

Acts of Kindness

Monday

Tuesday

Wednesday

Thursday

Friday

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Monday



Prayer Leader:

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

In the Gospel, two disciples were walking to a place called Emmaus on Easter Sunday.

Jesus, who had just risen from the dead, joined them and walked with them. He talked to them and showed them love and care. The disciples didn't realise it was Jesus until He broke bread and offered it to them!

Inspired by Jesus' example, this week we're going to think about ways we can quietly show our love and care for others.

Today we'll think about showing kindness by **spending time with others.**

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***‘While they were talking and discussing together,
Jesus himself drew near and went with them.
But their eyes were kept from recognising Him.’
Luke 24:15-16***



Prayer Leader:

As they started their journey, the disciples were feeling really upset and sad because their friend Jesus had just died.
Then a 'stranger' came to walk alongside them.

Let's listen to this verse from Scripture:

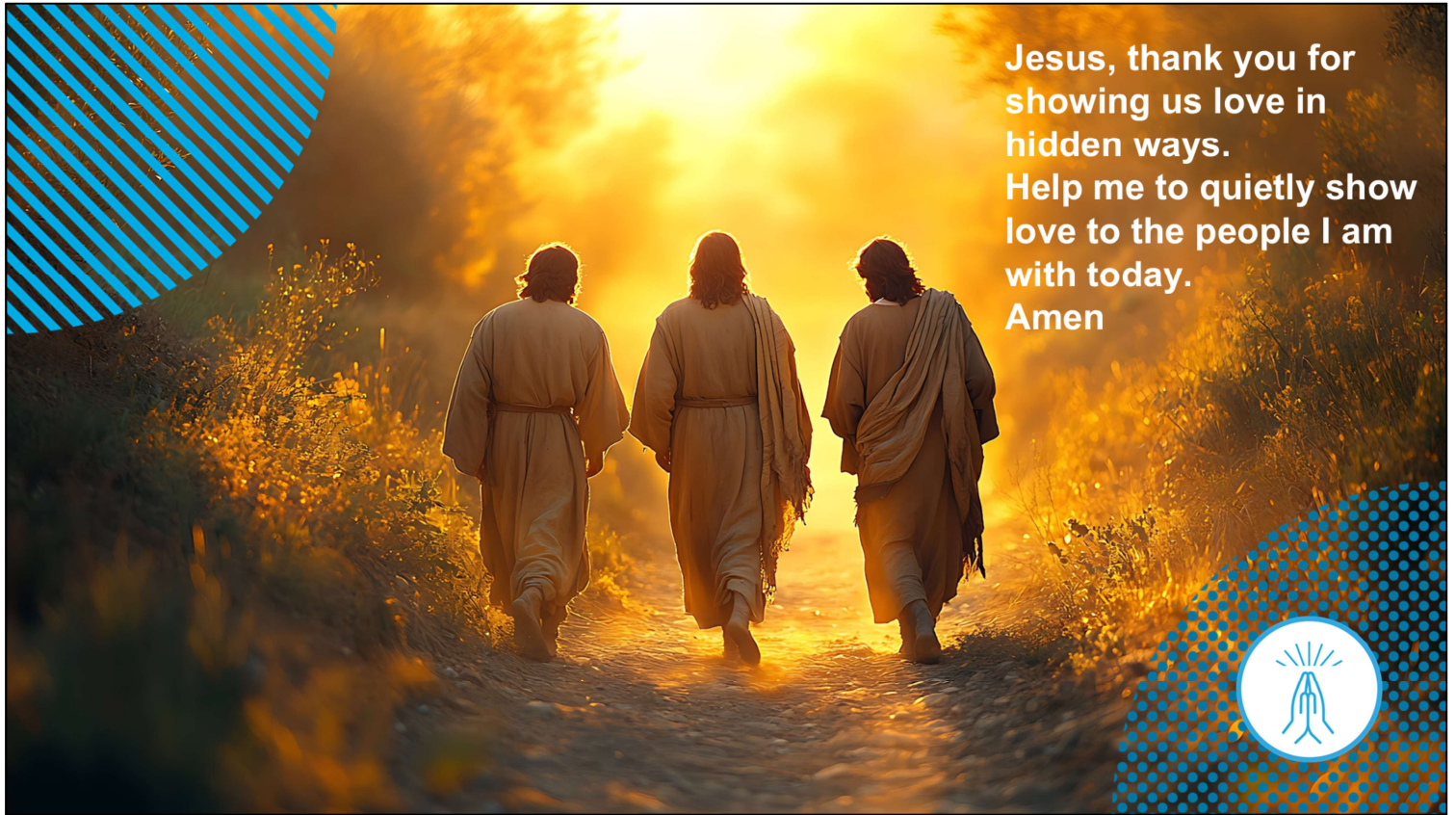
(Invite a Reader to read the Scripture.)

