

# 22nd Sunday in Ordinary Time

## Luke 14:1, 7-14

**'Everyone who exalts himself will be humbled, and he who humbles himself will be exalted.'**

One Sabbath, when Jesus went to dine at the house of a ruler of the Pharisees, they were watching him carefully.

Now he told a parable to those who were invited, when he noticed how they chose the places of honour, saying to them, 'When you are invited by someone to a wedding feast, do not sit down in a place of honour, lest someone more distinguished than you be invited by him, and he who invited you both will come and say to you, "Give your place to this person", and then you, with shame, will take the lowest place. But when you are invited, go and sit in the lowest place, so that when your host comes he may say to you, "Friend, move up higher." Then you will be honoured in the presence of all who sit at table with you. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.'

He said also to the man who had invited him, 'When you give a dinner or a banquet, do not invite your friends, or your brothers and sisters or your relatives or rich neighbours, lest they also invite you in return and you be repaid. But when you give a feast, invite the poor, the crippled, the lame, the blind, and you will be blessed, because they cannot repay you. For you will be repaid at the resurrection of the just.'

## Reflection

In this Gospel, Jesus teaches us to be humble and to care for others, especially those in need. He tells us not to seek the best seats or try to be the most important but to serve with kindness and love.

St. Vincent de Paul lived this lesson by helping the poor and sick without expecting anything in return. He knew that true greatness comes from serving others with a humble heart.

Jesus asks us to do the same. Can we be kind and generous without looking for rewards? When we help others, especially those who can't repay us, we are showing God's love—and that is the greatest reward of all!

## Materials needed

Paper  
Pens

## Activity

As a group, brainstorm small, meaningful acts of kindness that can be done anonymously in your school, parish, home, or community.

Examples:

- Tidy a shared space without being asked
- Leave a thank-you note for a teacher or cleaner
- Compliment someone who might need encouragement
- Bring in something to share without saying who it's from

Each person picks one act of kindness to complete this week — the challenge is to do it without telling anyone.

At the next Youth SVP meeting, come together and reflect:

- How did it feel to help someone without being thanked?
- Was it difficult not to tell anyone?
- Why does Jesus want us to serve this way?

## Call to Action

Take a moment this week to be a beacon of hope in your community. Think of one person, place, or situation where your kind words or actions could make a difference. Whether it's leaving an encouraging note, offering a helping hand, or simply listening to someone in need – spread love in ways that uplift others. Remember, kindness doesn't have to be grand to make a lasting impact.

