

# ONLINE SUNDAY SCHOOL

MARCH 22, 2020

## SCRIPTURE MATTHEW 7:1-12

“Do not judge, so that you may not be judged. For with the judgment you make you will be judged, and the measure you give will be the measure you get. Why do you see the speck in your neighbor’s eye, but do not notice the log in your own eye? Or how can you say to your neighbor, ‘Let me take the speck out of your eye,’ while the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor’s eye. Do not give what is holy to dogs; and do not throw your pearls before swine, or they will trample them under foot and turn and maul you.”

“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.

For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him! In everything do to others as you would have them do to you; for this is the law and the prophets.”

## REFLECTION QUESTIONS

Have you ever felt judged?  
Have you ever judged someone else?  
How can you do for others this week?  
What are you worrying about today?  
Where do you find hope today?

## RESOURCES FOR ADULTS

This week’s Lenten practice is the Daily Examen. This type of prayer comes from the Ignatian tradition. Ignatius of Loyola was a 16th century Catholic priest who founded the Society of Jesus (Jesuits). Ignatian spirituality continues to have profound influence in the Christian world. The Daily Examen is method for reviewing the day and seeing how God was present. To learn about the prayer method, adaptations for our current times, and more about Ignatian spirituality, click on the following links:

General instructions for the Daily Examen:

<https://tinyurl.com/r6tzo95>

Modified instructions for life during COVID-19:

<https://tinyurl.com/qus449p>

Videos about Ignatian spirituality:

<https://tinyurl.com/qpxqsvm>

## ACTIVITIES FOR ALL AGES

**Prayer of Examen Beads** - On the next page you will find instructions for making simple prayer beads that can help you remember and pray the prayer of examen.

**Do for Others** - Think of a couple of ways that you can help others in the coming weeks. Maybe you can give something away, maybe you can make a donation, maybe you can pray, maybe you can run errands for someone, maybe you can send a card or text to someone, etc.

**Color** - Using the attached coloring sheet of the golden rule, take time to color and to pray.

## CLOSING PRAYER

God of comforting presence, remind us that physical distance does not equal social distance. Help us love you and one another, giving thanks for the blessings of this day. Amen.

# Prayer of Examen

## Prayer Beads

Prayer beads are often used to help us remember to pray in a certain way. Here are some instructions to make simple prayer beads to help you remember the Prayer of Examen.

Supplies needed: string, scissors, and beads

1. Cut a length of string to fit around your wrist as a bracelet or long enough to make a strand you can hold in your hands.
2. Choose 3 beads to represent the 3 questions of the prayer.
3. Choose enough other beads to complete bracelet or strand.
4. Tie a knot at one end and begin to string the beads on however you like.
5. Tie a knot at the end or tie the two ends together.
6. Follow the instructions for praying the Prayer of Examen

### Prayer of Examen

- Be still and silent. Take a deep breath and know that God is with you and loves you.
- Think back over your day or week. Ask yourself these questions and talk to God about the answers.
  - 1st Colored Bead: What made me happy or glad?
  - 2nd Colored Bead: What was hard? When was I sad or mad?
  - 3rd Colored Bead: Is there anything I am sorry about?
- Tell God anything else you want God to know. Listen for anything God might have to say to you. Take a final deep breath, and say Amen.

In everything

do to others

as you

would have

them

do

to

you.

Matthew 7:12

ANIM 2015

