



Aim: To help your child to remember that Jesus is his/her brother.

Note to the Parent:

This will be a family reflection on something that Jesus said.

Parent: Welcome the child and other members of the family and gather them in a circle in the room.

Tell the family:



- Today, we are going to listen to what Jesus said to the people one day.
- First of all:
- Like last time, let us sit comfortably with our arms and legs relaxed. (Pause for a few moments to allow quietness, and for the family members to relax).
- Let all your body relax from head to toe. (Pause for a few moments to allow quietness and for the family members to relax).
- Close your eyes gently.
- Now breath in and out **very slowly** relaxing all the time.
- Repeat this instruction a few more times.

Parent: Allow about 5 seconds for each pause below:

P. Now imagine yourself with your family sitting together with Jesus. (Pause)

M. One day Jesus said to the people: (adaptation of Matthew 26:31-40)

P. "When I come again it will be a day of glory.

M. I will say to the people,

P. Come, with me, you blessed and happy people.

M. When I was hungry, you gave me some food. (Pause)

P. When I was thirsty, you gave me something to drink. (Pause)

M. When I was a stranger, you welcomed me. (Pause)

P. When I had no clothes, you gave me yours. (Pause)

M. When I was sick and old you visited me. (Pause)

P. When I was in prison you prayed for me." (Pause)

M. But you will say to Jesus:

P. "When did I see you hungry or thirsty and give you some food and drink? (Pause)

M. When did I see you with no clothes and share mine with you? (Pause)

P. When were you sick or in prison and I visited or prayed for you?" (Pause)

M. Jesus will answer:

P. "As long as you did any of these things to any of these poor brothers or sisters of mine you did to me!

M. Now come with me into the happiness of my heaven."



Parent: We are the brothers and sisters of Jesus and so is everybody else, especially the poor people.

- Now invite the family to comment and make suggestions about helping the poor because they are the brothers and sisters of Jesus and so are we.

Celebration: After a few minutes:

Let us repeat the words of Jesus: **"As long as you did these things to my poor brothers and sisters, you did it to me."**

If possible sing: *"Whatsoever you do to the least of my people, you do it to me."*

Share some cool juice.

