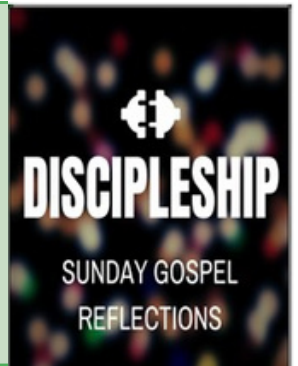


In preparation for August 2, 2026: Eighteenth Sunday In Ordinary Time

Theme - Bring what you have

Verse for reflection: “Jesus said to them, ‘There is no need for them to go away; give them some food yourselves....Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds.’ ”

Matthew 14:13-21 (Verses 14, 19)



Adults

1. Everyone ate and was satisfied, with twelve baskets left over. What does this teach us about Jesus' ability to provide for all our physical and spiritual needs? What is significant about the twelve left over baskets?
2. When Jesus heard of the death of John the Baptist, he withdrew in a boat to a deserted place by himself, yet the crowds followed him. Jesus' response to them was to forgo solitude and tend to his flock. How do you respond when your plans for rest are interrupted? What might God be trying to teach you in those moments?
3. The disciples saw the lack of food as a problem but Jesus saw it as an opportunity. When you are faced with overwhelming needs, how do you tend to respond?

Obstacles for living out the Gospel: Fear of losing control; distraction and noise.



Teens

1. The disciples thought there wasn't enough food to feed everyone. Have you ever felt like what you had to offer wasn't enough? What situations can make you feel inadequate or unqualified?
2. Jesus didn't ask for a huge amount, He simply used what was available. What gifts, talents, or qualities has God already given you that you could offer Him right now?
3. This miracle started with one small offering that Jesus multiplied. What is one small action you could take this week that God could use to make a bigger impact than you may realize?

Obstacles to living out the Gospel: Believing that you don't have enough to offer to make a difference.

Children

1. What does "you give them something to eat" mean in today's world? Would you be willing to share from your abundance? From your own lunch?
2. Where do you see those in need vs. those who have all they want in our society? How can we, as a church, help those who don't have enough?
3. What might the "loaves and fish" represent in your life—small things that could be used for something bigger?

Obstacles to living out the Gospel: Not realizing we can be part of the solution to the needs of those who go without having their basic needs taken care of.