you own. Listen for His promptings throughout the day. In moments of Difficulty, give them to God. In moments of joy, give them to God too!

## PRAYER INTENTION

Last week we celebrated Catholic Schools Week - let's continue to pray for our schools, our students, teachers, staff and management that they may always put Christ first in all things!

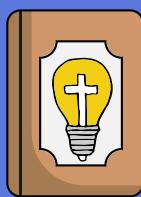


FR MIKE SCHMITZ



"Act today in such a way that you need not blush tomorrow."

## REFLECT



- Which prophet is quoted at the beginning of this Gospel?
- Where was Jesus for this Gospel story?
- What was Jesus' message when he began preaching?
- Who were the first disciples he called?
- How did they respond?
- How did James and John react to him?
- What did Jesus do in the region of Galilee?

## HEAR! Sunday Gospel



Matthew 4:12-23

If you don't have a Bible handy, [click here](#) to access Sunday Mass Readings!

Image: [www.press.thechosen.tv](http://www.press.thechosen.tv)

## TUNE! NOTHING ELSE

Cody Carnes

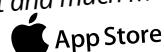


Amen



## GROW

The Amen app is the free Catholic prayer app from the Augustine Institute that inspires your daily conversation with God through faithful meditations and nourishing Scripture. Featuring Music, Meditations, Examinations of Conscience, Daily Mass Readings, One Minute Inspirations, Stories and Meditations for Sleep, Family Content and much more.



FR MIKE SCHMITZ



## GAMECHANGERS: ST JOHN BOSCO

31st January



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!



PRAY

God, I can't change the past. I can't know the future. All I have is this present moment and I give it to You. Each hour is yours, each breath is yours. Show me where You want me to spend it and how You want me to spend it. Amen

[www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

AscendWaterfordLismoreYM



ascendwaterfordlismore.ym



Ascend Youth Ministry

God, each hour is yours.  
each breath is yours.

HIS  
WORD &  
MY LIFE!



Ever get a little panicky when you hear about the Rich Young Man in the Gospel, or the fishermen, Peter, Andrew, James and John in this Gospel who gave up everything and followed Jesus? Does that radical kind of call scare you? It's ok if it does! It's also good to remember, like Fr Mike explains in this week's video, that not all followers of Christ were called to such a radical divestment of property and wealth! God knows your heart, and He knows your life situation. He knows what you need, as well as what you have. He knows how your time and gifts and possessions can be used for His glory and for the good of others. He's given all of that to us. Everything we have is actually His. All He's asking of us is that we realise that and give Him what He asks for on a moment to moment basis. It's like exercising a muscle - if we can hand over to God the small moments of our day, we'll be able to hand bigger decisions over to Him too! Let's not over-complicate practicing our faith. Each day, let's pray for the grace to recognise God's presence in our lives, and for the grace to be just as present to Him too in how we manage our time, our money, our stuff (which is His really!)

## RESPOND!



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.



FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH!

## PUZZLE

Andrew  
brothers  
Capernaum  
curing  
fishers  
Galilee  
Isaiah  
James  
Jesus  
John  
Jordan  
kingdom  
lake  
light  
Naphtali  
nets  
repent  
shadow  
Simon  
synagogue  
Zebedee  
Zebulun



## DOODLE PRAYER

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!

"And they left their nets at once and followed him."



CLICK HERE FOR SOME RELAXING INSTRUMENTAL MUSIC

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



GOD,  
EACH HOUR  
IS YOURS.  
EACH BREATH  
IS YOURS.



# BE PRESENT TO GOD

## ICEBREAKER



If your house was on fire, what one object would you want to save and why?

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WATCH THIS VIDEO FROM FR MIKE SCHMITZ (GOD IS ASKING YOU TO GIVE HIM EVERYTHING) AND REFLECT ON THE QUESTIONS THAT FOLLOW:



Fr Mike mentions a number of Biblical characters and saints who gave everything away to follow Jesus. Name three.

