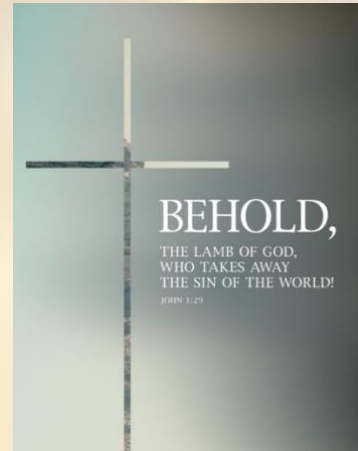


# Mindful Mondays

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

“Example makes a much greater impression on the mind and heart than just words.”



Seeing Jesus coming towards him, John said, “Look, there is the lamb of God that takes away the sin of the world. This is the one I spoke of when I said ‘A man is coming after me who ranks before me because he existed before me.’

I did not know him myself, and yet it was to reveal him to Israel that I came baptising with water.” John also declared, “I saw the Spirit coming down on him from heaven like a dove and resting on him. I did not know him myself, but he who sent me to baptise with water had said to me, ‘The man on whom you see the Spirit come down and rest is the one who is going to baptise with the Holy Spirit.’ Yes, I have seen and I am the witness that he is the Chosen One of God.”

## Prayer

Dear Lord Jesus,  
Please help us to be your witnesses by our love, so that others will come to know the joy of knowing you.

Amen



## Act

Through our words and especially through our actions, we can be God’s witnesses, through living our lives the way Jesus shows us. Choose a special way to be God’s witness this week – be kinds and loving in your words and actions.