SUNDAY GOSPEL ACTIVITIES
Sixth Sunday in Ordinary Time | Matthew 5:17-37
Today is the Sixth Sunday in Ordinary Time. In this week's Gospel from Matthew, Jesus continues to teach his disciples. Many people - including the disciples - were confused by the miracles of Jesus and all that he preached. In this Gospel, Jesus assures them that he has come not to abolish the laws of their faith, but to fulfill the promise made by God to his people. Jesus further instructs his disciples about how they are to conduct themselves. He tells his followers that they are to hold themselves to an even higher standard than the high priests and pharisees in how they treat one another.

★ FOR MORE FUN ★

★ Read this Gospel out loud. What do you think Jesus means by, "let your 'yes' mean 'yes,' and your 'no' mean 'no'"?

★ This week, talk at home about what it means to live as a Christian today in the world. How should followers of Christ behave? The Bible is God's living word among us. What does this passage instruct us to do as followers of Jesus?

★ There are many distractions in our world today that can take us away from our family, friends and faith. How we spend our time is a reflection of what we hold near and dear to our hearts. Decide on one thing you can do this week to make room for your Heavenly Father and Jesus each day. Examples would be: a silent prayer before bed, grace before dinner, or an Our Father in the morning before you go to school.

★ Last week many people celebrated Valentines Day! Did you know that this day is named after a great saint of the Catholic Church - Saint Valentine? Take a few minutes to look up who this saint was and how he inspired Valentines Day. What makes him a saint?