



Thirty First Sunday in Ordinary Time,

‘Love the Lord your God, Love your neighbour’

The first commandment that Jesus quotes is the great Jewish prayer known as the Shema (Deut 6: 4-5). This prayer is still recited each morning and evening by practicing Jews. This is an opportunity to ask ourselves how/if we still begin and end each day in prayer. Reciting this verse would be an ideal way to renew the practice of morning and evening prayer.

....I love you, Lord, my strength, my rock, my fortress, my saviour. My God is the rock where I take refuge; my shield, my mighty help, my stronghold. The Lord is worthy of all praise:AMEN

GOSPEL Mark 12:28-31

One of the teachers of the Law of Moses came up while Jesus and the Sadducees were arguing. When he heard Jesus give a good answer, he asked him, “What is the most important question?” Jesus answered, “The most important one says: ‘People of Israel, you have only one Lord and God. You must love him with all your heart, soul, mind and strength.’ The second most important commandment says: ‘Love others as much as you love yourself.’ No other commandment is more important than these.”

SECOND READING Hebrews 7:26

Brothers and sisters: Jesus is the high priest we need. He is holy and innocent and faultless, and not at all like us sinners. Jesus is honoured above all beings in heaven.

REFLECTION

Ask your child to share some of the things that they know “off by heart”. (songs, times tables, alphabet, poem, table manners, rules for games...)

Then ask what is useful about knowing some things “off by heart”. (trains your memory, helps you to read, play, do maths or other difficult tasks more easily, work things out in your head without needing paper, helps you to do good things automatically)

Today’s Gospel clearly tells us how to love and serve God. “With all your heart, and with all your soul, with

all your mind, and with all your strength” and “Love your neighbour as yourself”.

If we do this then we are living exactly the way that God wants.

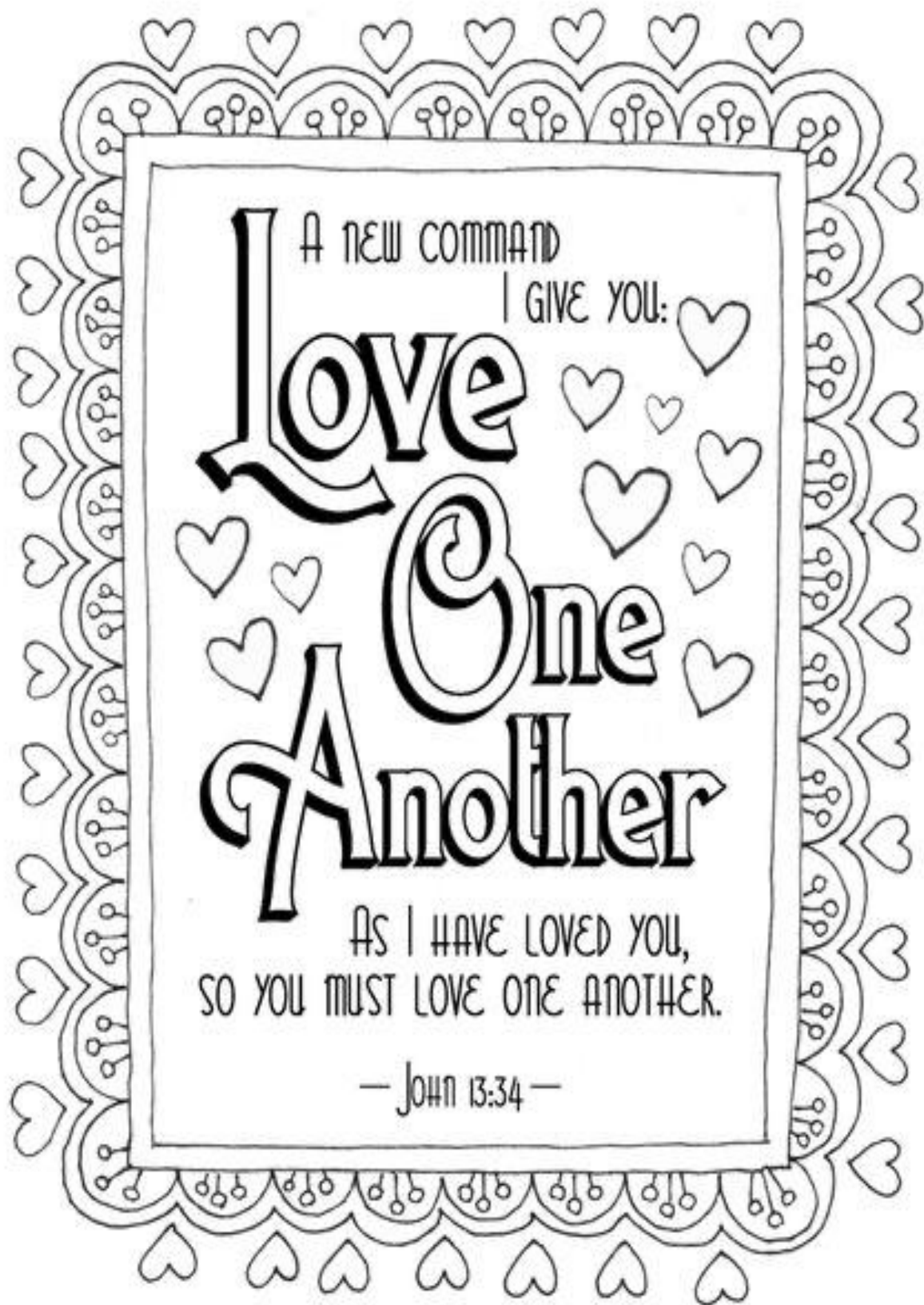
In fact this commandment is so important that people sometimes refer to it as the “golden rule” Why do you think they might have given it that name?

If we can concentrate on following this teaching how simple everything becomes. Renewing our intention to live in this way at the beginning and end of each day is a good way forward. There is another way to remember this golden rule – it is called **JOY – Jesus first, Others second and You last.**

So we are going to try learning this golden commandment that was first given to Moses, for the people of Israel, then later given by Jesus, to all his followers, as a new way of life, “off by heart”.

Practice the following words with your child, then use it prayerfully as the **Liturgical Action.**

Love your Lord with all your heart,
soul and mind and others as
yourself.



A NEW COMMAND

I GIVE YOU:

Love
One
Another

AS I HAVE LOVED YOU,
SO YOU MUST LOVE ONE ANOTHER.

— JOHN 13:34 —

