

# Family Page

## Background Reflection

This chapter focuses on love as the most important part of the New Covenant. As part of the New Covenant, Jesus calls us to love both God and our neighbor, not just one or the other. We must keep Jesus' words in the front of our mind: love God with our whole heart, mind, soul, and strength; and love our neighbors as ourselves. We must also love ourselves with proper, but not narcissistic, self-esteem. Our true value is measured by the depths of God's love for each one of us. We have seen all too often that those who lack proper self-esteem and appreciation for themselves often lash out in anger and resentment toward others.

We must love God and our neighbors even when we don't feel like it. Our actions should be consistent with what we believe. When we follow the Great Commandment to love God, ourselves, and our neighbors, we keep all the commandments that God gave us. In this way, we participate in the New Covenant of Christ.

## Family Activities

- Discuss with your child one or two ways you can show love to your neighbors. Identify someone in your neighborhood or local community and decide what you might do for that person to show them love.
- Have your child read the Featured Story on page 1556 in *The Catholic Children's Bible* (Mark 12:28–31). Then read the Understand It! on page 1557. Invite your child to think of ways your family can grow together in love. How can you help one another to develop and maintain a healthy self-love through affirmation and appreciation?
- Watch the video "Hillsong Kids Jr.—The Greatest Commandment (Crazy Noise)" (YouTube, 2:13) together. Invite your child to share with you the two parts of the Great Commandment.

## People of Faith

### Saint John, Apostle and Evangelist (first century)

Saint John was one of Jesus' closest Apostles. John and his brother James, along with Peter, witnessed some of Jesus' most powerful miracles. In his letters to Christian communities, John emphasized love in action. He described an unselfish love that comes from God and that we should share with one another. We celebrate Saint John, the Apostle of Love, on December 27.

## Prayer

*Pray this prayer together as a family, beginning and ending with the Sign of the Cross.*

Dear Jesus, help us to love you every day. Strengthen us to love everyone as God loves us and as we love ourselves. Amen.

The Scripture excerpt on page 2 is from the *Good News Translation*® (Today's English Version, Second Edition). Copyright © 1992 by the American Bible Society. All rights reserved. Bible text from the *Good News Translation* is not to be reproduced in copies or otherwise by any means except as permitted in writing by the American Bible Society, 1865 Broadway, New York, NY 10023 ([www.americanbible.org](http://www.americanbible.org)).

