

# Mindful Mondays

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

**“Jesus is the friend  
who never  
abandons us.”**



Great crowds followed Jesus on his way and he said to them, “If you want to be my disciple, you must love God more than anything else, even more than your family and even more than yourself. If you really want to be my disciple, you must be willing to carry your cross and follow me.”

Jesus taught us that we must be loyal to him and to God. We can ask God to help us to grow in loyalty to him and it is a gift worth asking for.

To be loyal is to be faithful, reliable, supportive and trustworthy – to keep promises and speak up for the truth.

## Prayer

Dear Lord,  
Help us to grow in our loyalty to you: to be trustworthy and reliable people who always stand up for the truth, even when it is hard.

Amen



## Act

How can we show our loyalty to Jesus in the new school year? Maybe you could say a daily prayer, be self-giving or put others' needs before our own. Think about what you will do during the first few weeks of school to show this.

Be the  
CHANGE  
you wish  
SEE IN THE  
world

