



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.

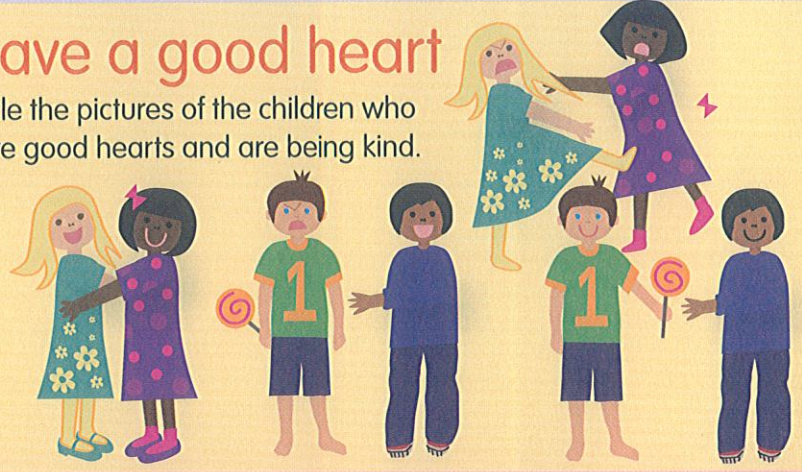
**Dot to dot**

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**

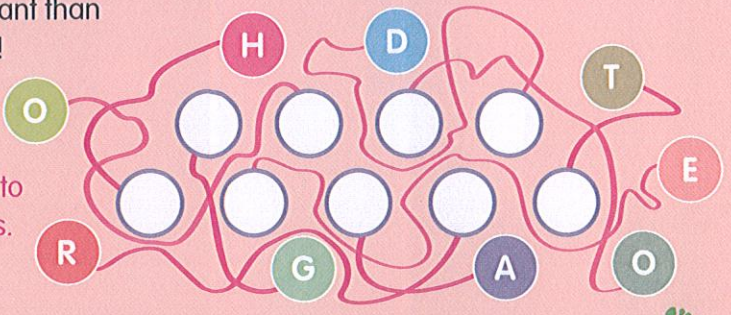
Circle the pictures of the children who have good hearts and are being kind.



**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.