



20th February 2022

SEVENTH SUNDAY AFTER EPIPHANY

Do to others as you would like
them to do to you

Sundays After Epiphany

GREEN is a sign of life and nature and as such
represents growth, life and hope.

verse for the week

Bless those who
curse you. Pray
for those who
hurt you.

LUKE 6: 28

Caring Conversations



SHARE

Share your highs
and lows of the
day, or respond
to the following
questions:

1

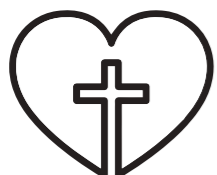
Talk about a
time someone
showed kindness
and forgiveness
toward you.

2

Tell about a time
you showed
kindness and
forgiveness
toward someone.

3

What makes
it easy or
difficult to show
forgiveness to
someone else?



Devotions



READ Daily Bible Readings

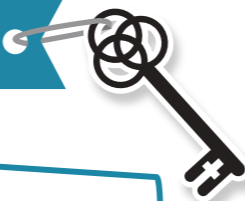
S	Luke 6:27-38	The golden rule
M	Gen 45:3-11, 15	Joseph reveals himself
T	1 Cor 15:35-38,42-50	The resurrection body
W	Genesis 43: 16-34	Joseph is kind to his brothers
T	Romans 8: 1-11	Life in the Spirit
F	1 John 2: 7-17	A new commandment
S	Psalm 37:1-11,39-40	Trust in the Lord and do good
S	Luke 9: 28-43	Jesus is transfigured



TALK

Talk about the Bible verse. What
word or phrase was important to
you as you read these verses?

Rituals and Traditions



PRAY

God of mercy, let
us follow the way
of Jesus and do
to others as we
would want others
to do to us. Amen.



BLESS

May the Lord
rescue you from
all your enemies
and be your
hiding place in
time of trouble.

Creative Response

Make a coupon book for someone in your
family or for your household.

Have coupons for the day to day jobs that no
one really likes to do. For example -

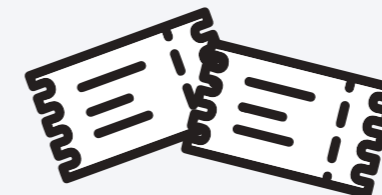
**THIS COUPON IS FOR ONE FREE VACUUM OF
THE HOUSE.**

**THIS COUPON IS FOR ONE DAY OF DISHES TO
BE DONE BY ME.**

Then think of some other ideas for coupons of
things you could do for someone else in your
family or for a friend or neighbour. For example -

**THIS COUPON IS FOR A FREE WEEDING OF
YOUR GARDEN.**

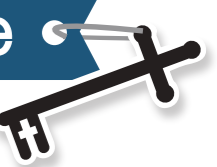
THIS COUPON IS FOR ONE FREE CAR WASH.



mealtime prayer

May this food give us strength and fill our
physical bodies. May your spirit fill our hearts so
we can be forgiving to others. Amen.

Service



Sometimes it is
difficult to love
everyone. Jesus
tells us to love our
enemies and pray
for them. Think of
someone who it is
hard for you to like.
Take time to pray
for that person and
to ask Jesus to help
you love that person.

