SUNDAY GOSPEL ACTIVITIES
Seventh Sunday in Ordinary Time | Matthew 5:38-48

THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER
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Today is the Seventh Sunday in Ordinary Time. This week’s Gospel is the third Sunday we have heard from Chapter 5 in the Gospel of Matthew. In this Gospel, Jesus teaches his disciples how he expects his followers to live. Jesus is talking to his disciples, but he is also speaking directly to us. His message is difficult - love your enemies, and give more than what is asked of you.

**MATTHEW 5:27-37**

Jesus said to his disciples:

“You have heard that it was said,
An eye for an eye and a tooth for a tooth.
But I say to you, offer no resistance to one who is evil.
When someone strikes you on your right cheek,
turn the other one as well.
If anyone wants to go to law with you over your tunic,
hand over your cloak as well.
Should anyone press you into service for one mile,
go for two miles.
Give to the one who asks of you,
and do not turn your back on one who wants to borrow.
“You have heard that it was said,
You shall love your neighbor and hate your enemy.
But I say to you, love your enemies
and pray for those who persecute you,
that you may be children of your heavenly Father,
for he makes his sun rise on the bad and the good,
....

So be perfect, just as your heavenly Father is perfect.”

★ When you read the passage above, can you think of someone who lived this way of life? What is the hardest challenge in this passage?

★ Jesus is not asking us to do anything he did not do himself. When you struggle follow the example of Jesus, pray for the strength and grace to be a reflection of God’s love.