

February Lesson Plan: Gospel in daily life

Theme: Living the Gospel in Daily Life

Franciscan Focus: Incarnational Spirituality of St. Francis

Rule: Articles 4–5

Key Question:

How does the Gospel shape my daily choices in what specific ways do mercy, humility, gratitude, and justice guide the decisions I make each day?

1. Opening

Opening Prayer

Begin with silence and pray together:

“Lord, make me an instrument of Your peace. Let Your Gospel shape my thoughts, words, and actions today.”

Reading from the OFS Rule (Articles 4–5)

Read slowly:

- **Article 4:** The call to “go from Gospel to life and life to Gospel.”
- **Article 5:** The call to “seek to encounter the living and active person of Christ” in the Church, the world, and all people.

Allow a brief pause for reflection.

2. Teaching / Input

A. Living the Gospel in Daily Life

Explain:

- For St. Francis, the Gospel was not an idea but a *way of life*—concrete, practical, embodied.
- The challenge of February: **Where does the Gospel meet my real decisions, conversations, and responsibilities?**

Key insights:

- The Gospel reshapes priorities, habits, and attitudes.
- Faith is lived in:
 - Family conversations
 - Workplace ethics
 - Social and civic involvement
 - Everyday interactions

B. Incarnational Spirituality of St. Francis

Highlight:

- Francis found God **in creation**, in the ordinary, and in the poor.
- Incarnational spirituality means:
 - God is encountered in the real and physical world.
 - Christ is present in the faces we meet.
 - Holiness happens in the dishes, emails, budgeting, caregiving, and listening.

C. Integrating Faith in Family, Work, and Society

Discuss:

- Prayer does not stay in church—it flows into relationships.
- Gospel ethics influence decisions around:
 - Honesty
 - Compassion
 - Humility
 - Stewardship
 - Justice for the vulnerable
- Every Franciscan is called to be a bridge of peace in family tensions, work conflicts, and community divisions.

3. Scripture Reflection

Suggested reading: **Colossians 3:12–17**

“Clothe yourselves with compassion, kindness, humility, gentleness, and patience...”

Reflective prompts:

- Which “clothing” do I struggle to put on each day?
- Where is Christ inviting me to greater gentleness or courage?
- How might gratitude transform my daily interactions?

Allow silent reflection and brief sharing.

4. Love in Action: Peace & Reconciliation

Introduce the month’s lived commitment:

A. Reach out to someone you’ve lost touch with or had tension with

- Not to solve every issue, but to build bridges.
- A simple “thinking of you” message is enough to start.

B. Offer one intentional act of peacemaking each week

Examples:

- Listen without interrupting.
- Diffuse tension with calm presence.
- Choose gentleness instead of reaction.
- Offer a sincere apology when needed.

C. Pray daily for peace in one specific place or relationship

- Choose one consistent intention for the entire month.
- Allow your heart to soften as you pray.

Invite discussion:

- Where do you see opportunities for peace in your daily routines?
- What fears or hesitations come with peacemaking?

5. Contemplative Practice: The Peace of Christ

Lead participants in a simple daily practice:

A. Pause before speaking

- Take one breath and pray:
“Lord, make me gentle.”

B. Bring one strained relationship to prayer

- Not to force reconciliation, but to let Christ heal the heart.

C. Whisper Francis’s Peace Prayer

Invite participants to whisper slowly:

“Lord, make me an instrument of Your peace...”

Ask them to hold one line in their heart throughout the day.

6. Discussion & Sharing

Possible questions:

- Which part of Gospel living feels most challenging for you right now?
- Where do you notice opportunities for mercy, justice, or gratitude in daily choices?
- What does “incarnational spirituality” look like in your family or workplace?
- Who is God inviting you to pray for or reach out to this month?

7. Closing

Closing Prayer

Pray Psalm 34:14:

“Seek peace and pursue it.”

Monthly Challenge Reminder

- Reach out to someone you’ve lost touch with
- One act of peacemaking each week
- Daily prayer for a specific person or place
- Use Francis’s Peace Prayer as a daily breath prayer

Invite participants to journal peacemaking moments throughout the month.

