



27th Sunday in Ordinary Time

Philippians 4:6-9

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practise these things, and the God of peace will be with you.

Some things to think about...

- Do you think we all worry about the same things?
- What helps you feel better when you're feeling anxious?
- Counting our blessings can help us focus on the good things in our life.

Activity

Complete the **“Alphabet Blessings”** worksheet on the SVP website. Each day this week, make a list of 3 things you’re grateful for e.g. “I played a new game with my friends”. At the next Mini Vinnies meeting, talk about how practising gratitude make you feel.

Teacher's notes

The phrase “Do not be anxious about anything” does not mean we can just decide not to feel worried or stressed, but rather that we should not carry these worries alone.

The first part of this reading reminds us that sharing our worries with someone we trust, and for those who find comfort in prayer, handing our concerns over to God, will help us to find life more manageable.

The second part of the reading emphasises the importance of counting our blessings to be able to identify the positive things in our lives.

Notes: