

# Sixth Sunday of the Year

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## Rules for life

### INTRODUCTION

When Moses was leading God's people through the desert, God gave them ten rules or commandments, to help the people to live in God's way. Today we hear Jesus reminding his followers of these 'rules for life'.

### SIGN OF THE CROSS

### LIGHT THE CANDLES

Together sing the Candle Song.

### SORRY

Encourage the children to close their eyes and make the words of this prayer their own:

Lord, sometimes we make mistakes,  
and forget the things you have taught us.

If we have not always been kind towards others,  
we are sorry.

If we have not always been honest or fair,  
we are sorry.

Send your Spirit to fill us with your love  
and to help us to be good.

### GLORIA

### GOSPEL ACCLAMATION

To welcome today's Gospel sing Acclamation 4:  
*Praise the Lord.*

### GOSPEL (cf Matthew 5:17-37)

Jesus spoke to his followers: 'Remember to keep God's rules and always do what is right. My Father's rules do not just tell us what we should *not* do, they also tell us what we *should* do if we truly want to live in God's way.

- Nothing is greater than God so always put him first.
- Do not use God's name unless you mean to.
- Make Sunday God's special day, to share some time with him.
- Love and care for your mother and father.
- Life is precious, so do not harm anyone by your thoughts or actions.
- Always love your friends. When two people marry and promise to always be friends, they should not break that promise and spoil their friendship.
- Always be honest, and do not steal or cheat.
- Tell the truth to others and about others; do not lie.
- Married people give each other the gift of their love. Never be greedy or jealous of others so

that you spoil this gift.

- Be happy with what you have and do not be jealous of other people's belongings.

### DISCUSSION

Which man did God give the Ten Commandments to?

What are these rules for?

People were confused and uncertain about how to live in a way pleasing to God. So God sent them the Ten Commandments to guide them and teach them how to show their love for him and each other. Moses wrote the Ten Commandments down on slabs of stone, but we should keep them 'written' on our hearts. By obeying them we can show God how much we love him and want to please him. These 'rules for life' will guide us and lead us closer to our Father in Heaven.

Ask the children to think of some rules that they know and write them down on a large sheet of paper. They can be divided into DO and DO NOT categories. For example:

- DO have lights on your bike at night.
- DO wear a seat belt.
- DO wear a helmet on a motor bike.
- DO NOT run at the swimming pool.
- DO NOT dive in at the shallow end.
- DO NOT climb electricity pylons.

Why are these rules important? - They keep us from harm and encourage us to do the right thing.

Are rules always easy to obey? - Often they are not, but we should remember that the Ten Commandments are the rules given by God to keep us from harm and to help us do what is right.

### ACTIVITY

Give each child a copy of GOD'S RULES to hang up at home. The decorative border can be coloured.

### CREED

### CLOSING PRAYER

God our Father,  
help us to keep  
your Commandments 'written' on our hearts  
to guide us on our journey through life,  
and lead us closer to you each day.