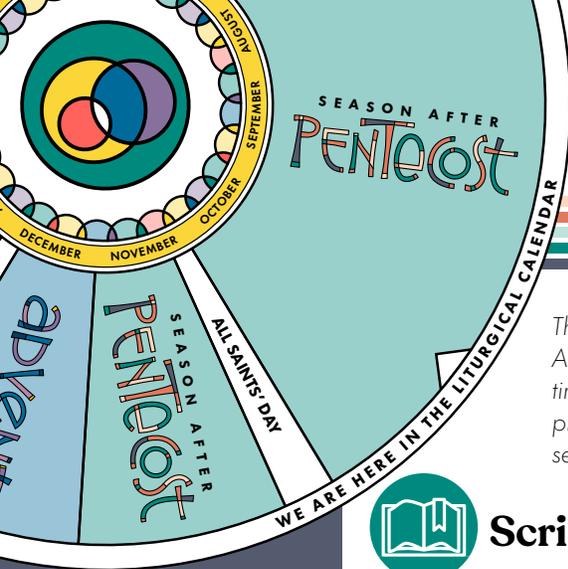


Mark 10:17-22

Twentieth Sunday after Pentecost, Sunday between October 9 and October 15



The Season after Pentecost is the period between the Day of Pentecost and the First Sunday of Advent. This season makes up half of the calendar year, and its liturgical color is green. It is a time to focus on the life and growth of the Church in the world, empowered by the gift of the presence of the Holy Spirit. 12th-century mystic Hildegard von Bingen captured the essence of this season when she wrote, "The Holy Spirit is the greening power of God. Our task is to blossom."



Scripture

As he was setting out on a journey, a man ran up and knelt before him, and asked him, "Good Teacher, what must I do to inherit eternal life?" Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.'" He said to him, "Teacher, I have kept all these since my youth." Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me." When he heard this, he was shocked and went away grieving, for he had many possessions.



Questions

- Mark's Gospel tells stories about how Jesus showed compassion (he saw people's hurt, felt their hurt, and helped ease their hurt) to people who didn't have what they needed to thrive and live a whole life. What did the man ask Jesus?
- There were some moments of surprise in this story. What surprised you in this story?
- The man felt like he was missing something he needed in his life, even though he said he lived a moral life. To live a moral life means to follow rules in your life based on what you believe is right and fair. What morals do you live by?
- This story says, "Jesus, looking at him, loved him and said, 'You lack one thing.'" Jesus asked the man to sell his dearest possessions—his family home and land—so he could have the treasures in heaven he wanted. Why do you think the man was deeply saddened when Jesus told him to sell his possessions?
- This man held on tightly to his money, but Jesus didn't ask everybody he met to sell everything they owned. Good news can look different for each person. Many people were generous with what they had who followed Jesus as he shared the good news of God. What does good news look like for you, and how do you use what you have to share God's good news?

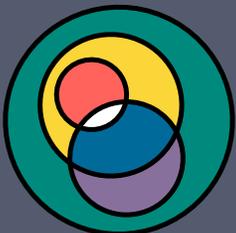
Look it Up!

Look up St. Francis of Assisi!
Born to a wealthy family,
Francis gave up his rich lifestyle to
follow God.

He lived simply and worked to
spread peace and God's love
for people, animals, and
the environment.



mini
REVOLUTIONS





Activity

The young man had everything he wanted, but he did not feel whole. When Jesus invited the young man to come along on his travels, the young man went away sad.

If your hands are full, can you pick up anything else? The young man held onto his possessions too tightly to take Jesus' hand and join the adventure.

When we feel strong emotions, our muscles tense up. We may not realize it, but this tension can make it difficult to think about how we feel or how we should react to a situation. Practicing letting go can help us find peace.

It is important to tell participants to slowly increase the tension over 15 seconds and slowly release it over 30 seconds. Then, a leader can count and remind the participants to breathe deeply.

Sit in a comfortable position.

If we feel angry, our hands may tense into fists. It's okay to be angry, and sometimes our feelings of anger are too big for us to carry. Squeeze your hands into fists as hard as you can, then relax your hands, saying, "Jesus, I give you my anger."

If we are worried about something, our forehead may tense up. Make a thinking face to show tension. Sometimes we worry so much that we start to feel afraid. Tense your forehead, then relax, saying, "Jesus, I give you my worry."

When we are excited, we may tense our cheeks and jaw. Clench your jaw and show a big smile to show excitement! Even happy feelings like excitement can make our bodies tense! When we feel overwhelmed by excitement, we can ask God to help us. Clench your jaw and cheeks, then relax. When fully relaxed, say, "Jesus, I give you my excitement."

