

FAMILY RESOURCES

Feeling loved

THE GOSPEL READING FOR THIS WEEK IS: The greatest commandment (Matthew 22: 34-46)

Core extract from the Gospel (Matthew 22: 37-40; for reflection throughout the week)

Jesus said, “You shall love the Lord your God with all your heart,
and with all your soul, and with all your mind.”
This is the greatest and first commandment.
And a second is like it:
“You shall love your neighbour as yourself.”
On these two commandments hang all the law and the prophets.’

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
you show unfailing love to your people.
Teach us to love you
with all our heart,
with all our soul,
and with all our mind,
that we may walk with you
all the days of our lives;
through Jesus Christ our Lord.
Amen.

Things to think about

- Why do you think the greatest commandment is to love one another?
- How do you show someone they are loved?
- How do you know you are loved?

Things to do

- Make heart shaped biscuits
- Give a card to someone you love
- Heart spiral spinner

You will need: card, pencil, scissors or craft knife, glue, sequins, string



Draw and cut a large heart shape from the card.



Draw concentric, smaller hearts inside your shape.

Cut along these lines but don't join the cuts at the top or bottom.

Decorate the hearts with sequins and gems.



Punch a hole and attach string or ribbon to hang your heart and watch it spin.

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

Education Team | Liverpool Cathedral, St James' Road, Liverpool L1 7BY | **0151 702 7210**
education@liverpoolcathedral.org.uk | www.liverpoolcathedral.org.uk