

Seventh Grade Session: Be the Hands and Feet of Jesus

February 22



Matthew 25:45; “I assure you, as often as you neglected to do it to one of these least ones, you neglected to do it to me.”

This message of Jesus never changes. He asks all of us how we treat the poor, the hungry and the marginalized. He wants us to remember that he is in all of us. It’s easy to see Jesus in the people you like, or have things in common with you, but it sometimes becomes very difficult to find Jesus in someone who, for example, smells, whose hair is dirty or they have lice, whose clothes are tattered and they are asking for money.

If we are going to take our Catholic faith seriously then we have to work to help get rid of pain and suffering. This is what Jesus is asking of us.

What can you do to make a difference for someone?

Can you imagine how our schools would be different if each person reached out to someone who was ostracized, snubbed, or constantly made fun of each day?

What a difference we could make! When we put our efforts into being kind and charitable to others we are living the gospel. We are becoming the hands and feet of Christ.

Please read Proverbs 14:31 from the Old Testament; “He who oppresses the poor blasphemes his Maker, but he who is kind to the needy glorifies him.”

What do you think this passage is telling us?

When you come in contact with a homeless person or poor person what is your first reaction?

When you come in contact with a kid at school who is a little different what is your first impression?

Have you ever turned your back or ignored someone who was hurting, suffering, or in pain?

What kind of pain or suffering do you believe middle school youth face in their life today?

Name a time in your life when you experienced pain or suffering?

How did others treat you?

In what ways can we see Jesus in people who are different than us, for example, in the homeless person who smells, in the mentally handicapped individual, or what some would consider the kid at school that is different?

Craft Idea: The Suffering Collage

Look for images, words, or pictures that signify pain and or suffering.

Glue the words and images onto a piece or 2 of construction paper. This Lent use the collage as a reminder to pray for people who are in pain or suffering. You can use this as your Lenten Prayer Board.

As followers of Jesus, we are challenged to live the Gospel message.

To truly be the hands and feet of Jesus we must step up, let go of our fear, get our hands dirty, and sacrifice ourselves for others. We need to act like Jesus, un-afraid to help others in need, even when it is difficult.

Fear and selfishness are what often keeps us from helping others. Being afraid of how you might look, or of people making fun of you inhibits many of us from doing the right thing.

How many times do we see the lonely new student at our school sitting alone at lunch or witnessing someone being bullied and walk by? Sometimes we see something and know what must be done, we know we should help that person and yet we do nothing!

Are You Fearless?

1. Name some things in your life that you fear?
2. List the reasons some Catholic middle schoolers do not help others when they are in need?
3. What do you think are the reasons people are afraid to help the homeless, the hungry, and the outcasts of society?

4. Think of one person, whom you may or may not know that needs help. It could be the lonely, new kid at school, the student everyone seems to make fun of, or the homeless person you see on a street corner. What is one thing you can do to help them next time you see them?

God has given us gifts and talents that have nothing to do with what we have, but have everything to do with who we are and how we can assist others.

There are simple ways we can be Jesus' hands and feet every day. Maybe you are a very friendly person, is God calling you by talking to that student at school who sits all alone. Maybe God has blessed you with great intelligence can you help the student in your math class? Each one of us can do something. Sometimes it will be easy, and other times it will be difficult, but God needs each one of us to step up and be the hands and feet of Jesus.

You Give Me Strength!

1. Write Philippians 4:13 here:

2. What does this scripture passage mean to you as a middle school youth?

3. In what ways does God give middle schoolers strength?

4. List some qualities, gifts or talents that God has given you that can be used to help others:

- a. _____
- b. _____
- c. _____