

February 12, 2023

FROM THE HEART

Nurturing Faith and Spirituality at Home

In stories and teaching that turn our world view upside down, we glimpse a re-imagined realm and, together and apart, we reflect on our call as individuals and as a community.



The Season after the Epiphany begins with words of affirmation, “You are my beloved.” We hear echoes of that blessing in the weeks that follow, in the beginnings of discipleship and the ways that we are invited to see ourselves.

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This week, Jesus’ questions in the Sermon on the Mount encourage us to look deep into our hearts and investigate what is true for us.

The Heart of the Law

Read [Matthew 5:21–37](#) or **listen** to the audio story “[The Things Jesus Taught](#)” or gather around as someone reads “[God’s Dream – Part 3](#)” in this week’s Exploring Our Faith.

This week, we continue to hear Jesus’ teachings from a section in the gospel of Matthew known as the Sermon on the Mount. Jesus reminded the people of some of the rules they were trying to live by as a community. Jesus said it is not enough simply to follow the rules, but our hearts must be into it as well. In other words, when you disagree with a friend, you might follow the rules by not fighting on the playground. But, if you think mean thoughts about your friend, your friendship will suffer. Jesus encourages us to build strong communities of peace and love that are the foundation of rules and laws.

- **Work together to build a structure. You might use a deck of cards, LEGO®, building blocks, or collected items that each person brings. Talk about what makes the structure strong. What kinds of actions give your household strength and help you to get along?**

Sometimes, there will be days when we get frustrated or angry with each other. But when that happens, it is important not to hurt each other.

Watch and **listen** to Shon tell the story “[When I Feel Angry](#).”

Reveal, Find, Reframe

Heart rubbings

Follow the [directions](#) on this week’s Exploring Our Faith to reveal the many hearts.

Activity sheet

Copy this week’s [activity sheet](#), fill the puzzle in with markers, and count as many hearts as you can find.

Meditation for when you feel angry

Spend two minutes with Jean Whitlock as she leads a [meditation](#) that helps reframe thoughts when angry.



During the Week

Journal

Reflect on the first set of questions at the top of the page of this week's Practicing Our Faith "[Choices and Options](#)."

Doodle your response on a sheet of paper, or the page if you have printed it.

Reflect on the questions at the bottom of the page and doodle your response so the words and shapes mingle with the words already on the page.

Reach out

Jesus shows how we can live closer to God's ways and one another. He gives examples of coming to terms with our anger, being principled in our relationships, and being true to our oaths and promises. These heart and Spirit matters turn us inward to seek the meaning of who and whose we are.

- **Reach out to a friend or family member with whom you've had a disagreement or with whom you are angry right now. Allow love to guide your conversations.**

Prayer

Dear God,
may our loving and peaceful actions
lay a strong foundation for our household.
Amen.

Listen to the song "Be God's" (MP3 available [here](#) for purchase and download).

Visit [Lecture Connection](#) for current events that connect with this week's scriptures.

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