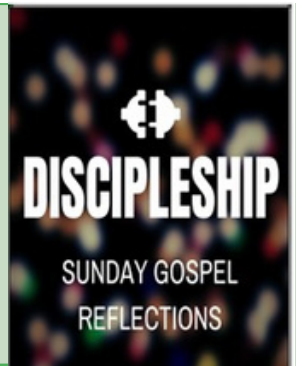


In preparation for October 25, 2026:

Thirtieth Sunday In Ordinary Time

**Theme:** Love is the command. The way you live is your response.

**Verse for reflection:** “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself.” —Matthew 22:34–40 (Verses 37–39)



## Adults -

1. What does it mean to you to love God with all your heart, soul, and mind?
2. The Catechism of the Catholic Church paragraph 1766 says “to love is to will the good of another.” How does this statement challenge those who view “love” as just a feeling that can come and go?
3. The Catechism also says Jesus asks us to love as He does—even our enemies, those who are difficult to love, the poor, and those who are far from us. Is there someone in your life today that you are struggling to love? How can you apply Jesus’ teaching to deepen your understanding of love and what we are called to do when it becomes challenging to love another?

**Obstacles for living out the Gospel:** Putting ourselves first, loving only when we feel like it, unforgiveness, difficult people.

## Teens -

1. If someone was watching how you spend your time, what you think about, and the choices you make, what would they say you love most? How closely would that match what you say matters most to you?
2. What is the difference between knowing about God and loving God?
3. Is love still love when you don’t feel like giving it? Think about a time when listening, including someone, or being patient required a deliberate choice.
4. Jesus says to love your neighbor as you love yourself. Is the way you speak to yourself something you would say to someone you love? How might recognizing your own God-given dignity help you recognize it in others?

**Obstacles to living out the Gospel:** Being able to love beyond convenience—when love asks something of you. Also, realizing love is a choice we have to make every day, not just a feeling.

## Children -

1. What do you think LOVE means? It is easy to love someone who loves you back. How can you love someone you don’t know very well or someone who doesn’t like you or someone you might not like very well?
2. Why can it be hard to love your neighbor? What is one thing that would change in your life if you loved your neighbor as yourself?
3. Do you love God? How do you show Him your love? Do you love yourself? How do you take care of yourself to show that love? Do you love other people? How do you show them that you love them?

**Obstacles to living out the Gospel:** Not realizing it is important that we love ourselves in order to love others well.