He draws a distinction between two questions

- How do I follow God with \_\_\_\_\_?
- How do I give everything \_\_\_\_\_?



Is every follower of Christ called to give everything away? YES  NO

Is every follower of Christ called to give God everything? YES  NO



**God always speaks in clarity: wait for Him to speak, then act!**

God is inviting you to give Him everything: that means giving Him \_\_\_\_\_ to everything. It involves shifting our mindset from "this is mine" to "God, this is \_\_\_\_\_".

**What kind of things in our lives are we managing for God?**

**How does Fr Mike suggest (like Pope Francis) that we can make an act of self-denial even when buying a car?**



**Give God your time - say to Him:**

- "God each \_\_\_\_\_ is yours, each \_\_\_\_\_ is yours."
- \_\_\_\_\_ do you want me to spend it?
- \_\_\_\_\_ do you want me to spend it?
- My free time - what do you want me to do with it? It's \_\_\_\_\_!"



**We can't change the past, we can't know the future, all we have is the present moment.**

**What is the only moment we can actively give to God?**



## LIFE GOALS



### How do we give everything to God?

Give Him this moment! Realise that it's His money, His stuff, His time. Ask Him: "God,

YOU ARE  
HERE

Br Lawrence of the Resurrection said: "Every given moment God is \_\_\_\_\_. Are you \_\_\_\_\_?"

The more we give God each individual moment, these individual moments add up until they become an \_\_\_\_\_.



At times the moments can be \_\_\_\_\_ but others can be \_\_\_\_\_.



GIVE EVERYTHING  
BACK TO GOD!



READ: MATTHEW 4:12-23

Ever get a little panicky when you hear about the Rich Young Man in the Gospel, or the fishermen, Peter, Andrew, James and John in this Gospel who gave up everything and followed Jesus? Does that radical kind of call scare you? It's ok if it does! It's also good to remember, like Fr Mike explains in this week's video, that not all followers of Christ were called to such a radical divestment of property and wealth! God knows your heart, and He knows your life situation. He knows what you need, as well as what you have. He knows how your time and gifts and possessions can be used for His glory and for the good of others. He's given all of that to us. Everything we have is actually His. All He's asking of us is that we realise that and give Him what He asks for on a moment to moment basis. It's like exercising a muscle - if we can hand over to God the small moments of our day, we'll be able to hand bigger decisions over to Him too! Let's not over-complicate practicing our faith. Each day, let's pray for the grace to recognise God's presence in our lives, and for the grace to be just as present to Him too in how we manage our time, our money, our stuff (which is His really!)



MISSION!

PRACTICE BEING PRESENT TO GOD THIS WEEK AND BECOMING AWARE OF HIS PRESENCE TO YOU. BEFORE YOU BEGIN EACH DAY, ASK GOD HOW HE WANTS YOU TO SPEND YOUR TIME & YOUR MONEY, AND HOW HE WANTS YOU TO USE THE THINGS YOU OWN. LISTEN FOR HIS PROMPTINGS THROUGHOUT THE DAY. IN MOMENTS OF DIFFICULTY, GIVE THEM TO GOD. IN MOMENTS OF JOY, GIVE THEM TO GOD TOO!

PRAYER TIME!

*God, I can't change the past. I can't know the future. All I have is this present moment and I give it to You. Each hour is yours, each breath is yours. Show me where You want me to spend it and how You want me to spend it. Amen*



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON OFFERING EVERYTHING TO GOD



- Cody Carnes: Nothing Else
- Robin Mark: All for Jesus
- Matt Redman: Blessed be your name
- Lauren Daigle (ver): Here's my Heart Lord

- Matt Redman: Unbroken Praise
- Rend Collective: You are my Vision
- Tim Hughes: Everything
- Matt Redman: I will offer up my life



First Fruits  
(Fr Mike Schmitz)