Reader:

‘While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from recognising Him.’ (Luke 24:15-16)

Prayer Leader:

The disciples felt comforted by the presence of 'the stranger' – who was really Jesus.



Jesus, thank you for
showing us love in
hidden ways.
Help me to quietly show
love to the people I am
with today.
Amen

Prayer Leader:

We're going to pray by imagining ourselves with the disciples as they experience Jesus' presence.

You might like to close your eyes or focus on the image on screen.

Jesus came to the disciples just when they needed Him – it was a quiet sort of kindness. He simply spent time with them, joining them as they walked.

Imagine yourself with the disciples as they walk along with Jesus. Imagine feeling comforted and peaceful — all the worries and concerns that once filled your mind, drifting away.

(Pause)

Jesus shows us the same love – He is with us all the time, but helps us feel His presence more clearly particularly when we feel sad, confused and in need of His hope and peace.

Take a moment to ask Jesus to be with you today, to fill you with His hope and peace as you spend time with others.

Let's pray together. (*click to reveal*)

All:

Jesus, thank you for showing us love in hidden ways.

Help me to quietly show love to the people I am with today.

Amen

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Come, Holy Spirit.

Prayer Leader:

Jesus joined the disciples and simply spent time with them. It was an act of kindness

How could you spend time with others today?

Maybe you could kindly join your parent or carer, keep them company while they prepare a meal — you could ask how they are.

Let's ask the Holy Spirit to help us today.

All:

Come, Holy Spirit.

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen

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Acts of Kindness

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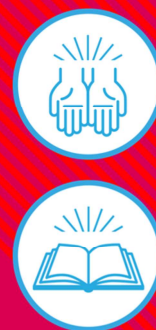
Thursday

Friday

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'...they were talking with each other about all these things that had happened. And He said to them, "What is this conversation that you are holding with each other as you walk?"'
Luke 24:14,17

Tuesday



Prayer Leader:

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen

This week, we're reflecting on the Gospel story about Jesus quietly joining His disciples on the road to Emmaus.

The disciples didn't realise 'the stranger' was Jesus, who had risen from the dead.

As Jesus walked alongside them, He talked to them and showed them love and care — it was an act of kindness.

Inspired by Jesus' example, this week we're thinking about ways we can quietly show our love and care for others.

Today we'll think about showing kindness by **talking and listening to others.**

The disciples were full of sadness and deep in conversation when Jesus joined them.

Let's listen to this verse from Scripture:

(Invite a Reader to read the Scripture.)

Reader:

'...they were talking with each other about all these things that had happened. And He said to them, "What is this conversation that you are holding with each other as you walk?"' (Luke 24:14,17)

Prayer Leader:

Jesus talked to them and listened. He asked them how they were, what they were doing, and what they were thinking.

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Jesus, thank you for showing us love in hidden ways. Help me to quietly show love to the people I am with today. Amen

Prayer Leader:

We're going to pray by imagining ourselves with the disciples as they experience Jesus' presence.

You might like to close your eyes or focus on the image on screen.

As Jesus walked alongside His disciples He listened. Jesus showed that He was interested in what they were saying — He was interested in them.

Imagine yourself with the disciples as they walk along with Jesus. Imagine feeling listened to and important.

(Pause)

Jesus shows us the same love – He listens when we talk to Him and He listens to what is deep within our hearts even when we're not talking.

Jesus is interested in us and we can feel His presence more clearly when we particularly need His hope and peace.

Take a moment to ask Jesus to be with you today, to fill you with His hope and peace as you talk and listen to others.

