

Mindful Mondays

An invitational and thought-provoking gift to share with your family:



"If you love me, you will keep my commandments. I shall ask the Father and he will send you the Holy Spirit to be with you forever."

Jesus said to his disciples, "If you love me, you will keep my commandments. I shall ask the Father and he will send you the Holy Spirit, the Helper, to be with you forever. Those who love me will listen to my words and keep them, and my Father will love them, and we shall come to them and make our home with them. Those who do not love me do not keep my words. My word is not my own; it is the word of the Father who sent me. I have said these things to you while still with you, but the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all the things I have said to you."

Prayer

Dear Lord,

Thank you for teaching us how to live in your way. Thank you for sending your son and the Holy Spirit to guide us through life.

Amen



Act

Think about the 10 commandments and what they teach us. Do something this week, a random act of kindness maybe, to show how we can live out those commandments.

Be the
CHANGE
you wish
SEE IN THE
world