



Children

Jesus taught that loving Him should be the most important thing in our lives. He also said that even small acts of kindness, like giving someone a drink of water, matter to God.

Can you think of a person—a parent, a teacher or a sibling—who are kind and like to help others?

Draw or write about this 'Jesus person' and how they help others.



Father, I thank You for the gift of this story which has helped me see the guiding presence of Your Son in my life.

Action: this week I will try to show love by...

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LECTIO DIVINA

Living the Word

MEDITATING ON THE SUNDAY GOSPEL

Year A - 13th Sunday in Ordinary Time

A resource for personal, family and community prayer.



Gospel: Matthew 10:37-42

You are invited to read the Gospel passage attentively, respectfully and reverently as a gift of God.

Jesus instructed the Twelve as follows: "Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me.

Anyone who does not take his cross and follow in my footsteps is not worthy of me.

Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.

Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.

Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward.

If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward."

Background to Gospel passage

Where does it happen? In Galilee – in places where Jesus finds time and space to be alone with his apostles.

When does it happen? Jesus has assembled the Twelve and is preparing them for mission and leadership.

Who is there? Jesus is giving instruction to his newly-chosen apostles.

What happens? This passage is part of Jesus' guidance to his disciples as he sends them out into the world. It can be divided into two sections.

Firstly, Jesus sets out the demands of discipleship: where there's a conflict, giving priority to the relationship with Jesus and his values takes precedence over family loyalty. In essence, readiness to make loving sacrifices for the sake of a fuller life as exemplified by Jesus himself.

Jesus speaks of his presence in the community after he has gone to the Father. In effect, Jesus will be really present in his disciples so that when people welcome them, they will be welcoming him and the one who sent him.

Suggested Guidelines to help you recognise this passage in your life experience.

“Anyone who prefers father or mother...is not worthy of me.”

Remember a time when you felt so passionately about being with someone, or you were so captivated by a dream for yourself or your family, or so driven by the pursuit of some noble cause, that everything else in your life just had to take second place.

Remember a time when you entrusted responsibility to others for a project that was very dear to your heart and you just wanted to ensure that others had the same enthusiasm, passion and commitment for it as you.

“Anyone who does not take up their cross and follow in my footsteps..”

Can you remember and celebrate a Jesus person – a parent, teacher or community leader - who would not ask anything of you that they were not prepared to do themselves?

“anyone who loses his life for my sake will find it.”

Remember a time when you had to make a difficult choice which involved letting go of something or someone that was really important in your life for the sake of holding on to something even more precious – your integrity, values and life commitments.

“Anyone who welcomes you welcomes me” “anyone who gives you a cup of cold water to drink...”

Can you remember an experience where you were eternally grateful for the care and concern shown to someone who mattered a lot to you?

“Anyone who welcomes a prophet ..or holy man will have a prophet’s reward”

Can you remember giving a welcome to ‘an outsider’, greeting them with openness, acceptance and respect, and you were surprised by just how much you felt enriched by the experience?

What does this Gospel remind me of? *Where was it? When was it? Who was there? What happened?*

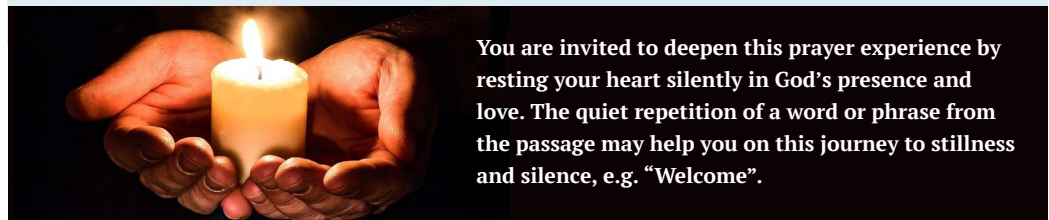
Now I can see that God’s loving presence and action were in that life experience.

Prayer Response - you are invited to respond in prayer in your own words.

Heavenly Father, I thank you for the times when I have experienced this Gospel in my life...

Heavenly Father, I am sorry for the times I have fallen short of living this Gospel...

Heavenly Father, please help me to live this Gospel...



You are invited to deepen this prayer experience by resting your heart silently in God’s presence and love. The quiet repetition of a word or phrase from the passage may help you on this journey to stillness and silence, e.g. “Welcome”.

An Invitation to Reflect

What new insight has the Gospel opened my eyes to see?

Action

This week I will try to live the Gospel by...

Thought for the week

Self-sacrificing love reveals the most beautiful part of being human.
Rest in this truth, hold it in prayer and trust that it will bear fruit in your life.