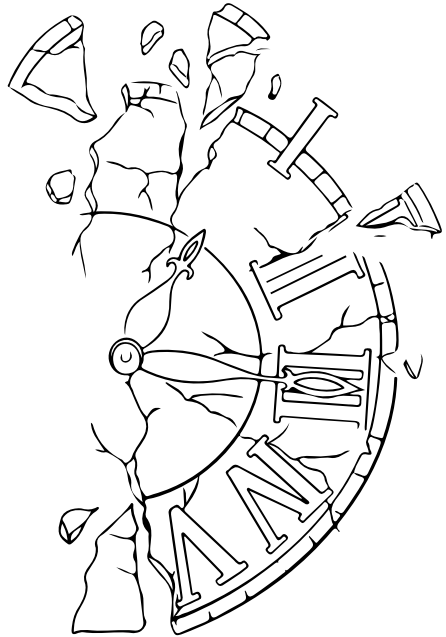


23rd Sunday in Ordinary Time

Luke 14:25-33

'Any one who does not renounce all that he has cannot be my disciple.'

At that time: Great crowds accompanied Jesus, and he turned and said to them, 'If anyone comes to me and does not hate his own father and mother, and wife and children, and brothers and sisters, yes, and even his own life, he cannot be my disciple. Whoever does not bear his own cross and come after me cannot be my disciple. For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it begin to mock him, saying, "This man began to build and was not able to finish." Or what king, going out to encounter another king in war, will not sit down first and deliberate whether he is able with ten thousand to meet him who comes against him with twenty thousand? And if not, while the other is yet a great way off, he sends a delegation and asks for terms of peace. So therefore, any one of you who does not renounce all that he has cannot be my disciple.'



Reflection

Jesus tells us that being His disciple means putting Him first, even before our family or the things we love. He wants us to think carefully about what it means to follow Him - it's not always easy, but it's worth it!

St. Vincent de Paul showed us how to follow Jesus by helping the poor with love and kindness. Sometimes, this means giving up our time, sharing what we have, or doing something hard. But when we trust Jesus and serve others, we are walking the path He wants for us.

Materials needed

Copies of the clock • Coloured pens

Activity

How do I begin to put Jesus first?

We are going to start to see where all-our time and energy goes at the moment :

Distribute the clock blanks with colourful pens

Explain to colour in the clocks for an average Saturday, in different colours how much time is spent eating, sleeping, studying, working, socialising, watching TV, gaming, sports, social media, reading and finally prayer.

In small groups or all together discuss the following questions: Where does most of your time go in an average day? If you were to make your day just as you would like, how would it differ from the reality? Where you spend most of your time is usually an indication of your priority, where is Jesus in all this?

Now make a resolution to change just one thing to give Jesus a bigger priority. It is important to make it realistic, to say I'm going to devote two hours a day to prayer when you know you will struggle to do it or fit it in could be like the king or the builder not working out before they start if they had everything they needed.

Call to Action

Throughout this week, make an effort to pray before (or after!) every act of service that you do, thanking God for the opportunity to serve Him through serving others.



