

# Mindful Mondays

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

## 'The Kingdom is hidden within you. It is found within your soul'

The Lord appointed another seventy-two helpers and sent them out ahead of him. Jesus sent his disciples out in pairs, to all the towns and places he himself was to visit. He said to them, 'The harvest is rich but the labourers are few, so ask the Lord to send labourers to his harvest.' He told them he was sending them out like lambs among wolves. Jesus said, 'Whatever house you go into, let your first words be "Peace to this house" and if the people of peace live there, your peace will go to them. If not, it will come back to you. Whenever you go into a town where they make you welcome, eat what is set before you. Cure those in it who are sick, and say, "The Kingdom of God is very near to you." Getting to know Jesus makes life joyful and spreading his peace helps others too.



## Prayer

Dear God,  
Please help us to build your kingdom in our hearts and in the world.  
Help us to do your work on Earth with love and care for all.  
Amen



## Act

How can you help the Kingdom of God grow? Think of a way in which the things you do and say this week can help?  
Can you share more? Research and support a charity that supports and helps the poorest in the world? Or maybe just help those people at home.

Be the  
CHANGE  
you wish to  
SEE IN THE  
world