Let's pray together. ***(click to reveal)***

All:

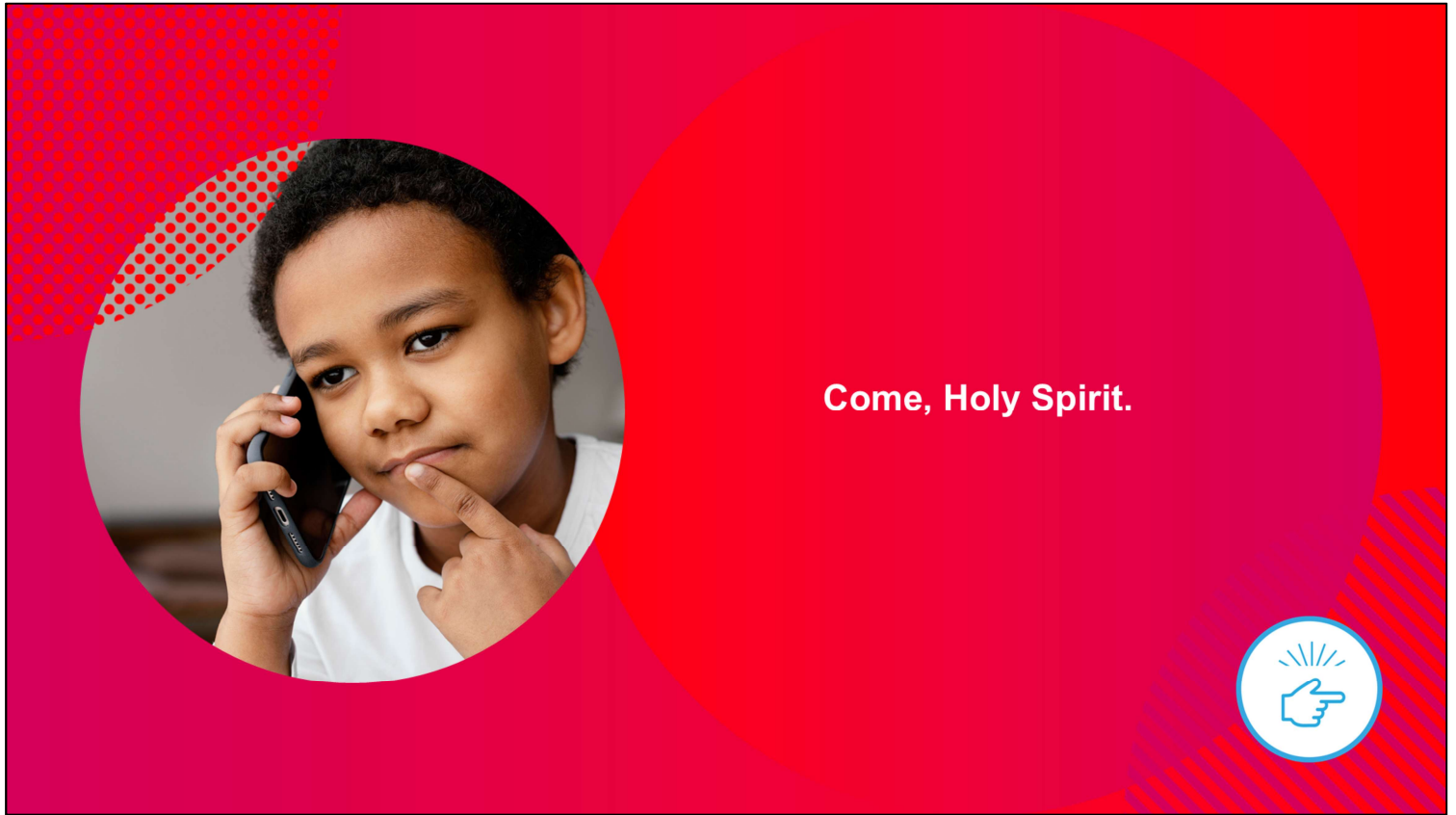
**Jesus, thank you for showing us love in hidden ways.
Help me to quietly show love to the people I am with today.
Amen**

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Prayer Leader:

Jesus took time to listen and talk to His disciples. He showed an interest in them, making them feel valued. It was an act of kindness

How could you show an interest in others by listening and talking to them today?

Maybe you could make an extra effort to talk to a friend or family member about what they are interested in — or call someone in your family you don't talk to very often!

Let's ask the Holy Spirit to help us today.

All:

Come, Holy Spirit.

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

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'They said to each other, "Did not our hearts burn within us while He talked to us on the road, while He opened to us the Scriptures?"'

