

## Explore your thankful heart so you can share your giving heart

So, next week is Advent, a time for preparing our hearts and our homes for Christmas. It is the perfect time for us to think about our **giving hearts** and our **thankful hearts**. I am going to ask you to spend the next several weeks finding ways to share all the good things in your life with others – and how do you know what those good things are ----- well, you are going to write them down in a **gratitude journal**.

Some of you might have experience with gratitude journals from home or at school. You can use a pad of paper, a journal, pieces of paper that you might keep in a jar or pinned up on a board to write down the things or people you are thankful for. It's easier than you might think

1. Pick a time each day, probably at the end of the day when you can think back at what you did, who you met, how you felt.
2. Think about something you are thankful for or someone you are thankful for
3. Describe what you are thankful for and why? (that's the part you write down)
4. Try to come up with something different every day
5. Then reflect on those things or people and see if you can find a way to share it  
( here's an example – I love looking at nature and sometimes I see something that makes me thankful that I live near a park or walking trail where I can see fall colours or a view of the sky that makes me smile – now to share that, I can take a picture and send it to someone or I can tell someone what I saw or make a drawing of what I saw and give it to someone)
6. Try to find something or someone to be thankful for every day and then once a week from now until Christmas, see if any of your grateful feelings can be shared with someone else



## **The Feast of Our Lord Jesus Christ, King of the Universe.**

Read each question and circle the correct answer.

Make sure you have a copy of today's gospel to read or have someone read it to you.

All the answers are in the gospel – no tricks.

### Questions

1. Today's gospel is from this part of the bible:
  - a. Genesis
  - b. Letter of St. Paul to the Romans
  - c. Gospel of John
  - d. Gospel of Mark
  
2. The man questioning Jesus is named:
  - a. Matthew
  - b. Abraham
  - c. Peter
  - d. Pilate
  
3. Jesus told the man that his kingdom was"
  - a. 50 kms away
  - b. In Canada
  - c. Not of this world
  - d. A secret
  
4. Jesus told the man that he came into this world to:
  - a. Start a war and get rid of the Romans
  - b. Testify to the truth
  - c. Die on Good Friday and rise again on Easter
  - d. Wander around and make new friends
  
5. Jesus said, "Everyone who belongs to the truth" will do what?
  - a. Do whatever they want instead of following God's teachings
  - b. Lie if they need to protect themselves
  - c. Listen to Jesus' voice
  - d. Put themselves ahead of everyone else

# John 18.33-37 My Kingdom is not of this world

f	s	z	b	n	j	r	n	t	v	x	a	s	k	r	p	n
v	o	c	d	i	s	q	r	u	j	x	u	x	r	v	d	h
u	i	k	c	u	s	q	l	n	b	g	i	o	e	r	n	d
t	r	u	t	h	d	m	q	e	x	n	q	k	v	d	v	h
t	b	s	n	f	i	g	h	t	v	s	m	u	e	z	l	m
e	g	e	u	s	v	f	o	l	l	o	w	e	r	s	b	x
s	x	s	p	f	r	t	r	u	t	h	x	q	y	n	w	l
t	g	c	l	d	f	y	k	i	n	g	e	i	o	a	s	q
i	p	h	f	b	h	l	k	a	i	v	a	l	n	b	n	h
f	w	i	m	t	e	f	v	n	b	r	w	w	e	e	w	n
y	i	e	o	u	u	m	c	s	t	w	o	k	y	l	u	x
y	a	f	y	s	r	e	w	w	b	j	r	i	b	o	r	n
h	n	z	e	p	a	l	p	e	y	c	l	n	n	n	n	x
z	c	m	g	o	i	q	z	r	c	x	d	g	p	g	y	d
c	w	a	a	o	e	p	v	o	h	s	x	d	t	m	u	q
i	p	p	d	o	n	e	j	k	i	s	d	o	s	l	t	a
d	r	m	z	q	u	a	r	r	a	z	s	m	s	p	e	z

king	chief	world
belong	testify	fight
ask	kingdom	everyone
born	truth	followers
answer	done	truth

## **Our Lord Jesus Christ, King of the Universe**

### **Cut and Paste Activity based on John 18.33-37**

Supplies needed: crayons or pencil crayons, glue, scissors, a piece of paper to glue the cross and crown on, sparkles, jewels or whatever you might want to add for decoration.

