



Jesus said to his disciples, "If any of you want to be my followers, you must forget about yourself. You must take up your cross and follow me. If you want to save your life, you will destroy it. But if you give up your life for me, you will find it."

Some things to think about...

- In this passage, Jesus is teaching his disciples about sacrifice – giving up some things from their everyday life to follow him. Catholics do this during Lent, giving up their favourite food or tv show and giving their time to prayer and charity.
- As Mini Vinnies, we give up little things each time we help other people. For example, to come to a Mini Vinnies meeting, you give up some of your lunch or free time. That is very special. It means you are being selfless.
- Think about some of the things you do in your Mini Vinnies group. How are we giving our lives to Jesus through the work that we do?

Activities

- On your cross template, write down one way you will give up some time this week to help others. E.g. help with the chores around the house, spend quality time with my sibling etc.

Teacher's Notes

This Gospel reading highlights the sacrifice the disciples made in their lives to follow the teachings of Christ. Each of them had different responsibilities and lifestyles before they met Jesus, so they all gave something up to focus on their calling. Nevertheless, it is important for the children to remember that Jesus still wants us to look after and love ourselves. This just reminds us to also look outside of ourselves and focus on Jesus' teaching to love one another.

Notes:



This week, I will give my time to...



This week, I will give my time to...