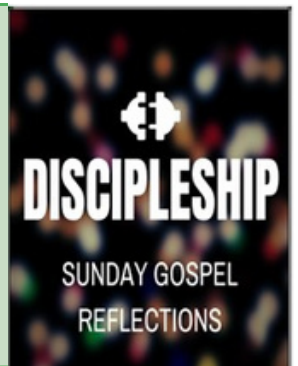


In preparation for June 28, 2026: Thirteenth Sunday In Ordinary Time

Theme - Cross before Comfort

Verse for reflection: “Whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.” Matthew 10:37-42 (Verses 38-39)



Adults -

1. The Gospel reading today can be hard to swallow for contemporary American values, but this reading gives us an opportunity to grow our faith. If we don't truly understand the love of Christ, how we love can become misguided? What relationships or attachments sometimes take priority over your relationship with Jesus, even unintentionally?
2. Jesus also asks us to take up our cross and follow him. What “cross” are you carrying right now? Is it something humbling, difficult or painful?
3. When Jesus speaks of giving only a cold cup of water, he is speaking about the rewards that those who welcome will receive. What “cup of cold water” can you offer to someone today?

Obstacles for living out the Gospel: Cultural norms, desire for control and comfort, judgement or bias.

Teens -

1. We love the idea of following Jesus... until it costs us something. Today Jesus is very clear: following Him will cost something...but it will also give you everything. How does that make you feel?
2. When you hear the word “cross,” what do you think of in your own life? What's something difficult or uncomfortable you feel called to carry right now?
3. Why do you think it's so hard to put God first in everyday life? Have you ever had to choose between doing what's right and what's popular? What happened?

Obstacles to living out the Gospel: Choosing comfort or what's easy over sacrifice.

Children -

1. Jesus is asking us to love him before everything else. What are ways we can do that every day?
2. What is your first reaction when you hear Jesus' words about loving him more than you love your families? Do you think it is important to put God first – even before our loved ones? Has your faith ever caused disagreements or conflicts with loved ones?
3. Jesus asks us to “take up our cross and follow him.” What are some crosses you have in your life? Does keeping our eyes on Jesus while carrying our crosses make them easier to carry? Why or why not?

Obstacles to living out the Gospel: Putting other things or people before God.