

Saint Boniface Parish

Faith Formation Handout – Sunday, July 5th

Fourteenth Sunday in Ordinary Time

Matthew 11:25-30

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him."
"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

I know God has a plan. I pray for direction to follow it, patience to wait on it, and knowledge to know when it comes.

How can surrendering to Jesus give me strength?

First Grade

We can surrender to Jesus by asking Him for His help with everything! Everything! How often do you talk with Jesus during the day? Do you usually ask Him for help during the day or do you try and do everything yourself? Who are the people that you usually ask for help? How can you ask Jesus for more help? When was a time that you know that God helped you?

Second Grade

There are some people in our lives that we don't always get along with. When was the last time that someone bothered you and got you angry? How did you react to them? Did you yell and fight with them? When we surrender our anger to God and ask Him to help us to love we become stronger than the other person and don't get as angry.

Third and Fourth Grades

God has given us many talents. What are five gifts and talents that God has blessed you with? How are you using them to be happy and help others to be happy? What are three talents that you want to grow in and be better at? How can surrendering to Jesus help you to be stronger in those areas? What will it take for you to surrender to Jesus and accept His help?

Fifth and Sixth Grades

In movies, surrendering usually means that you are losing. It is the opposite with Jesus. When we surrender to Him, He helps us to succeed! What things are you struggling with now? In those areas, how can Jesus help you to succeed? What things do you need to surrender in order to accept Jesus' strength? Who are some people that can help you to surrender?

Seventh and Eighth Grades

In today's Gospel we hear Jesus tell us that His yoke is easy and His burden is light. What do you think that means? A yoke is something used to have two animals share the load making it easier to pull. How can 'yoking' yourself to Jesus make your problems easy to manage? How can He help you with problems that you have in your life?

High School and Adults

In today's Gospel we hear Jesus tell us that if we labor and are burdened we can come to Him and rest. What are the top three things in your life that cause you stress? How can Jesus help you to rest from them? In what ways do you think God wants you to rest and surrender to Him? What do you need to surrender to Him in order to be strengthened by Him?

For this Week...

We are Catholic always and in everything we do. Throughout the week bring your faith into your school, your work, your play and your family. Here are some ideas for you.

Monday

Surrendering to Jesus means trusting Him with the issues that we are facing. Today, as you begin your week, think about the issues that you are facing or expect to face this week. Write them down on a piece of paper or in a list on your phone so that you can go back to it throughout the week. This will help you to remember what you are surrendering to Christ!

Tuesday

When we surrender something to Christ, we often want to take it back from Him when he doesn't solve the problem immediately. Trust takes patience! Today, choose one item from the list you made yesterday and ask Jesus for help surrendering it to Him. Each time that you begin to worry about that issue ask Jesus again for help and be patient.

Wednesday

Surrendering to Jesus takes practice, because most of us are used to trying to do everything on our own. Today, choose something small that you are dealing with, maybe a decision you need to make, and surrender it to Christ. Each time that you think about that issue, stop and ask Jesus for His help! It will mean surrendering the same thing over and over again.

Thursday

Surrendering to Jesus to gain strength is the opposite of what the world teaches. There will be people, and maybe your own thinking, that will tell you to trust in yourself and not God. Today, each time you or someone else tells you to trust in yourself first, remember that it is God who makes you strong! We can fail and let ourselves down, but God never will.

Friday

When we surrender to Jesus, we grow stronger because we are not weakened by stress. Today, choose an issue that you are struggling with and surrender it to Jesus. Then, each time that you start to stress over that issue, stop and remind yourself that you have given that over to Jesus and breath. This will take time and practice to master.

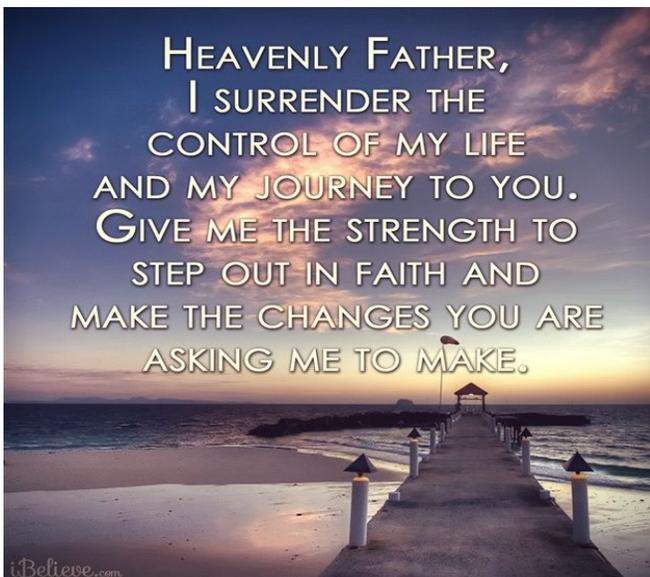
Saturday

When we surrender to Jesus, we also grow stronger because we don't have to be weakened by fear! What are some things that you have not done because you were afraid? Today, when you begin to be afraid, surrender that to Jesus and then act boldly, knowing that Jesus loves you and always will! Acting quickly can help to not let fear stop you.

FROM THE CATECHISM...

The cross is the unique sacrifice of Christ, the 'one mediator between God and men.' But because in His incarnate divine person He has in some way united Himself to every man, 'the possibility of being made partners, in a way known to God, in the paschal mystery' is offered to all men. He calls His disciples to 'take up [their] cross and follow [Him],' for 'Christ also suffered for [us], leaving [us] an example so that [we] should follow in His steps.' In fact, Jesus desires to associate with His redeeming sacrifice those who were to be its first beneficiaries.

Catechism of the Catholic Church, 618



HEAVENLY FATHER,
I SURRENDER THE
CONTROL OF MY LIFE
AND MY JOURNEY TO YOU.
GIVE ME THE STRENGTH TO
STEP OUT IN FAITH AND
MAKE THE CHANGES YOU ARE
ASKING ME TO MAKE.

Next Week's Readings

Here are the readings for next Sunday so that on Saturday you can read through them. If you take a few minutes to read them and prepare, you will get a lot more from Mass. They are available online at www.usccb.org. Use the calendar on the right.

Isaiah 55:10-11 Psalm 65:10,11,12-13,14 Romans 8:18-23 Matthew 13:1-23

This handout was created by the Lynn Catholic Collaborative. For more info on how to use at your parish please email admin@lynnatholic.org