

7th Sunday in Ordinary Time
February 20, 2022

FATH @ HOME

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First Reading: 1 Samuel 26:2, 7-9, 12-13
22-23
Responsorial Psalm: Psalm 103
Second Reading: 1 Corinthians 15:45-49
Gospel: Luke 6:27-38

[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? You can find the text [here](#).

[Click here](#) to see a children's video of the proclamation of the Gospel. (From YouTube channel "Gospel Readings for Kids," watch until 2:18 min.)

2. PRAY

For your time of prayer, you will need: paper, pencil, eraser

1. Begin with the Sign of the Cross.
2. On the center of the paper, draw a heart.
3. In the center of the heart, quickly write down the names of the people you love.
4. Write down the names of people (or groups of people) who you do not love or find difficult to love outside of the heart.
5. Once you've finished writing the names, put down your pencil and reread the Gospel. Sit quietly and ponder the words of Jesus.
6. Talk to Jesus about his words. Are his teachings easy to do? Why or why not?

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

7. As you reflect on the Gospel and talk to Jesus about it, slowly erase the heart you drew. *Pray as you erase the boundary. Ask Jesus to help you who are outside of your heart.*
8. Once the heart is erased, draw a new, larger heart that enfolds all the names on your paper.
9. Amen.

Keep this heart to remind you to love like Jesus everyday.



For families with small children (up to 9 years old): Parents can guide the conversation to help children identify who the people are that can be listed inside the heart and those who can be listed outside. Parents can ask how we can begin to love those listed outside of the heart, and slowly erase the previous lines to draw a new heart that includes all the names.

3. TALK

In the gospel, Jesus calls us to be merciful like the Father is merciful. Thinking of the people we find difficult to love, what are some ways I can show the love of Christ to them? Please share with one another your answers.

Now, think of a concrete way how each of you can make this a reality with the people you identified as being difficult to love. Is there a specific word, action, or prayer that you can say, do, or pray for that person?