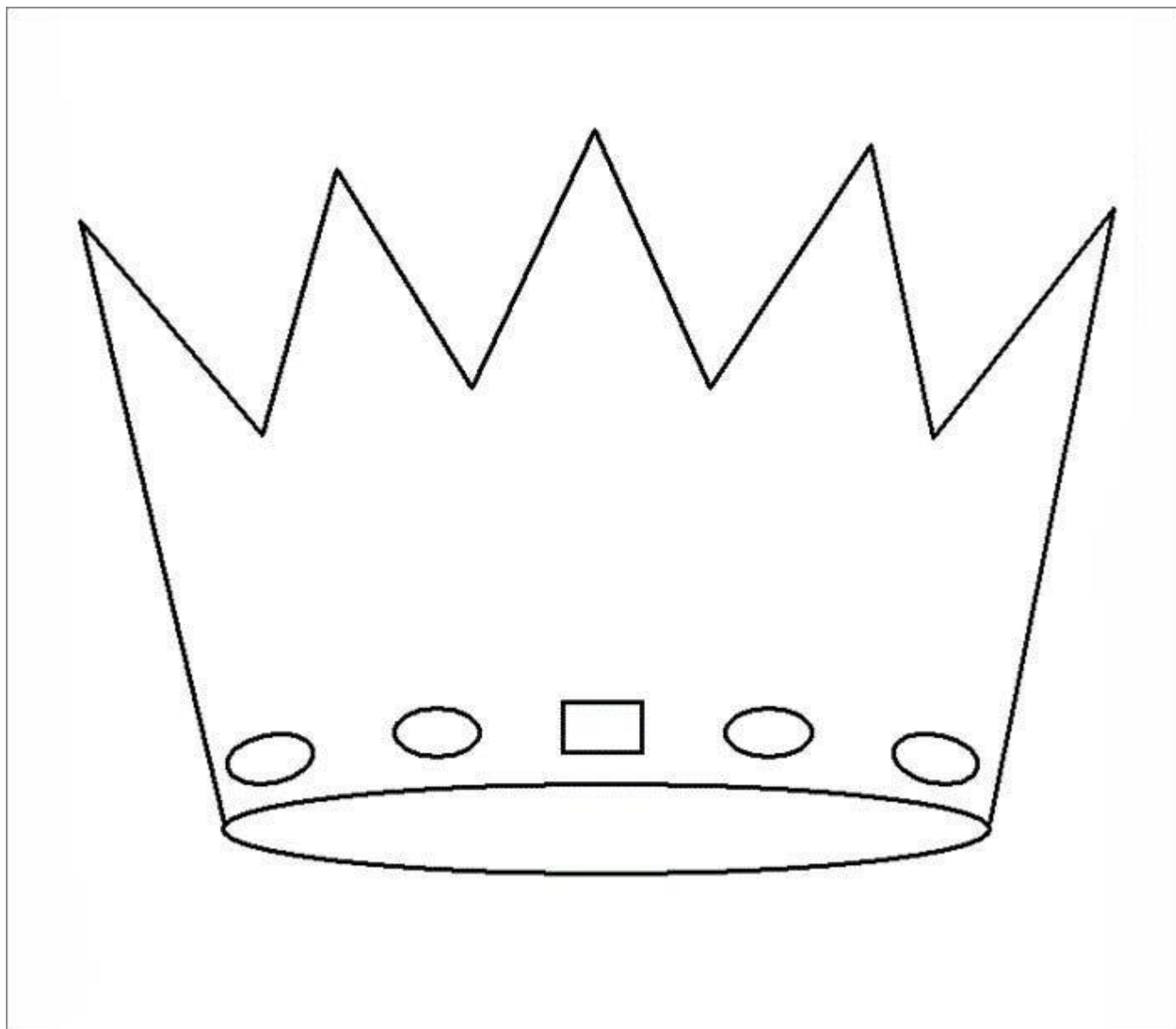
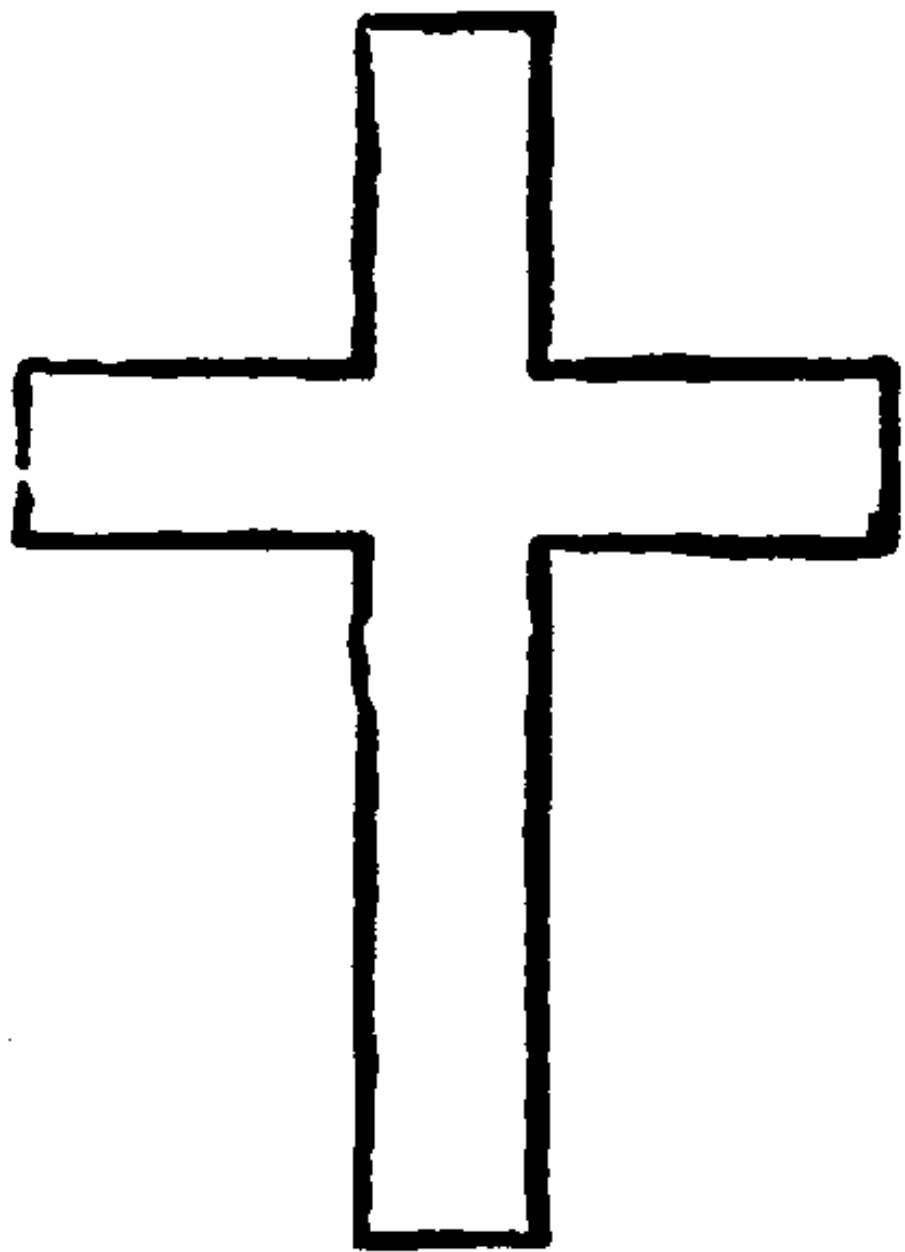
1. Colour your cross and crown
2. Cut out each one when you are finished. Be careful cutting around the top of the crown. If you want to make it easier, don't cut the crown out on the lines but make a box around the crown and cut it out that way
3. On your mounting paper, print "King of the Universe" at the top of the page.
4. Glue the cross in the middle of the page.
5. Glue the crown on the lower edge of the cross so it looks like the cross is coming out of the crown.
6. If you want, you can now decorate the page, especially the crown
7. When you are finished, put the picture in your prayer centre or put it somewhere you can see it and remember today's gospel.