Luke 24:32



Wednesday



Prayer Leader:

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen

This week, we're reflecting on the Gospel story about Jesus quietly joining His disciples on the road to Emmaus.

The disciples didn't realise 'the stranger' was Jesus, who had risen from the dead.

As Jesus walked alongside them, He helped them and took away their confusion by explaining the Scriptures — it was an act of kindness.

Inspired by Jesus' example, this week we're thinking about ways we can quietly show our love and care for others.

Today we'll think about showing kindness by **offering a helping hand to others.**

The disciples were confused and upset and they felt comforted as Jesus explained stories and messages from the Scriptures – what we now call the Bible.

Let's listen to what the disciples said when they realised how 'the stranger'

had helped them:

(Invite a Reader to read the Scripture.)

Reader:

'They said to each other, "Did not our hearts burn within us while He talked to us on the road, while He opened to us the Scriptures?"'

(Luke 24:32)

Prayer Leader:

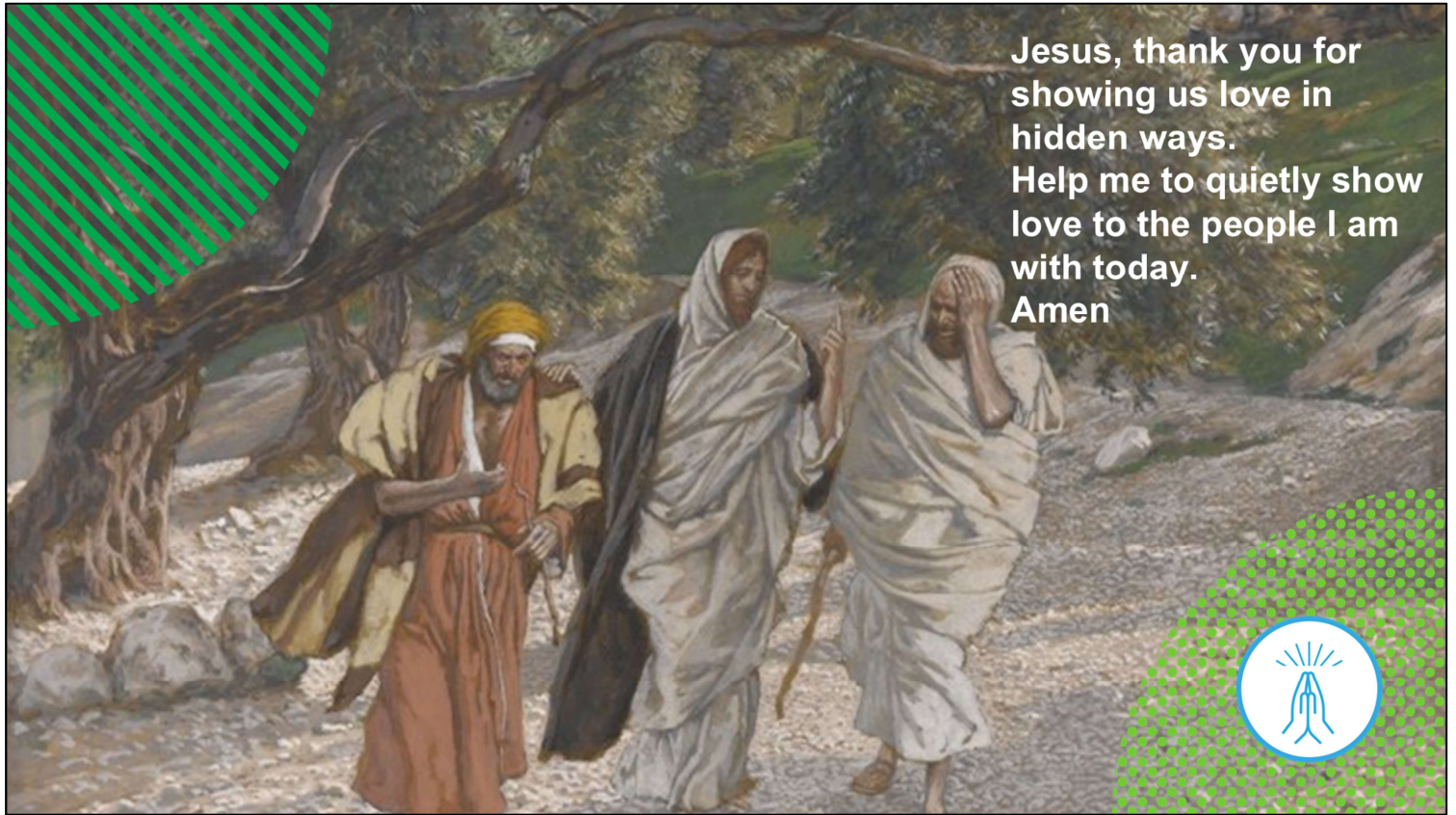
Jesus helped them to understand how God had been guiding His people throughout all of history.

