

Mindful Mondays

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



Feeding the Five Thousand

Jesus had been with the crowds all day. It was late afternoon when his disciples came to him and said, 'Send the people away so that they can go to the nearest villages and farms to find food and shelter for the night, because this is a lonely place.'

Jesus replied, 'Give them something to eat.' But the disciples said they only had five loaves of bread and two fish. They asked Jesus if he wanted them to buy food for them all as there were about five thousand there. Jesus said to his disciples, "Get the people to sit in groups of about fifty." Jesus took the five loaves and two fish and, looking up to heaven, he blessed them, broke them, and gave them to his disciples to hand out to the crowds. They all ate and the leftovers filled twelve baskets. Jesus asked God for his help and he nourished the whole crowd.

Prayer

Dear Lord,
Help us to aspire to be the very best we can be. Help us to believe in ourselves and achieve our potential. I offer you my day today, to let you show me the way.
Amen



Act

Discuss at home what the word 'nourish' means to you. Who or what nourishes our lives?
Who do we need to be thankful for?
Who can you nourish this week?
Maybe a parent, carer or even a friend. Just by encouraging someone or simply giving them a hug can nourish their day and life.

Be the
CHANGE
you wish to
SEE IN THE
world