

## LOVE GOD + LOVE NEIGHBOR

*"They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers."*

*- Acts 2:42*

*"You shall love the Lord, your God with your heart, with all your soul, and with all of your mind. This is the greatest and first commandment. The second is like it: You shall love your neighbor as yourself" - Matthew 22:37-39*

### What if we took the Great Commandment seriously?

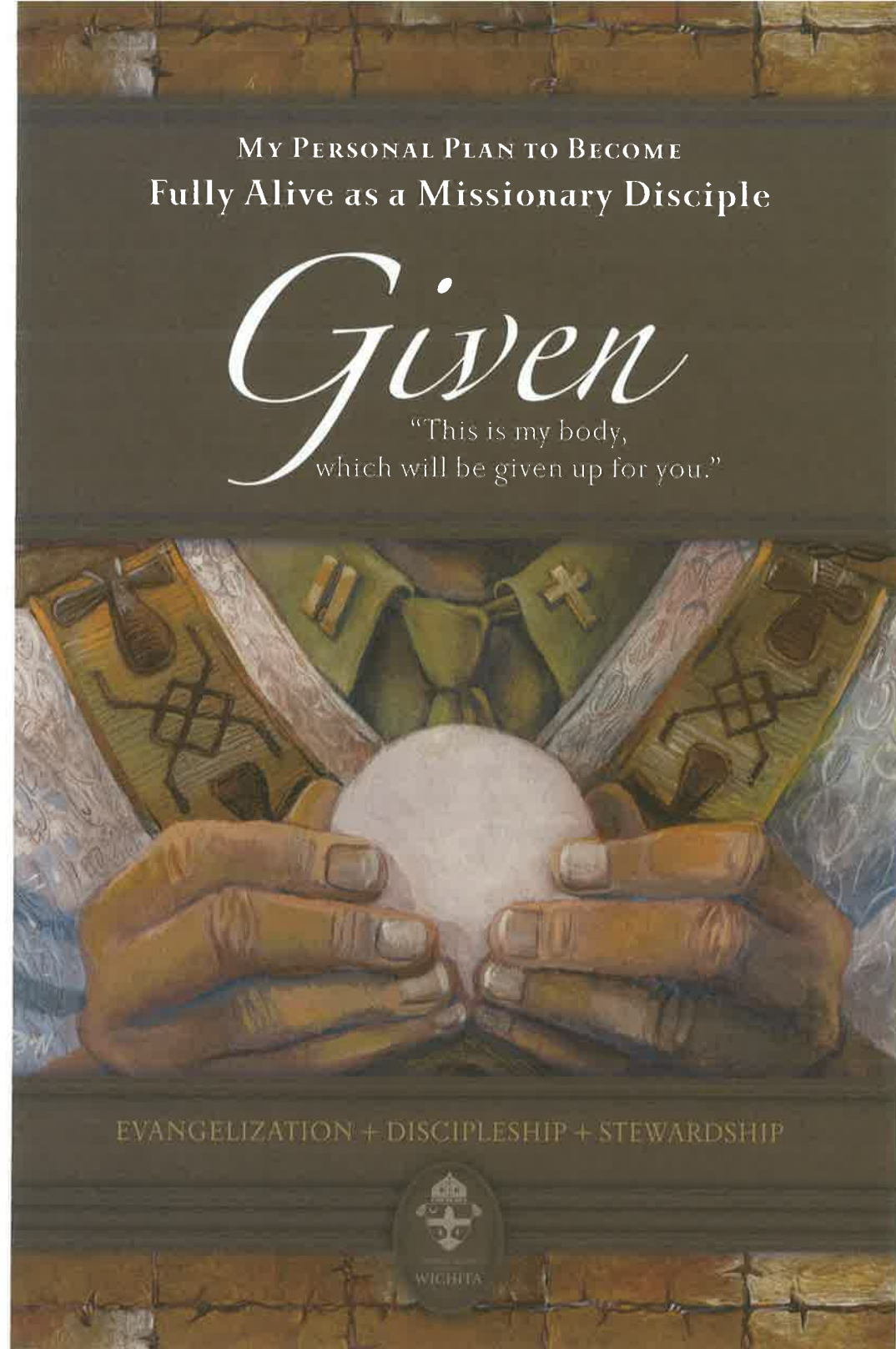
Who is my neighbor? What if Jesus meant we should love our actual neighbors? You know, the people right next door? Could it be that simple? The command to love our neighbors lies at the core of God's plan for our lives, and when we follow this mandate it changes everything.

