

FAMILY RESOURCES

HEARTS

THE GOSPEL READING FOR THIS WEEK IS: The new commandment (John 13: 31-35)

Core extract from the Gospel (John 13: 34-35); for reflection throughout the week)

Jesus said, 'I give you a new commandment,
that you love one another.
Just as I have loved you,
you also should love one another.
By this everyone will know that you are my disciples,
if you have love for one another.'

Gospel prayer (for use throughout the week)

Risen Lord,
you gave us a new commandment
that we should love one another.
Fill our hearts with your love
and empower us to share your love with others,
that all may know us to be your disciples;
for you are our God.
Amen.

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Things to think about

- Why do you think the heart is used as a symbol of love?
- Why is your physical heart so important?
- How can you keep your heart healthy?

Things to do

- Take your pulse whilst sitting down and then again after some exercise. What do you notice
- Make a paper chain using hearts
- Paper plate woven heart

You will need: paper plate, paint, pencil, scissors, hole punch, yarn or ribbon, sticky tape, beads (optional)



Paint the paper plate and leave it to dry.

Draw a heart in the centre of the plate and cut out.

Punch holes around the heart.

Start threading the yarn through the holes and across the plate. This can be done in any pattern or even very randomly!

Tape the end of the yarn to the back of the plate each time you change colour

You may want to thread beads on to the yarn as an extra texture



Why not share your creations with us? We would love to see what you have been up to! Please email any photos to education@liverpoolcathedral.org.uk or tag @LivCathedral on social media.

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