



# Shine



**20TH FEBRUARY 2022**

7TH SUNDAY IN  
ORDINARY TIME

**SCRIPTURE**  
LUKE 6:27-38

“But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you. If anyone hits you on one cheek, let him hit the other one too; if someone takes your coat, let him have your shirt as well. Give to everyone who asks you for something, and when someone takes what is yours, do not ask for it back. Do for others just what you want them to do for you.

“If you love only the people who love you, why should you receive a blessing? Even sinners love those who love them! And if you do good only to those who do good to you, why should you receive a blessing? Even sinners do that! And if you lend only to those from whom you hope to get it back, why should you receive a blessing? Even sinners lend to sinners, to get back the same amount! No! Love your enemies and do good to them; lend and expect nothing back. You will then have a great reward, and you will be children of the Most High God. For he is good to the ungrateful and the wicked. Be merciful just as your Father is merciful.

“Do not judge others, and God will not judge you; do not condemn others, and God will not condemn you; forgive others, and God will forgive you. Give to others, and God will give to you. Indeed, you will receive a full measure, a generous helping, poured into your hands—all that you can hold. The measure you use for others is the one that God will use for you.”

## Reflection

What is your reaction when you are wronged?

Some people get angry, others go very quiet, some mutter under their breath and some keep their emotions inside.

Today, Jesus is calling us to take a fresh approach to reacting to situations where we have been hurt. We are asked to think about how God treats us when we have turned away from Him; God never rejects us, gets angry with us

or condemns us, rather He waits with open arms, ready for us to return.  
That's how we are to respond to others!

How can you be more merciful to people who you don't agree with? How can you be compassionate even when you feel angry? Let's remember in those moments when we want to be quick to react or be angry, to take a deep breath and ask Jesus to be with us before we respond.

## ACTIVITY

### Sensory Bottles

Sensory Bottles are a great way to help us take a moment. All you need is an empty sealable bottle, water, washing up liquid or baby oil and glitter.

Make sure your bottle is clean

Fill it about 1/3 with water

Fill the rest of the bottle with washing up liquid or baby oil

Add your glitter

Put the lid back on! (you might want to use some strong tape around the lid too)

When you need a moment to calm down, sit down, shake the bottle and breath deeply until the glitter has settled.

### Prayer

Cut out a heart shape from some paper and stick it to your wall. When you want to remember to pray for someone, whatever the reason, simply write their name on the heart.

Spend some time each evening this week praying for each person by name, asking God to be with them.



### CHALLENGE

Make a list of the characteristics of Jesus. What is He like? What are the qualities of His personality?

Choose one of these characteristics. How could you practise this quality more in your own life? Make a goal of how you will become more like Jesus.