**My Kingdom is not from here.**

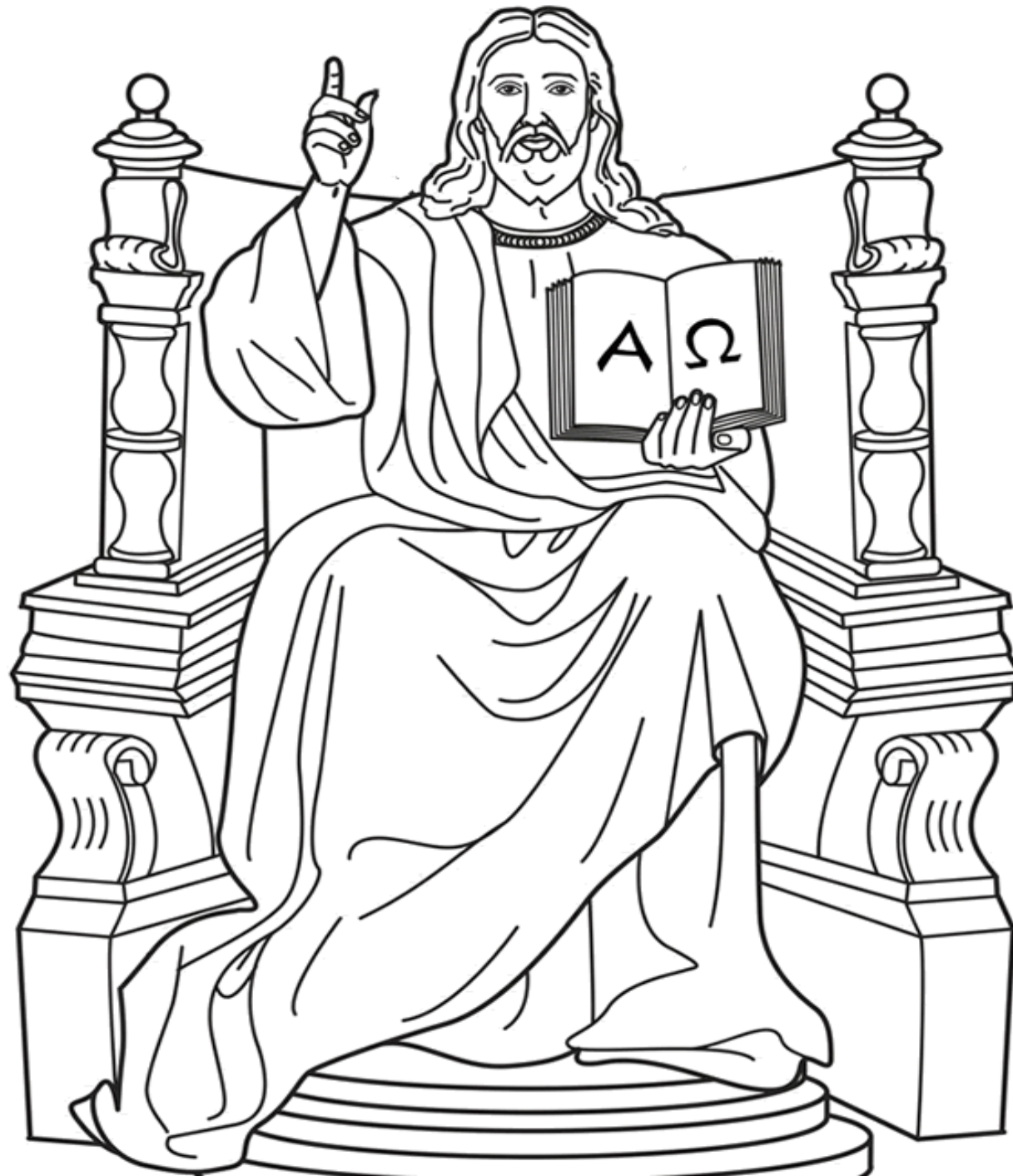
**John 18.36**

**For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but have eternal life.**

**John 3.16**



**Our Lord  
Jesus Christ,  
King of the  
Universe  
Colouring  
page**



See the letters on the book  
– what are they?

See if you can find these  
letters in the church next  
time you visit.

After you colour the picture,  
colour the crown and cut it  
out. Then glue on the top of  
Jesus's head.