If we feel scared, we may tense our legs. This is our body's way of getting us ready to run away. Sometimes we feel scared even though our brain knows nothing is wrong and everyone we are with is safe. This tension in our legs can make it hard to control our bodies, especially in school or other places where we can't run around. Squeeze the muscles throughout your legs, then relax, saying, "Jesus, I give you my fear."

When we are bored, we may feel restless. When we are waiting for something we want, we may feel eager. Both these feelings may make us feel impatient and make our feet feel tense. We can ask God to help us grow in patience. First, squeeze your toes and feet. Then release them, saying, "Jesus, I give you my restlessness."

You may repeat the cycle, skipping the explanations. Otherwise, discuss how the participants felt during the activity. Could they feel their body relaxing as they released the tension? Which body part was the easiest to tense and relax? Do they feel calmer or more peaceful after the activity?

Activity Adaptation

When doing this with younger children, practice clenching and releasing your fists as a group before you begin leading. Encourage them to lie flat on the ground while doing the activity.



Micropractice

We use money to buy the things we need. Next time you are holding money of any kind, feel the coins or card or cash in your palm and say, "Money cannot buy God's love. Love is free."



Download a graphic to share with your community and on social media. You can download it here: illstrtdm.in/minirevBAP20



Prayer

Dear God, help us love our neighbors more than the things we own. Show us how we can find wholeness and love in Jesus instead of riches. We trust in you. Amen.



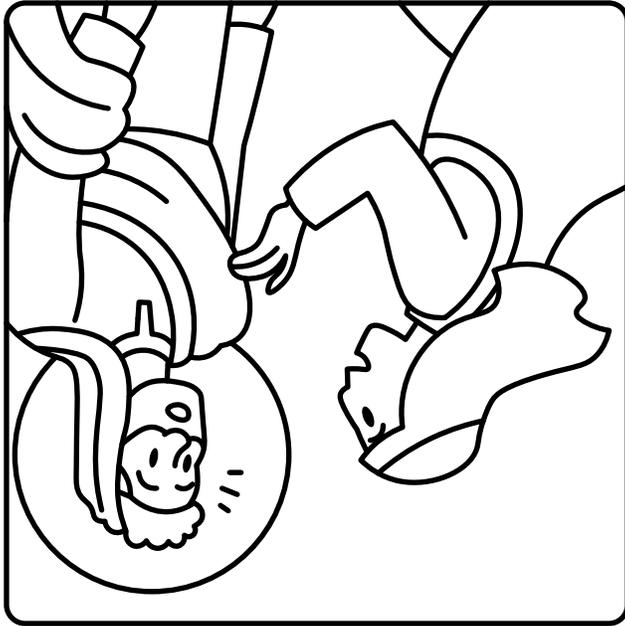
as JESUS was
SETTING OUT ON A
JOURNEY,
— a man ran up and —
KNELT BEFORE HIM,
AND ASKED HIM,

GOOD
TEACHER

WHAT MUST
I DO

to

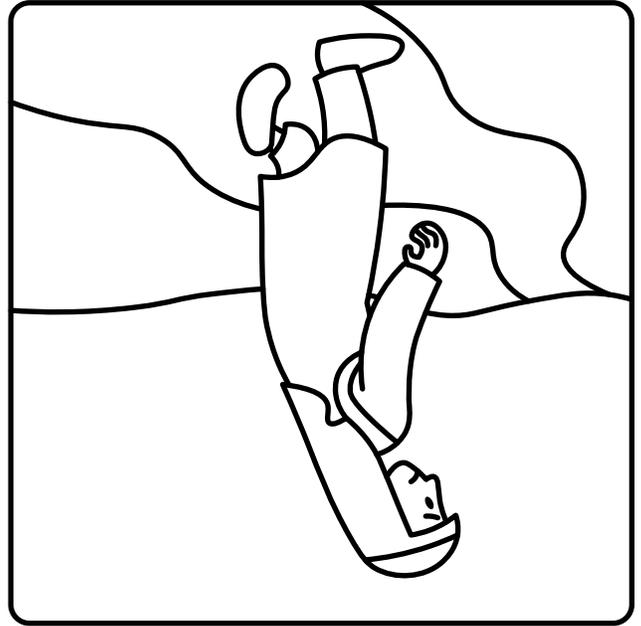
INHERIT
ETERNAL
LIFE?



1. There once was a man who felt like he was missing something in his life. So he asked Jesus, "Teacher, what must I do to have a full and whole life?"



2. Jesus said, "You know all the commandments. I will also say do not trick people and take from them. You know God's rules and how to follow them." The man said, "Jesus, I have followed God's rules since I was young."



4. The man was surprised by Jesus' answer, and he left, feeling sad because he had many possessions.



3. Jesus, looking at him with love, said, "You are missing one thing. Do this: sell everything you have, give that money to the poor, and you will have treasure in heaven; then follow me."