



To the Heights

Year A SIXTH SUNDAY OF EASTER

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

SPOTLIGHT!



OUR LIFE ESSENTIALS SERIES IN WATERFORD LATELY, WITH POPE JOHN PAUL II AWARD PARTICIPANTS AND FAITH REPS!

WEEKLY CHALLENGE:

This week, pray the Act of Love everyday and offer it especially for one particular person who you find it difficult to love. Ask Jesus to fill you with His love as He blesses both them and you!



ACT OF LOVE:

O my God, I love you above all things with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbour as myself for the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured.

PRAY



HEAR!

Sunday Gospel



John 14:15-21

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



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GAMECHANGERS!

St Carthage - one of the Patron Saints of the Diocese of Waterford & Lismore has his feast day on May 15th!



St Carthage, pray for us!

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!



FR MIKE SCHMITZ

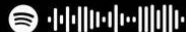
WATCH!

LOVE IS AN ABILITY



TUNE!

Love Each Other
Graham Kendrick



GROW



Do you want to know more about what the Church teaches? Try the Catechism in a Year!

THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

REFLECT

- What does Jesus say that those who love Him will do?
- Who is the Advocate?
- Why do the disciples know the spirit of truth when the world doesn't?
- What promises does Jesus make to the disciples in this passage?
- What kind of unity between the Trinity (Father, Son and Holy Spirit) is expressed in this passage?

PRAYER INTENTION FOR THIS WEEK

For all students starting summer exams soon and all college students - that they may study well and perform to the best of their ability - and enjoy their summer holidays!



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)

You can't pour from an empty cup!

**HIS
WORD &
MY LIFE**



JOHN 14:15-21

"If you love me you will keep my commandments." That message is actually pretty challenging. If we love Jesus or are at least trying to, we have to keep His commandments. When He was asked what the greatest commandment was, do you remember what He said? "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'" (Matthew 22:37-39)

Simple? Yes. Easy? No!

Loving God and your neighbour as yourself sounds fine until that one person who drives you insane is in front of you again, or you're let down by someone you trusted, or someone is just being nasty mean to you for no real reason... that's where the rubber hits the road! That's where we need supernatural grace to love, to choose love.

Thankfully for us, that supernatural grace is available through the power of the Holy Spirit. Even though Jesus knows how weak and broken we are, He still expects us to keep his commandments because we don't have to do it on our own. He sends us the Holy Spirit, the love between the Father and the Son, to be our Advocate and guide. We fill up on God's love and that love within us impels and compels us to live as Jesus commanded. We can't pour from an empty cup! Let's make sure we fill up on God's love every morning so as to be a true witness to Him every day by how we live, especially how we treat other!

This week, pray intentionally everyday for one particular person who you find it difficult to love. Ask Jesus to fill you with His love as He blesses both them and you!



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

PUZZLE

- Advocate
- commandment
- Father
- forever
- Jesus
- keep
- know
- live
- love
- orphans
- receive
- Spirit
- truth

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

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!

"If you love me you will keep my commandments."



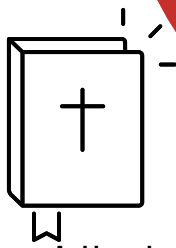
CLICK HERE FOR SOME RELAXING INSTRUMENTAL MUSIC
TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL WORSHIP GUITAR | JON SNODGRASS



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.

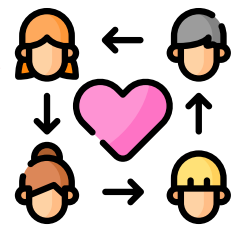


FILL UP ON GOD'S LOVE

You can't pour from an empty cup!

And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us" (Romans 5:5)

LIST THE 5 MAIN TYPES OF RELATIONSHIPS IN YOUR LIFE AT THE MOMENT E.G. PARENTS / SIBLINGS, FRIENDS....



HOW WOULD YOU DEFINE "LOVE"?



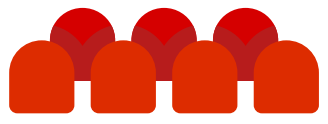
WATCH THIS VIDEO FROM FR MIKE SCHMITZ "LOVE IS AN ABILITY" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What line from the movie "Dan in Real Life" struck Fr Mike?

Fill in the blanks:

- You are m_ _ _ for love.
- You c_ _ _ from love.
- You are made _ _ love.
- Your goal is to e_ _ _ _ into love, to be a g_ _ _ of love with your whole life!



Yet, love is not something that all of us know how to do, because love is an ability, a s_ _ _ _.



What three parts of the human person does Fr Mike mention?

- EMOTIONS (feelings)
- WILL (our ability to _____)
- INTELLECT (our ability to _____)



Relying only on our emotions to guide us in how to love does not make much sense. Explain Dr Edward Sri's analogy of the airplane with regard to this:



Do you agree with his analogy? Explain your answer.

TO LEARN HOW TO LOVE, WE NEED TO LEARN MORE ABOUT _____.

The classical definition of love is: willing or _____ the good of the _____.

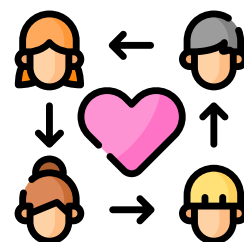
What do you think that means?



FILL UP ON GOD'S LOVE

Think back to the types of relationships you listed at the start of this exercise. Everyone has someone in their life that they have the ability to love, and the opportunity to love.

Pick one relationship and reflect: what would it look like for you to choose the good of the other, rather than simply following feelings? What might change?



READ: JOHN 14:15-21

"If you love me you will keep my commandments." That message is actually pretty challenging. If we love Jesus or are at least trying to, we have to keep His commandments. When He was asked what the greatest commandment was, do you remember what He said? "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'" (Matthew 22:37-39)

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MISSION!

THIS WEEK, PRAY THE ACT OF LOVE EVERYDAY AND OFFER IT ESPECIALLY FOR ONE PARTICULAR PERSON WHO YOU FIND IT DIFFICULT TO LOVE. ASK JESUS TO FILL YOU WITH HIS LOVE AS HE BLESSES BOTH THEM AND YOU!



PRAYER TIME!

ACT OF LOVE: *O my God, I love you above all things with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbour as myself for the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured.*



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE SUPERNATURAL GRACE TO LOVE

- Esther Mui: The Spirit of Truth - I Will Not Leave You Orphans
- Matt Maher, Mia Fieldes: Inheritance
- Chris Sayburn: Spirit and Truth
- Elevation Worship: Fullness



- Graham Kendrick: Love One Another
- Red Rocks Worship: Never Leave
- Hillsong: So Will I (100 Billion X)
- Jeremy Camp: Same Power



Love is More than a Feeling (Fr Mike Schmitz)



Love is more than a feeling: Ascend YM Resource