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Jesus, thank you for showing us love in hidden ways.
Help me to quietly show love to the people I am with today.
Amen

Prayer Leader:

We're going to pray by imagining ourselves with the disciples as they experience Jesus' presence.

You might like to close your eyes or focus on the image on screen.

As Jesus walked alongside His disciples He knew that they were confused by all that had happened. They didn't understand that their friend, Jesus, had been preparing them for His own death and Resurrection — Jesus helped them to understand.

Imagine yourself with the disciples as they walk along with Jesus. Imagine your confusion lifting and being replaced with understanding.

(Pause)

Jesus shows us the same love – He wants to help us to know Him so that we can grow in friendship with Him.

Take a moment to ask Jesus to help you with anything you need today and to fill you with His hope and peace you reach out to help others.

Let's pray together. **(click to reveal)**

All:

**Jesus, thank you for showing us love in hidden ways.
Help me to quietly show love to the people I am with today.
Amen**

Brooklyn Museum - The Pilgrims of Emmaus on the Road (Les pèlerins d'Emmaüs en chemin) - James Tissot
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Prayer Leader:

The disciples didn't ask for Jesus' help but He knew just what they needed. His help was an act of kindness.

How could you reach out to help others today?

Helping out when you've been asked is really good, but when you think of a way of helping or doing a little job before you're asked - that's even better!

Perhaps you could help at home by tidying up without being asked or by reading a story to a younger sibling.

Let's ask the Holy Spirit to help us today.

All:

Come, Holy Spirit.

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen

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‘So they drew near to the village to which they were going. He acted as if He were going further, but they urged Him strongly, saying, “Stay with us”’

Luke 24:28-29



Thursday



Prayer Leader:

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen

Prayer Leader:

This week, we’ve been reflecting on the Gospel story about Jesus quietly joining His disciples on the road to Emmaus.

The disciples didn’t realise ‘the stranger’ was Jesus, who had risen from the dead.

As Jesus walked alongside them, He talked to them and showed them love and care — it was an act of kindness.

There are many ways we can quietly show our love and care for others:

- Spending time with them
- Talking and listening
- Offering a helping hand

Today we’ll think about showing kindness by **including others and inviting them to join in.**

The disciples and ‘the stranger’ had been walking for a long time and it

was late in the evening when they arrived at Emmaus.

Let's listen to this verse from Scripture:

(Invite a Reader to read the Scripture.)

Reader:

'So they drew near to the village to which they were going. He acted as if He were going further, but they urged Him strongly, saying, "Stay with us..."' (Luke 24:28-29)

Prayer Leader:

