

Love with our hands

Start any week / About 20-30 minutes together / Adapt to your household

Read together: John 13:1-15

Jesus washes his disciples' feet and gives them an example of loving service. Our own service can be quiet and ordinary. The goal is useful care, not praise for the person helping. Ask what is needed, choose something realistic and respect the dignity and privacy of the people involved.

Talk together

What ordinary task makes life easier for someone else?

How can we find out whether our idea is actually useful?

What helps us finish a task even when it is not exciting?

Make or do: One small service project

You will need: A planning page and materials for the task you choose; buying something is optional.

1. List three possible actions. Ask the person or organization involved what would be useful before making arrangements.
2. Choose one safe, realistic task. Give everyone a role and let an adult manage transport, money and permissions.
3. Complete the task, including cleanup. Afterwards, talk about what you learned without sharing someone else's private story.

Read the Bible passage at bible.usccb.org. Scripture text is not reproduced. Sharing aloud is always optional.

A thought, sketch or idea from our activity

Our week of small beginnings

Dates: _____ / Choose the pace that fits your family.

- ☐ **Day 1: Read about Jesus washing feet.**
- ☐ **Day 2: Notice an ordinary helpful task.**
- ☐ **Day 3: List three possible actions.**
- ☐ **Day 4: Ask what would be useful.**
- ☐ **Day 5: Choose roles and a realistic time.**
- ☐ **Day 6: Serve and clean up together.**
- ☐ **Day 7: Reflect, give thanks and decide what comes next.**

Make room for different ages

Ages 4-7: Offer a small, supervised task such as sorting approved supplies or putting things away.

Ages 8-12 and older: Help plan the time and materials. Notice the less visible work needed to complete a project.

Put love into practice

Carry out your chosen action. Thank anyone who helped you learn how to serve well.

Pray together

Lord Jesus, teach us the quiet work of love. Help us serve with willing hands, respectful words and no need for praise. Amen.

A moment we want to remember
