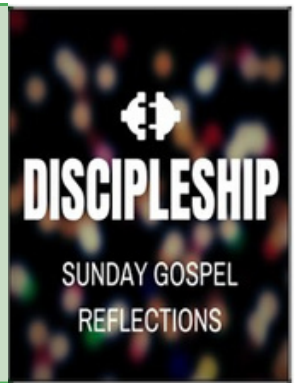


In preparation for February 15, 2026, 6th Sunday in Ordinary Time

Theme - Jesus calls us to a deeper truth than just following the law

“Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill.”

Verse 17 Matthew 5:17-37



Adults

1. You heard in the Gospel reading that Jesus came not to abolish the Law but to fulfill it. How do you interpret this teaching?
2. Jesus asks us as his disciples, not just to live by the commandments, but to go beyond them. We are called to root out the causes of sin. One way to do this would be to do an examination of conscience each day. What are some other ways?
3. Jesus wishes for nothing more than to be in a relationship with us. With that in mind, the commandments go far beyond just a list of do's and don'ts. They lead us to an interior conversion that goes far beyond the do's and don'ts of the commandments. What is one way this has been true for you?



Obstacles for living out the Gospel: Forgetting our role in Jesus' fulfillment of the law.

Teens

1. Jesus says He came to fulfill the law, not get rid of it. Think about rules at school, sports, or home. Why do those rules help things go well? How might God's commandments work the same way?
2. Jesus says to settle conflicts quickly. Why do you think holding onto anger is so harmful? Is there someone you've had conflict with that you know you need to make peace with? What makes that difficult?
3. What's the difference between "not doing the wrong thing" and "actively choosing the right thing"? Where in your life do you think God is inviting you to grow beyond just the bare minimum spiritually?

Obstacles to living out the Gospel: Having the mindset that God's commandments are just restrictions, not protection. Following Jesus' higher standards may feel overwhelming, hard or unfair at times.

Children

1. Today's Gospel points out that the Ten Commandments are not just about following the rules, if our focus is only about the rules we have lost the point. What do the Ten Commandments call us to do?
2. The Ten Commandments are really about how to love God, ourselves and others. Do I find one more challenging than the others? Explain.
3. Do you think following through is important to God? Why or why not?

Obstacles to living out the Gospel: : Not realizing the Ten Commandments are to help us learn to love one another better.