



The Ascension of the Lord

Matthew 28: 16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw him they worshipped him, but some doubted.

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

Activity

Read the following prayer:

Christ has no body but yours,
No hands, no feet on Earth but yours,
Yours are the eyes with which he looks
Compassion on this world.
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on Earth but yours,
Yours are the eyes with which he looks compassion on this world. Christ
has no body now on Earth but yours.

Teresa of Avila (1515-1582)

As a group: Write ideas for each on the hands feet and eyes template to display in your school or parish. Then choose three that you will do in the week and make a note of this on the worksheet to take home.

- Hands: What acts of kindness or service can we do with our hands at school or home? (e.g., helping a friend, doing chores without being asked, writing a kind note)
- Feet: Where can our feet take us to bring Christ's message? (e.g., standing up for someone, walking with someone who's lonely, going out of our way to help)
- Eyes: How can we use our eyes to see others with compassion? (e.g., noticing when someone is sad, seeing when someone needs help, recognising opportunities to spread kindness)

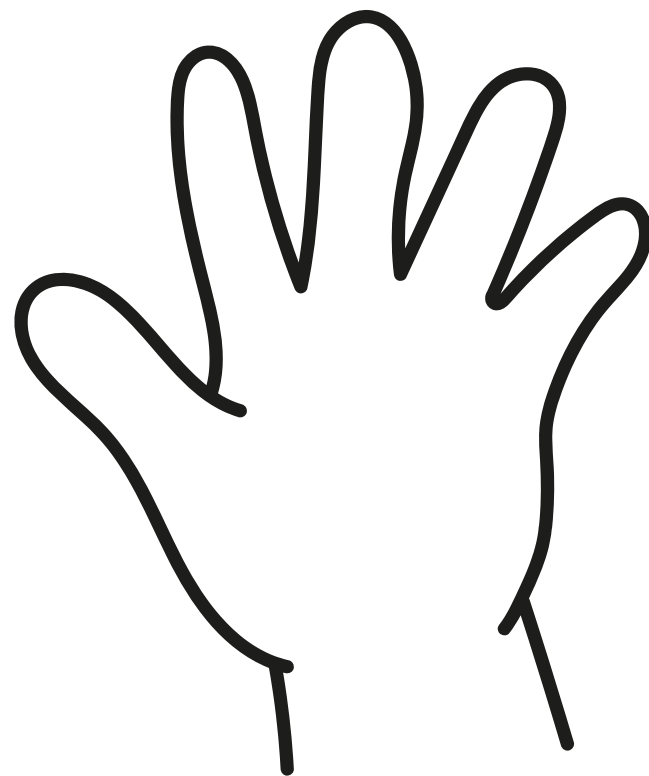
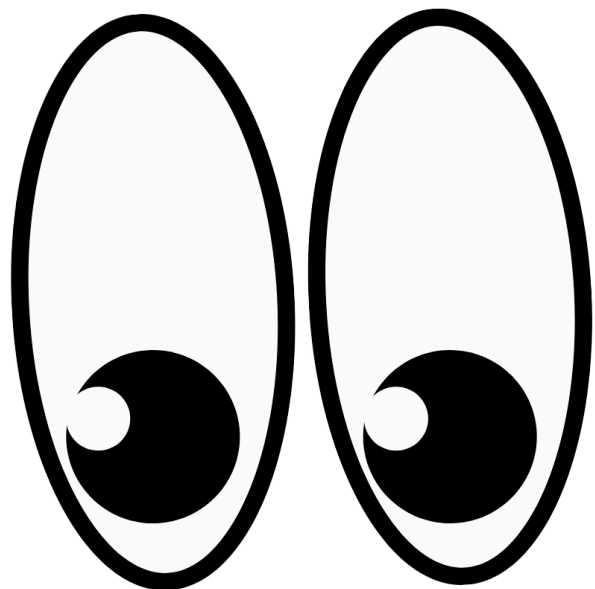
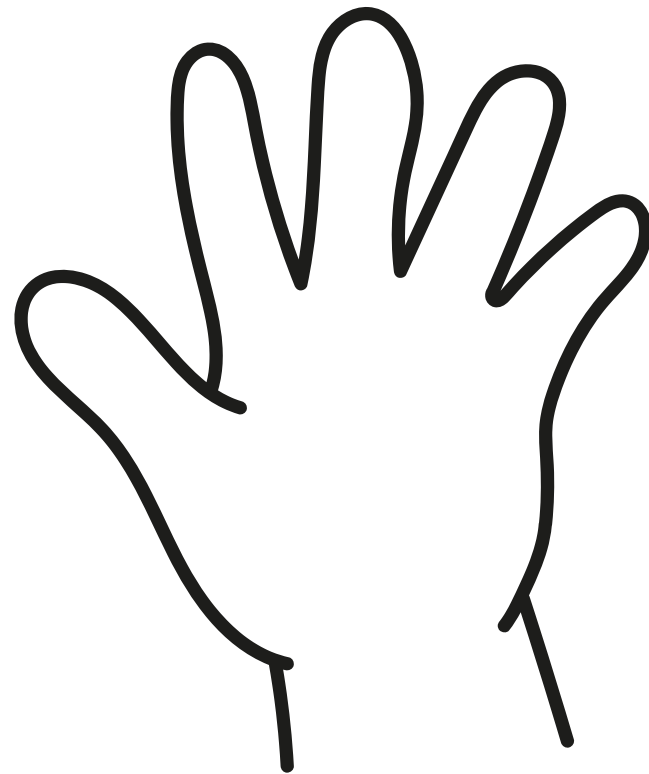
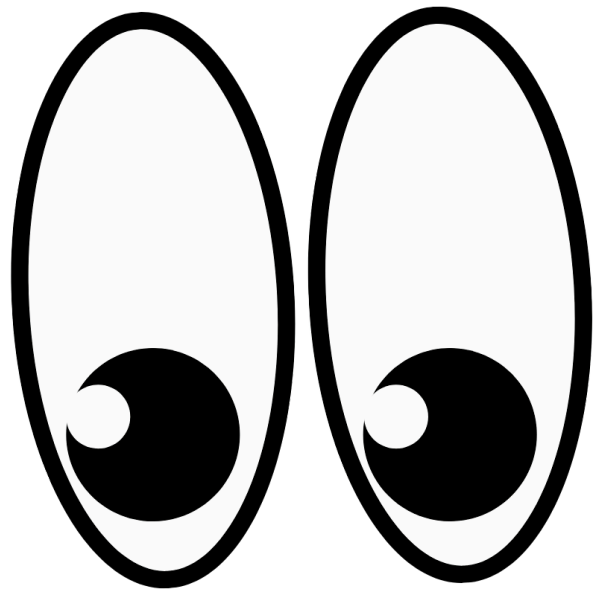
Some things to think about...

