

Sunday Gospel Background

Sunday's Gospel contains the Golden Rule: Treat others the way you want to be treated. Jesus asks us to love our enemies and do good to those who treat us badly.

Share Experiences

Check off the boxes as you complete each part of the lesson.

- Pray together** "Loving God, you give us feelings and choices. Help us make loving and kind choices even when we don't feel loving and kind. Amen."
- Story • Josie's Hard Choice** Invite your child to listen to this story.

Josie was mad. She got home, slammed the door, and threw her backpack on the floor. She stomped to her room. Mom knocked on Josie's bedroom door. "Josie, may I come in?" she asked.

"OK," Josie said in a snuffly voice.

Mom could tell that Josie had been crying. "What happened to get you so upset, honey?" she asked.

Josie said: "Jasmine's birthday is next week. She can invite three friends to Sky Zone. She told us girls about it at recess on Monday. Now Emily is acting like she's Jasmine's best friend. She cuts in line so she can be by Jasmine. She pushed me out of the way so she could sit by Jasmine at lunch today. And she was whispering to Jasmine and made a mean face at me. I know she was telling Jasmine a lie about me! Emily just wants Jasmine to invite her and not me to her birthday party!"

"You might be right about why Emily's trying to be Jasmine's friend," Mom said. "Who does Emily usually play with?"

"Sometimes Sara and Liz, and sometimes Karrah and Simone, and sometimes she sits alone on the step. She used to play with Hilary, but Hilary went to live with her dad," explained Josie.

"It sounds like Emily might be having a hard time making friends," said Mom.

"She isn't acting very friendly to me! She's mean and . . . and . . . and selfish!" Josie said.

"I understand why you feel angry, Josie, but what are you going to do with your angry feeling? Are you going to be mean to Emily since she's been mean to you? Or are you going to choose to show Emily what being a good friend is really about?" Mom asked.

"Well, I want to be mean back, but you and Dad always tell me to be kind. But being kind to Emily will be hard!" Josie said.

"What else do your dad and I tell you?" asked Mom. "Treat others the way you want to be treated," said Josie.

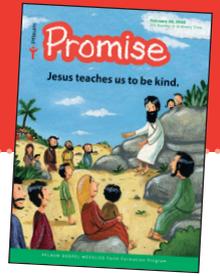
Ask: What do you think Josie will do? Discuss Josie's options.

Discover Gospel and Doctrine

- Sunday Gospel • Jesus teaches us to be kind. (page 1)** Invite your child to look at the cover picture of Jesus teaching. Then share the Gospel:

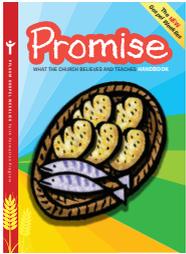
After teaching the people the Beatitudes, Jesus spoke about how they should treat one another. He said: "Love your enemies. Pray for those who are not kind to you. Treat others the way you want them to treat you. Give to others without expecting anything in return. Be merciful just as God our

Father is merciful. Don't judge, and other people won't judge you. Don't condemn, and people won't condemn you. Forgive others, and they will forgive you. Be generous, and people will be generous to you too. The measure you use for others is how you will be measured."



Show your child a ruler and a measuring cup. **Ask:** What do we use these for? *Measuring.* **Ask:** What does Jesus mean when he says, “The measure you use for others is how you will be measured?” Help your child relate it to the Golden Rule: “Treat others the way you want to be treated” and the words from the Lord’s Prayer: “Forgive us our trespasses as we forgive ...”

- Word of the Week • mercy (page 2)** Print *mercy* for your child to read. Share this definition: *Mercy is being willing to forgive or help. It means treating others like God treats us.*
- Activity • When are you kind? (page 3)** Read aloud the title and directions. Have your child draw a smiley face next to each kind action. Help your child find two examples of being kind to get something in return. **Ask:** Is this the way Jesus wants us to be kind?



- Open** the *What the Church Believes and Teaches* handbook to page 30. Read the Short Prayer of Love and invite your child to repeat it after you. Practice until your child can say the prayer. Explain that we can use the prayer when we need help being loving or kind. We can finish the prayer by saying, “Help me to...” Invite your child to complete this sentence starter.

Once you have completed this section of the lesson, close the handbook and return to Promise, page 2.

Live the Gospel

- Activity • The Golden Rule (pages 2 and 4)** Print the words “Treat others the way you want to be treated.” **Ask:** What is this called? *The Golden Rule.* It’s one of Jesus’ teachings in Sunday’s Gospel and an important rule to follow. Point out the green box on page 4. Have your child cut out the box on the black lines. Then cut apart the smaller boxes on the white lines. Place the green pieces faceup, and invite your child to use the words you printed to help put the words in order. Have your child glue the words in order onto the chalkboard on page 2.
- Activity • My Kindness Coupons (page 4)** Look at the five coupons together. Sometimes it’s hard to do these things, and sometimes we need to be reminded. Have your child cut out the coupons and keep them handy as a reminder to be kind.
- Closing Prayer** Pray the short prayer of love you learned earlier: “Jesus, I love you with all my heart. Help me to...” (*your child can add an ending*). Conclude by **praying:** “Help us choose to be kind and loving. Forgive us when we choose not to love. Amen.”
- Looking Ahead: Ash Wednesday (March 2)** This begins the forty days of Lenten fasting, prayer, and almsgiving that prepare Catholics for Easter. The forty days symbolize the time Jesus spent in the desert before he began his ministry. *Lent* comes from the Old English word *Lencten*, which means “spring.”



Parent Resources

For weekly videos, assessments, and more, scan this code or go to pflaumweeklies.com/family
Visit www.usccb.org/bible/readings to read this Sunday’s Scripture