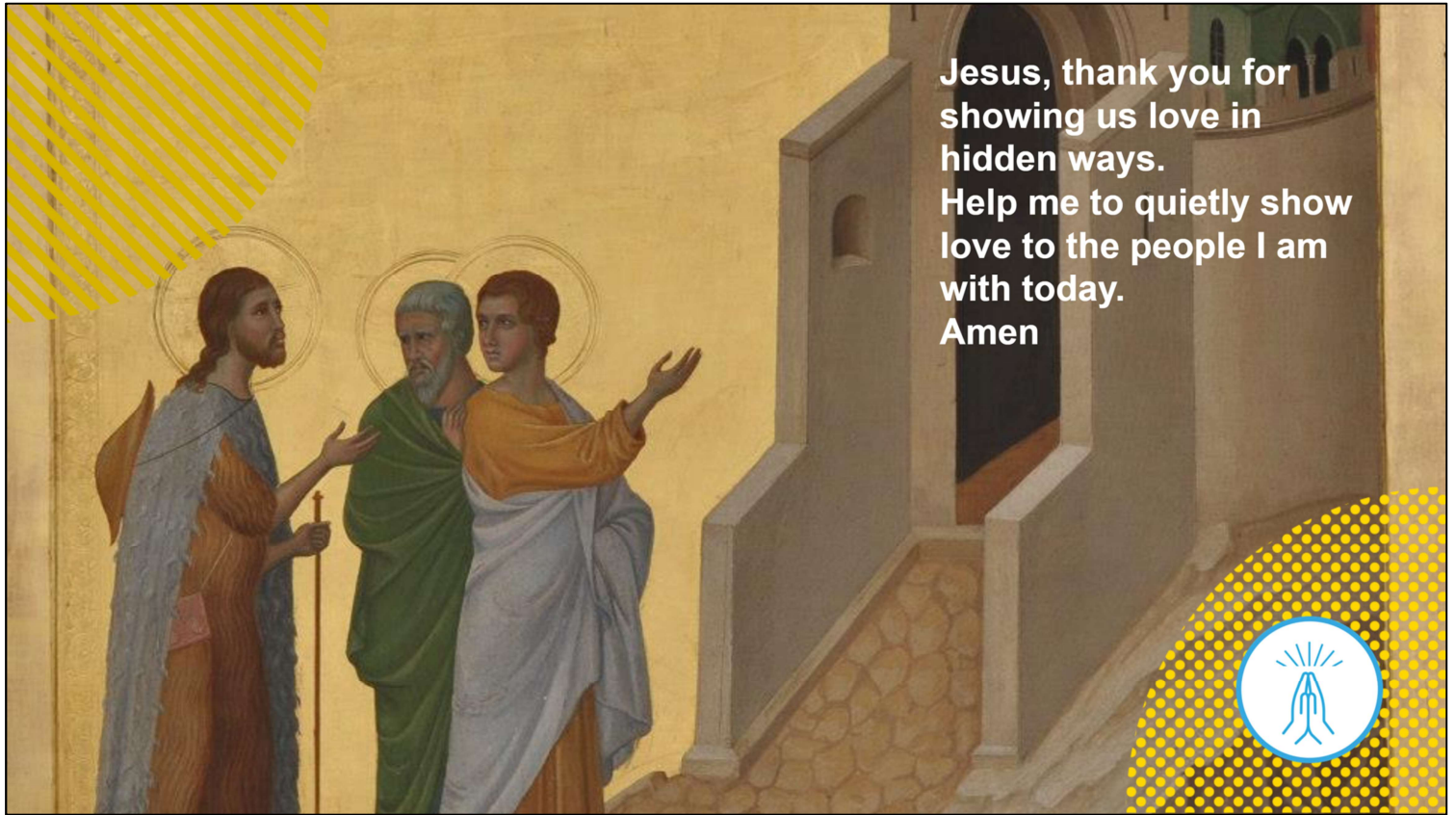
The disciples did not want Jesus to go. They included Jesus in their plans by inviting Him to stay and eat with them.

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Prayer Leader:

We're going to pray by imagining ourselves with the disciples as they experience Jesus' presence.

You might like to close your eyes or focus on the image on screen.

As Jesus walked alongside His disciples they were fascinated and amazed at how the man they thought was a stranger made them feel. Just as Jesus had included them in His kindness, openness and generosity the disciples wanted to include Jesus in their plans.

Imagine yourself with the disciples as they walk along with Jesus. Imagine your response to Jesus' kindness.

(Pause)

Jesus shows us the same love – He wants to include us among His friends and we can feel His presence more clearly when we particularly need His hope and peace.

Take a moment to thank Jesus for His love and friendship and ask Him to fill you with His hope and peace as you look for ways to include others in friendship.

Let's pray together. (*click to reveal*)

All:

Jesus, thank you for showing us love in hidden ways.

Help me to quietly show love to the people I am with today.

Amen

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Come, Holy Spirit.



Prayer Leader:

When the disciples started on their journey, they might not have wanted to include anyone in their private sorrow but Jesus' presence helped them to be open to others.

Jesus' help and guidance was an act of kindness.

How could you include others and invite them to join in today?

Spending time with friends is great but we can easily fall into patterns of playing with the same people, which can sometimes make it difficult for others to join in.

Perhaps you could make a point of inviting someone you don't usually play with to join you in a game or activity.

Let's ask the Holy Spirit to help us today.

All:

Come, Holy Spirit.

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen

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