- In Gospel of Matthew, some of Jesus' friends weren't sure what to think when they saw him. Why do you think someone might still have questions, even if they believe? (Because God can be hard to understand, people can still have questions even when they believe, just like Jesus' friends in Gospel of Matthew who were still learning.)
- Jesus tells his friends to "go." Where do you think Jesus is asking you to go or help in your everyday life (like at school or home)?
- Jesus says, "I am with you always." How could remembering that help you when something feels scary, hard, or uncomfortable?

Teacher's Notes

This event is known as the Ascension. On this day, Jesus and his disciples were gathered at a place called the Mount of Olives, where Jesus was to return to Heaven to be with the Father. Jesus instructs his disciples to go and build his Church. Jesus wanted his disciples to continue his work on Earth, and as his people he wants us to continue that work too. St Teresa of Avila explores this in her prayer: "Christ has no body but yours".

Notes:

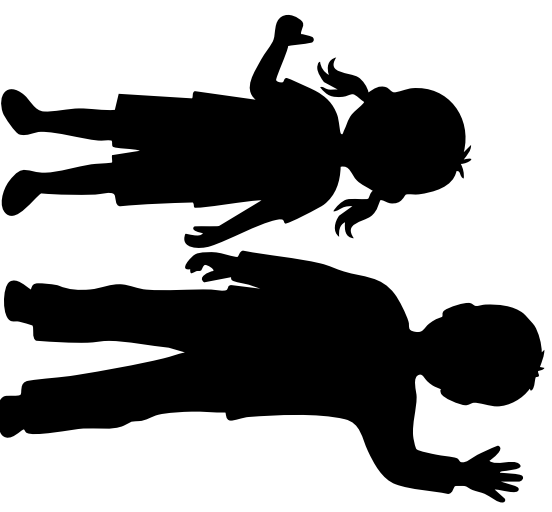


Be Jesus' Hands, Feet & Eyes in the World

This prayer by St. Teresa of Avila reminds us that Jesus works through us. When we show love, kindness, and help others, we are like His hands, feet, and eyes on Earth. We can share His love by caring for those around us.



*Christ has no body but yours,
No hands, no feet on Earth but yours,
Yours are the eyes with which he looks
Compassion on this world.*

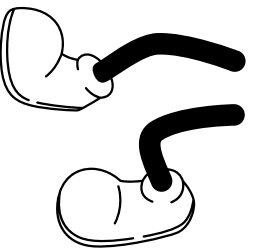


*Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world,
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on Earth but yours,
Yours are the eyes with which he looks compassion on
this world. Christ has no body now on Earth but yours.*

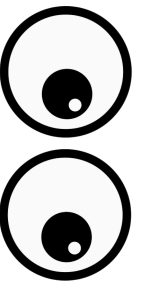
St Teresa of Avila (1515-1582)



This week I will be Jesus' hands by...



I will be Jesus' feet by...



I will be Jesus' eyes by...

**Let's
Pray** 

Dear Jesus,
Help me be your hands, feet, and eyes today. Show me how
to love others like You do, by being kind, helpful, and
compassionate. Use me to spread Your love everywhere I go.
Amen.