Jesus calls us to follow Him and to "make disciples" (Matthew 28:19). Being a disciple requires first and foremost a personal relationship with our Lord and ongoing conversion. The good news is we aren't meant to do this alone. Community is where we share life, pray together, and encourage each other in our walk with God and our neighbors.

In the words of Pope Francis:

*"An evangelizing community knows that the Lord has taken the initiative, he has loved us first (cf. 1 Jn 4:19), and therefore we can move forward, boldly take the initiative, go out to others, seek those who have fallen away, stand at the crossroads and welcome the outcast." - The Joy of the Gospel #24*

EVANGELIZATION + DISCIPLESHIP + STEWARDSHIP



# An Invitation to Love

*This year's theme Given focuses on the greatest of all gifts – the Eucharist. Jesus has given us his body and blood, his very life, in the Blessed Sacrament; but he has also given us a model to follow.*

*This theme provides us with an opportunity to encounter Jesus anew and to grow in our love of God. The Eucharist is not a 'what' but a 'who', Jesus is truly present at every Mass and in every tabernacle throughout the world. He loves you and he longs to be with you.*

*"Greater love has no man than this, that a man lay down his life for his friends" (John 15:13). How might you not only grow in love of God and the Eucharist; but to lay down your life—even in small ways—for those nearest you? Fr. Kapaun is a tremendous example of an image of Christ who gave his life in the midst of battle. We invite you to be especially inspired by his life as you consider ways that you might grow and more deeply commit.*

## Love God

*"You shall love the Lord your God with all your heart and with all your soul and with all your mind." Mt. 22:37*

### Keep Holy the Lord's Day:

I plan to actively participate during Sunday Mass and Holy Days of

Obligation by:

- reading the scriptures prior to attending Mass
- arriving early for Mass and offering prayers of thanksgiving after Mass
- attending Mass with my family
- Discuss the Mass readings and the homily
- I plan to spend time with family and friends
- I will avoid unnecessary work

### Daily/weekly:

- I will spend 1 % of my day in prayer (15 minutes)
- I will pray individually, communally or with my family by:
  - praying Grace at meals, even in restaurants
  - pray the rosary at least once per week, reflecting on the Mysteries:
    - Glorious (Sun/Wed); Joyful (Sat/Mon); Sorrowful (Tue/Fri); Luminous (Thurs)
  - Encounter Jesus by committing to a Holy Hour of Adoration of the Blessed Sacrament
  - Reading and reflecting on scripture using the practice of Lectio Divina
  - At the end of my day, I will reflect on where I experienced the Holy Spirit. (discuss this with your spouse, children or friends)

## Love Neighbor

*"You shall love your neighbor as yourself." Mt. 22:39*

### Practice Spiritual Works of Mercy:

- Invite a friend or co-worker to join you for a small group, parish mission, or online event
- Invite someone to attend Mass with you
- Lend a listening ear or send a card to someone going through a difficult time
- Offering and asking for forgiveness
- When frustrated step away from the situation, pray for patience
- Request a Mass intention for someone who is going through a hard time, has something to celebrate or has passed away
- Pray with and for others

### Practice Corporal Works of Mercy:

- Calling or visiting someone who lives alone, or is homebound or incarcerated
- Feeding the hungry (ex: contributing to or coordinating a food drive, serving at The Lord's Diner, St. Anthony Family Shelter)
- Participating and/or joining St. Vincent de Paul Society
- Helping to build a house for Habitat for Humanity
- Supporting pro-life organizations and activities
- Participating as a family on a service project
- Deliver a meal to a neighbor celebrating a birth or mourning a death

Notes to add to my personal plan: \_\_\_\_\_

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