



# Peace be with you And with your spirit



We light our candle to remind us of Christ's presence with us as we gather +In the name of the Father ...



### Reflection

This week's Gospel can be tricky to understand. Jesus asks us to forgive everyone, even those who are mean or unkind to us. This can be a very difficult thing to do.

When we are hurt or upset, we can feel as if we want to strike back. Jesus explains that this can create more hurt and forgiveness is always the best way.



## **Opening Prayer**

Dear Jesus,

You ask us to love everyone, even those who hurt us and are mean or unkind to us. This is a huge challenge. It doesn't mean we should accept cruelty or unkindness. We should always stand up for what is right. What you ask of us is understanding and forgiveness; even when this can be really hard. Lord, give us the strength to forgive even

when it is hard. Amen



Lord Jesus, for the times we have hurt others. Lord, have mercy.

### **LORD HAVE MERCY**

Christ Jesus, for the times we have not forgiven others when they have hurt us.

### **CHRIST HAVE MERCY**

Christ, have mercy.

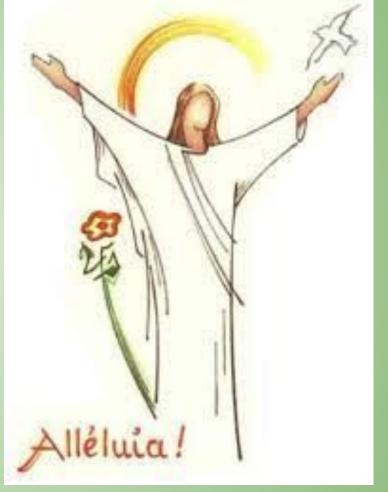
Lord Jesus, for the times we have stood by when we have seen something we know is wrong. Lord, have mercy.

#### **LORD HAVE MERCY**



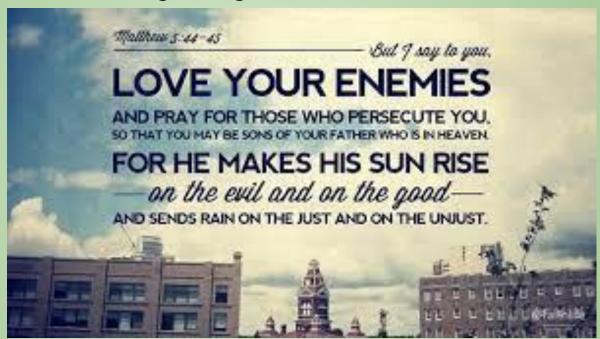
Please stand while we listen to the Gospel





### A reading from the Gospel according to Matthew:

## Glory to you O Lord



The Gospel of the Lord

Praise to You Lord Jesus Christ

# Time to reflect on God's words for us today.



## Love Everyone!

In this Sunday's Gospel, Jesus challenges his disciples to be loving. In the past, the law said that if someone hurt you, you should get your own back. Jesus changes that law and teaches the disciples a different way.

Jesus explains that if we try to get revenge and hurt someone back, then we create more upset, hurt and violence. He suggests a better way to live our lives by being kind and loving, even when we are upset by someone.



## Love Everyone!

We don't always know why someone has hurt us or why they have been mean. They may have had a bad morning; fallen out with their family been rushed and late, or upset by something we know nothing about.

Often people are unkind when they feel sad, bad or unhappy about themselves. The kind of person who is mean often doesn't like themselves very much and they can take it out on those around them. It isn't fair or right and we shouldn't just accept unkindness but being angry and aggressive back doesn't heal anyone or anything.

Jesus teaches that if we can find it in our hearts to be kind and loving, we can help make the world a better place.

### **Bidding Prayers**

Dear Lord,

Today, we pray for our school community as we join back together after our half-term break. May you help keep us safe and walk with us as we journey in our learning in this spring term. Lord in your mercy

Hear our prayer.

Dear Lord,

This week we welcome our new priest, Father Appollos. We pray for him as he starts his new journey as our school and Holy Redeemer Parish priest. We pray also for Father Petroc as he begins his new journey in Exeter.

Lord in your mercy

Hear our prayer.

Dear Lord,

As we reflect on the message from the Gospel, we ask you to help us forgive those who hurt us and we pray for those people we find hard to like. Help us understand them through the eyes of your love.

Lord in your mercy

Hear our prayer



In the quiet of our hearts let's say our own prayer to God.

We ask you Mother Mary to pray with us as we say:

Hail Mary, full of grace, the Lord is with thee,

blessed art thou among women and blessed is the fruit of thy womb Jesus.

Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen

# **Closing Prayer**

God of forgiveness and love, you set us a challenge in today's Gospel. It is hard to forgive those who are mean to us but that is what you ask us to try to do. We pray for those who struggle to be kind; help them see the pain their hurtfulness can cause and help them to make the right choices. Help us also to try to understand and forgive. Be with us Lord and give us strength when things are hard. Amen.

### **Our Faith in Action**



This week let us show the Gospel Value of 'Forgiveness' and the Virtue of 'Temperance.'

### We can show forgiveness by:

- accepting apologies sincerely;
- listening, understanding and praying for those who make hurtful choices.

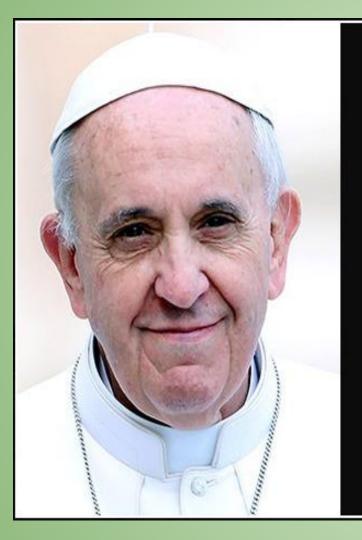
### We can show **temperance** by:

- keeping our cool when others get angry;
- walking away when things are tricky.

May God bless us with his mercy, strengthen us with his love, and enable us to walk with courage, hope and faith in ourselves and you.

THANKS BE TO GOD





Let us learn to live with kindness, to love everyone, even when they do not love us.

— Pope Francis —

AZ QUOTES

