

To the Heights

Year A 6TH SUNDAY IN ORDINARY TIME

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

SPOTLIGHT!

NUA FILMS



Hannah Clarke of Scripture Union presenting at our REnewal Conference for RE teachers last week!

HEAR!

Sunday Gospel

Matthew 5:17-37

If you don't have a Bible handy, click here to access Sunday Mass Readings!



Eugène Burnand, Public domain, via Wikimedia Commons

GAMECHANGERS!

ST PETER DAMIAN

21st February



"Do not be depressed. Do not let your weakness make you impatient. Instead, let the serenity of your spirit shine through your face. Let the joy of your mind burst forth."

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!



WEEKLY CHALLENGE!

Keep a watchful eye on your heart this week. Anytime you feel a temptation to only do the minimum in something you're called to and capable of giving more in, push yourself to love and give more generously. Asked to load the dishwasher? Wipe down the counter tops too! Make your bed? Tidy the whole room! Hoover the sitting room? Do the bedrooms too! Give generously!

Jesus, thank you for your super abundant grace, love and mercy. Forgive me for any times I have settled for minimalism in my attitude to you or to others. Fill my heart with a generous and loving spirit, so it's not about rules and laws, but rather finding a real and true relationship with You! Amen

PRAY



FR PATRICK CAHILL



DO YOU LOVE JESUS GENEROUSLY OR WITH JUST THE BARE MINIMUM?

BY FR. PATRICK CAHILL
PAVING THE WAY HOME

WATCH!



TUNE!

NOTHING ELSE
Cody Carnes



GROW

Ash Wednesday is 18th February. The ashes signify we are not as we should be, we haven't lived the life we should live, we haven't made the choices we should have made. The ashes mean I'm a sinner but the cross means I have a Saviour!



REFLECT



- What do you think Jesus meant when He called His disciples the salt of the earth?
- What could make the disciples become "tasteless" - what would that mean about their faith / zeal?
- What was the second metaphor Jesus used to describe His disciples?
- Why should the disciples let their light shine?
- How do you react to this Gospel? Can you see yourself in either (or both) of those metaphors? Are they challenging?

SPECIAL PRAYER INTENTION

For those who are grieving the loss of someone they love.



**"God will not be outdone in generosity."
St Ignatius of Loyola**

HIS WORD & MY LIFE!



It's tempting to just do the bare minimum isn't it - whether it's chores at home, homework, assignments, even practicing our faith or saying our prayers.... It's tempting to reassure ourselves that we've done something, which is better than nothing, but deep down we know we're capable of more, and called to more too. Jesus understood this so well. He knew well what the Law represented for the Jewish people, and how many had limited themselves to a minimalistic interpretation, but missed the whole heart of the matter: a loving relationship with God. Jesus Himself came to fulfil the Law, to show us how to live and love generously - just think of the love He lavished on us by giving up His life on the cross! We can't ever match His generosity, but we should try to love generously because He first loved us generously. Only when we open our hearts up to Him and to others will we ever really grow and become the best versions of ourselves. Let's live the commandments in a more complete and fuller manner: let go of hate and anger, of bitterness and impatience, of lust and selfishness, of pride and greed. Let's strive daily to love God with our whole hearts and minds - and ask Him for the grace to do just that!

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

- adultery
- angry
- answer
- committed
- court
- heart
- kill
- kingdom of heaven
- lust
- oath
- Pharisees
- scribes
- swear
- virtue



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!

"All you need is say "Yes" if you mean yes, "No" if you mean no;"



CLICK HERE FOR SOME RELAXING INSTRUMENTAL MUSIC
TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL WORSHIP GUITAR | JON SNODGRASS





LOVE GENEROUSLY

“God will not be outdone in generosity.”
St Ignatius of Loyola



WHAT WOULD BE YOUR IDEA OF THE PERFECT DATE? WHAT WOULD BE INVOLVED?

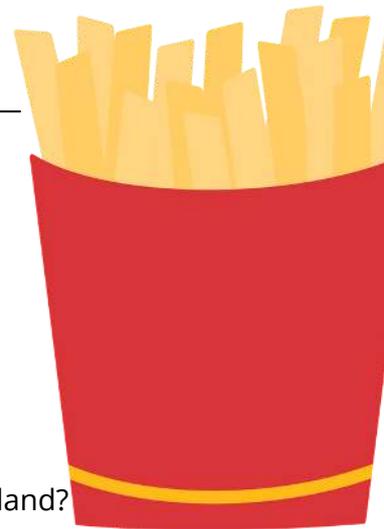
WHAT WOULD YOU CONSIDER THE WORST DATE? CONSIDER ATTITUDE AS WELL AS LOCATION ETC.



WATCH THIS VIDEO FROM FR PATRICK CAHILL, "DO I LOVE JESUS GENEROUSLY OR WITH THE BARE MINIMUM?" AND REFLECT ON THE QUESTIONS THAT FOLLOW



How did Fr Patrick account for the differences in couple's reactions to receiving their meals in McDonalds? Why did the girls look so disappointed / annoyed?



