



Sunday 1 September 2024  
 22nd Sunday in Ordinary Time  
 Mark 7:1-8. 14-15. 21-23

## In the GOSPEL TODAY

### THINK ABOUT IT!

Rules are made to help us and keep us safe because people care for us.

Are these good rules or bad rules? Tick the boxes of the good rules.

Look right, left and right again when crossing the road.

Always think about myself

Never talk to strangers

Go to bed as late as possible

Eat as many sweets as I can without sharing

Do what my mum and dad say

Lots of people have made up rules to help us to live as God asks. However, we mustn't get too bothered by human rules – love is what matters. If we have loving hearts and are kind and loving to the people we meet, we are doing just what God wants.

### Dot to dot

What is this shape? Inside are some bad things which you need to cross out.

Keep the good things and colour them in beautifully.



### Have a good heart

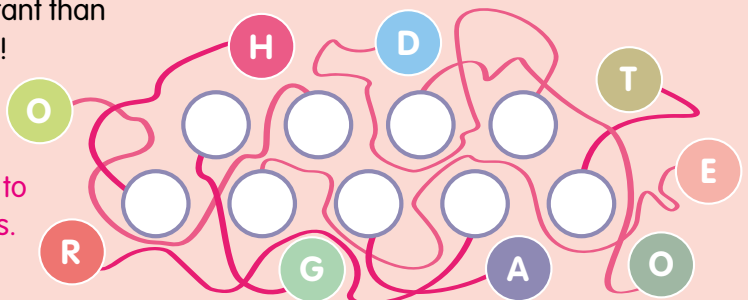
Circle the pictures of the children who have good hearts and are being kind.



### Even more important...

Jesus says that something is even more important than clean hands!

Move each letter to its empty circle to see what it is.



### A PRAYER TO SAY

Dear Jesus, please help me to have a loving and kind heart. Amen.

Answers: Good heart.