

LIVING FAITH

LOTM'S YOUTH AND FAMILY NEWSLETTER
IDEAS FOR PRACTICING FAITH AT HOME

IN THIS ISSUE:

Take time to explore what Jesus means by obeying his commands during the age of quarantine with these practical ideas! If you click on the underlined titles, it will bring you to the website with the material.

FOR THOSE THAT ARE YOUNG

Written by Jay and Kelsey Meservy

PRAY:

Visio Divina: Look at the picture from the story "God Gives us the Great Commandment." Focus on one part of the picture. How does it make you feel? What does it make you think about? Then look at the whole picture. What do you notice about the whole picture? Is there anything that comes to mind that you might want to say to God about the picture, your feelings, or anything else?



DO: Think of someone that might be feeling down or lonely right now. Make a card for them with a kind note. Add some artwork! Go to the post office and send it off to them.

WATCH/LISTEN: Watch this [story](#) about feelings. After reading it, think about what your heart is feeling today. Jesus likes us to come to him however we may be feeling and he will listen and care.

READ: "God Gives us the Greatest Commandment" (pg.3 of newsletter), then discuss the story together.

FOR THOSE THAT ARE YOUNG AT HEART

LISTEN: Try this podcast: [Pray as You Go](#). As quarantine has taught us to slow down the speed of our lives, this podcast can help us to slow down the speed of our minds.

DO:

- Go outside: ride your bike, skateboard, or hike
- .-Virtual trip to the [Monterrey Bay Aquarium](#) or the [San Diego Zoo](#)
- .-Encourage your neighbors: make a sign to put outside or do chalk art on the sidewalk.
- Have quiet time for yourself: read a book, listen to music, watch a movie or tv show
- Play with your pet: they want attention and love, too!

READ: John 14:15-21- Read this slowly. What stands out to you? Read that part again. Think about what it could mean for your life.

EARTH DAY EVERY DAY:

With coronavirus restrictions and the weather getting nice, lots of us are going outside for walks, runs, bike rides, and hikes. While you are out, pick up trash that you see on the ground. If you don't, who will?



PRAY:

People are often unreasonable, irrational, and self-centered. **FORGIVE** them anyway. If you are kind, people may accuse you of selfish, ulterior motives. **BE KIND** anyway. If you are successful, you will win some unfaithful friends and some genuine enemies. **SUCCEED** anyway. If you are honest and sincere people may deceive you. **BE HONEST** and **SINCERE** anyway. What you spend years creating, others could destroy overnight. **CREATE** anyway. If you find serenity and happiness, some may be jealous. **BE HAPPY** anyway. The good you do today, will often be forgotten. **DO GOOD** anyway. Give the best you have, and it will never be enough. **GIVE YOUR BEST** anyway. In the final analysis, it is between you and God. It was never between you and them anyway.

RESOURCES:

Prayer pg.1- Traci Smith, "Prayers for Faithful Families," Creative Prayers Prayer pg. 2-"Anyways"
<https://hope4hurtingkids.com/inspiration/anyway-mother-teresa/>
<https://www.nationalgeographic.com/family/in-the-news/coronavirus/kids-social-during-distancing/>

GOD GIVES THE GREATEST COMMANDMENT

From *Children of God Storybook Bible*, Chapter
Retold by Desmond Tutu. Edited by Douglas C. Abrams

God gives us the Great Commandment



Mark 12

Sometimes it seems like there are so many rules. It is often hard to know which ones are most important. In Jesus' time, people argued about which rule was most important to God.

One of the elders, bent over with age and wisdom, heard Jesus teaching his followers. The elder thought to himself, *Wow! This guy really knows what he is talking about.* The elder leaned on his cane and scratched his white hair. "You seem very wise. Tell me, what is the most important rule of all?"

"There are two," Jesus replied. "The first is to love God with all your heart, with all your soul, with all your mind, and with all your strength. The second is to love everyone as much as you love yourself."

The elder nodded. "You are right," he said. "The greatest gift we can offer God is to love him and love his children."