What does God offer us a super-abundance of?



If we ever fall (sin), how does God treat us when we say "I'm sorry"?

Traditionally in Ireland, what phrase is never used when talking about faith?

"Love God _____"

What attitude is more prevalent? "Love God _____"

What two things does Fr Patrick suggest we can reduce practice of faith to in Ireland?



"Go _____"



"Don't _____"

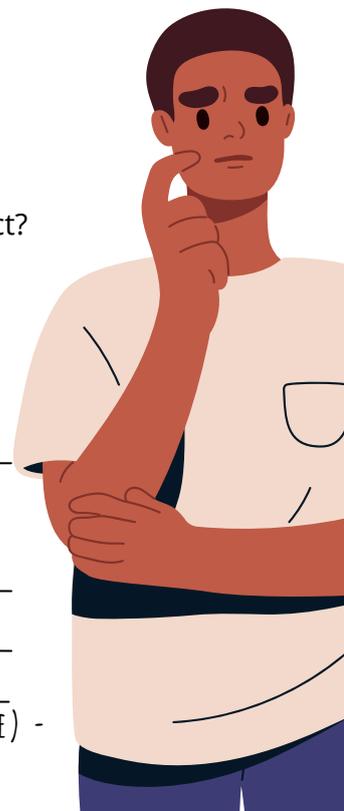
What is missing from this kind of attitude or approach?

How does this minimalistic approach shape our way of viewing God? How do we act?

What do we not see God as with this attitude?

What question does Fr Patrick suggest we ask ourselves?

What kind of things can block us from loving God generously?
What kind of things can we blame him for?



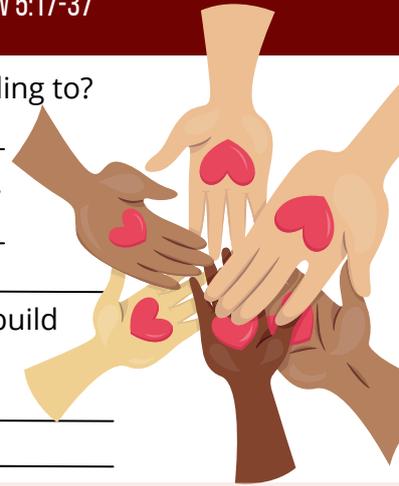
LOVE GENEROUSLY

MATTHEW 5:17-37

What is the basic reason we should love God generously? What are we responding to?

Does giving God more time always mean loving him more generously? Explain.

Do you think you've ever viewed God in a minimalist way rather than trying to build a relationship with Him?



READ: MATTHEW 5:17-37

It's tempting to just do the bare minimum isn't it - whether it's chores at home, homework, assignments, even practicing our faith or saying our prayers.... It's tempting to reassure ourselves that we've done something, which is better than nothing, but deep down we know we're capable of more, and called to more too. Jesus understood this so well. He knew well what the Law represented for the Jewish people, and how many had limited themselves to a minimalistic interpretation, but missed the whole heart of the matter: a loving relationship with God. Jesus Himself came to fulfil the Law, to show us how to live and love generously - just think of the love He lavished on us by giving up His life on the cross! We can't ever match His generosity, but we should try to love generously because He first loved us generously. Only when we open our hearts up to Him and to others will we ever really grow and become the best versions of ourselves. Let's live the commandments in a more complete and fuller manner: let go of hate and anger, of bitterness and impatience, of lust and selfishness, of pride and greed. Let's strive daily to love God with our whole hearts and minds - and ask Him for the grace to do just that!

MISSION!

KEEP A WATCHFUL EYE ON YOUR HEART THIS WEEK. ANYTIME YOU FEEL A TEMPTATION TO ONLY DO THE MINIMUM IN SOMETHING YOU'RE CALLED TO AND CAPABLE OF GIVING MORE IN, PUSH YOURSELF TO LOVE AND GIVE MORE GENEROUSLY. ASKED TO LOAD THE DISHWASHER? WIPE DOWN THE COUNTER TOPS TOO! MAKE YOUR BED? TIDY THE WHOLE ROOM! HOOVER THE SITTING ROOM? DO THE BEDROOMS TOO! GIVE GENEROUSLY!



PRAYER TIME!

Jesus, thank you for your super abundant grace, love and mercy. Forgive me for any times I have settled for minimalism in my attitude to you or to others. Fill my heart with a generous and loving spirit, so it's not about rules and laws, but rather finding a real and true relationship with You!

Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON LOVING GENEROUSLY AS GOD LOVES

- Cody Carnes: Nothing Else
- Passion: My Heart is Yours
- Brian & Katie Torwalt: You Will, Your Way
- Cory Asbury: Reckless Love
- Matthew West: The Motions
- Vintage Worship: Generous Giver
- Amanda Cook: Pieces
- Hillsong: I Give You My Heart



2:11 MINS



Lifeteen: Yours are the Hands

Could you create a short video or sketch inspired by this reflection for your class / youth group?

“God will
not be
outdone in
generosity.”

ST IGNATIUS OF LOYOLA

