

LIVING FAITH

SIXTH SUNDAY IN ORDINARY TIME
FEBRUARY 16



THE GOSPEL FOR TODAY

Matthew 5:20-22a, 27-28, 33-34a, 37

For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

‘You have heard that it was said to those of ancient times, “You shall not murder”; and “whoever murders shall be liable to judgement.” But I say to you that if you are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, “You fool”, you will be liable to the hell of fire.

‘You have heard that it was said, “You shall not commit adultery.” But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart.

‘Again, you have heard that it was said to those of ancient times, “You shall not swear falsely, but carry out the vows you have made to the Lord.” But I say to you, ‘Do not swear at all, either by heaven, for it is the throne of God, Let your word be “Yes, Yes” or “No, No”; anything more than this comes from the evil one.’

TAKING THE GOSPEL HOME

In his life on earth, Jesus always went above and beyond to do good and to show people how to live as children of God and sisters and brothers to one another. In today’s Gospel, He teaches us and encourages us to do the same. Never be satisfied with the minimum, and always go above and beyond.

REFLECT AND DISCUSS

- Today, how can you go above the minimum that is expected of you to show love and care for others?
- Who do you know who embodies this teaching of Jesus?
- Who has shown you practical ways to always go the extra mile?

FOR CHILDREN

The **TEN** **COMMANDMENTS**



1

Love God more than anything else.



2

Don't make anything more important than God.



3

Always say God's name with love and respect.



4

Honor the Lord by resting on the seventh day of the week.



5

Love and respect your mom and dad.



6

Never hurt anyone.



7

Always be faithful to your husband or wife.



8

Don't take anything that isn't yours.



9

Always tell the truth.



10

Be happy with what you have. Don't wish for other people's things.

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THE TEN COMMANDMENTS FOR ADULTS



But let your 'Yes' be
'Yes,' and your 'No,' 'No.'
For whatever is more
than these is from the
evil one.
Matthew 5:37

