



## Year A – 5<sup>th</sup> Sunday of Ordinary Time: Love in Action

**\*{Start with reviewing the previous meeting's challenge or discuss prior to sharing this week's challenge.}**

**Let's Begin:** Think about how the challenge went for the last session. What went well? What was difficult?

### Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Mt 5:13-16**- <https://bible.usccb.org/> - 2/5/2023, 2/8/2026, 2/11/2029

After the Reading Conclude with this prayer:

*Dear Lord, allow us to be a vessel for Your light to shine forth. Make us ever ready to serve You and our neighbor- not so that the attention is on us, but always as a reflection of You. Amen.*

### Reflection or Discussion Question:

1. How do you feel/think we best glorify God with our lives?

**YouTube Video:** The Meaning of “I Love You” by Fr. Mike Schmitz (9.41 min) -

<https://www.youtube.com/watch?v=pJVFmKeAPuM&list=PLexS0cAkuTPpJ6j3eH59WudJhJ4q1tpwH&index=13&t=0s>

### Reflection or Discussion Questions:

2. Have you heard of the terms Agape (self-sacrificial love) or Eros (desire) before? Do you think it is good or bad that we only have one English term to represent all types of love?
3. Fr. Mike talks about how love is more than a feeling. Do you think this is true? Why or why not? *{Fr Mike shares that love is a decision and is to will the good of the other. True love calls us to make a decision to choose the good for the other person. This involves knowing the other person so that you can know what is “the good” for them.}*
4. Can you share a time when you’ve witnessed sacrificial love (at work, at school, with family)?
5. Do you find it easy to recommend a good book or a fantastic television show or movie to people you are close to? How about to people you don't know as well?
6. What do you think about the idea of faith being private and not shared? Is this showing real love? Why or why not?
7. Have you shared the message of Christ with others? If so, how did it go?

**Session Challenges:** {Choose one or both}

- Make an effort to do one good thing each day for someone else.
- Share something about your faith with one other person this week.

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

*Dear Jesus, we thank and praise Your name for Your unending love for us. May we remember that real love involves making active decisions to love another, just as You have shown us on the cross. May Your love surround us and give us strength so that we can love others as You do. Amen.*

**{Optional additional Readings}** Sunday Reading 1: **Is 58:7-10**; Sunday Reading 2: **1 Cor 2:1-5**