



At Home Program
Week # 11 November 26, 2023

"The giver of every good and perfect gift has called upon us to mimic Gods giving, by grace, through faith, and this is not of ourselves."
- St. Nicholas of Myra

Gospel...Mark 13:33-37...Jesus Says, "Be Alert!"

33 Be watchful! Be alert! You do not know when the time will come.
34 It is like a man traveling abroad. He leaves home and places his servants in charge, each with his work, and orders the gatekeeper to be on the watch.
35 Watch, therefore; you do not know when the lord of the house is coming, whether in the evening, or at midnight, or at cockcrow, or in the morning.
36 May he not come suddenly and find you sleeping.
37 What I say to you, I say to all: 'Watch!'"

Our bodies are important. God came to earth in a body. He became one of us. Our bodies are a gift to us from God. We are made in his image, both male and female. Both have full dignity with different bodies. Our body and soul are connected and are precious to God.

Questions for Discussion:

1. How do you take care of your body?
2. How do you take care of your soul?
3. What do you like about your unique body?
4. How could you make improvements in caring for your soul and body?

Gifted WithThe Spirit Lesson # 4 Recognizing the Holy Spirit in Your Life (THIS IS THE 2nd WEEK USING LESSON # 4...) ... (pages 4 – 6 are being used this week)

1. Read pages 4 and 5. What are the Fruits of the Holy Spirit?
2. Using the descriptions of the Works of Mercy on page 5, complete the "Spiritual Works of Mercy By Example" and "Corporal Works of Mercy By Example" handouts. You can do one of two things...actually cut and paste/send a picture of the completed activities OR simply list the Works of Mercy in the correct order.
3. On page 6, select ONE of the 4 people listed and answer the 6 questions about that person.

Name: _____

Spiritual Works of Mercy by Example

Cut out and glue the names of the Work of Mercy next to the example of it.

Forgive Others
Willingly

Bear Wrongs
Patiently

Pray for the
Living and the
Dead

Comfort the
Sorrowful

Instruct the
Ignorant

Admonish the
Sinner

Counsel the
Doubtful

Respond with positive comments, set a good example for others, remind to receive forgiveness and grace through reconciliation

Commit to learning about the faith and share your knowledge with others, share your gifts with others, teach a subject you excel at

Strive to be optimistic and respond with hope, be courageous and compassionate when calling others to be faithful, give support and help

Offer encouragement to discouraged, give sympathy for those with a loss, give comfort and attention to the sick or in pain

Strive to be less critical of others and ignore past mistakes, pray for those who wronged you, give benefit of doubt

Pray for those who wronged you and forgive, ask for forgiveness, release complaints of others and be positive with them

Pray for people in the bulletin and on your prayer list, ask family/friends if in need of a prayer, request a mass intension, pray for people involved in tragedy on news

Name: _____

Corporal Works of Mercy by Example

Cut out and glue the names of the Work of Mercy next to the example of it.

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Give Drink to the Thirsty		Feed the animals, donate food to a food bank, donate food/meals to a shelter, serve in a soup kitchen, host a food drive
Visit the Sick		Bring water to communities with poor quality water, donate water for disaster relief, donate formula to a women's center
Clothe the Naked		Donate clothing to church, donate clothes to a shelter, donate coats during winter to a drive, donate baby blankets to a women's center
Bury the Dead		Donate money to the homeless, volunteer at a homeless shelter, take in a person in need, help build a home or do repairs
Feed the Hungry		Help or volunteer in a hospital or nursing home, visit the sick in the hospital or nursing home, don't leave sick family unattended
Visit the Imprisoned		Properly bury those who have passed, memorialize the dead, respect the bodies of the dead, bring a dish to a funeral lunch
Shelter the Homeless		Help with the prison ministry, visit those that are homebound, donate Bibles to a prison, mentor teens in a correction center