

30th Sunday in Ordinary Time (Year A)



Matthew 22:34–40

‘You shall love the Lord your God and your neighbour as yourself.’

At that time: When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together. And one of them, a lawyer, asked him a question to test him. ‘Teacher, which is the great commandment in the Law?’ And he said to him, ‘You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbour as yourself. On these two commandments depend all the Law and the Prophets.’

Reflection

Jesus makes it simple: love God and love your neighbour. These two things are at the heart of Christian life. But loving our neighbour isn't always easy. It means looking beyond our own friendship groups, noticing when someone needs help, and choosing to care even when it isn't convenient.

This is exactly what service is about. We don't just talk about loving people; we put that love into practice through the way we treat people and the way we respond to need.

And loving our neighbour includes loving ourselves. We can't give everything to everyone and expect ourselves never to need rest, support or kindness too.

Materials Needed

A3 Paper and pens

Activity

Give the group a large sheet of paper and put “My Neighbour” in the centre. Ask them to work outwards, adding all the different people they might consider their neighbour – friends, family, classmates, teachers, people in their parish, people in their local community, and people they don't know personally. Then challenge them to add someone they would find difficult to love or understand. Discuss together: “What changes when we realise Jesus means everyone, not just the people we like or know?”

Call to Action

This week, look beyond your usual circle and do something kind for someone you might normally overlook.

