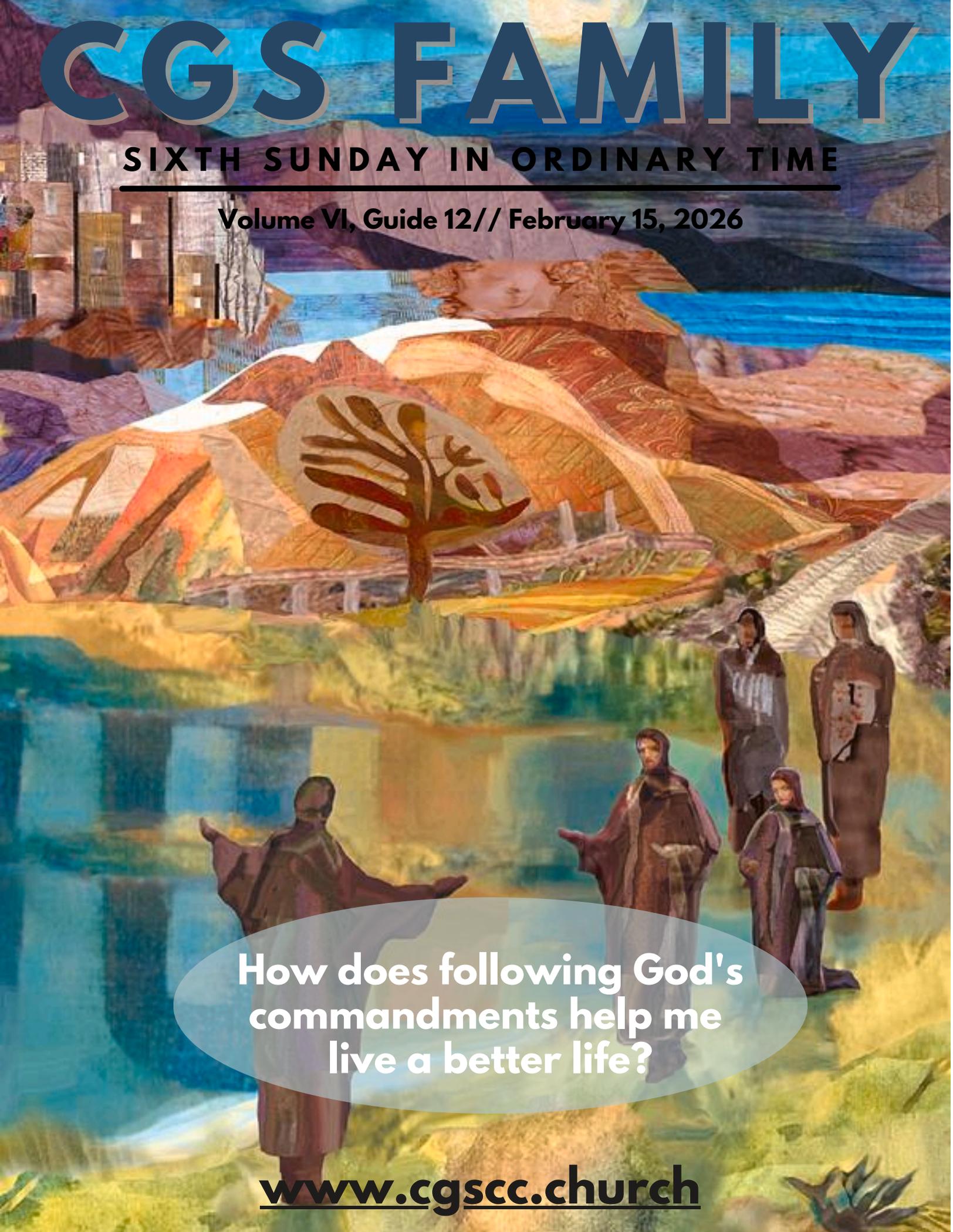


CGS FAMILY

SIXTH SUNDAY IN ORDINARY TIME

Volume VI, Guide 12// February 15, 2026



How does following God's
commandments help me
live a better life?

www.cgscchurch.com



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**All underlined text in
this Guide is linked!
Just click!**



Open or download the electronic
version at
cgsc.catholic/church/cgs-family-guides

How is this Guide working for you and your household or small group?

Share a resource, activity, or picture/video of what you are doing in your Domestic Church.

For questions, comments, and feedback, please contact us at

discipleship@cgsc.catholic

Welcome

CHRIST THE GOOD SHEPHERD FAMILY!

Welcome to our CGS Guide for this week that helps our parish families to grow in knowledge of the faith and deepen our relationship with Jesus as his disciples. As we encounter Jesus, we come to know him, love him, and serve him so that we can be reasonably happy in this life and happy with him forever in heaven.



Very Rev. James Burkart
Pastor



This Week

Freedom to Live

Today's reading from Sirach says, "If you choose you can keep the commandments, they will save you; if you trust God, you shall live." People often feel that commandments are restricting, that the Church's rules are too harsh or too difficult to follow. We think freedom is license to do whatever they want; having to follow rules is stifling and oppressive. We feel like freedom means we can choose good things, but we also get to choose bad things if we want to. What we get wrong here is our understanding "freedom." So-called "freedom" to choose evil isn't freedom at all—it traps us, ties us up in suffering, misery, and sin. The list of "thou shalt not" are not limitations on us, but a fatherly instruction given to us by God. Since the absolute nature of God is pure love, how could the commandments be anything but loving? Obedience to God, who gives us what is true, right and holy, gives us authentic freedom; it protects us from poor choices that harm us. In keeping God's commandments, we find *more* fulfillment in our lives—not less. Therefore, the commandments must generate freedom. In Matthew's Gospel reading today, Jesus announces that he has come to fulfil the law. By making this statement, Christ himself calls us deeper into relationship through the law.

At times, it can be difficult to understand the commandments. We may disagree, think them unfair, or feel we shouldn't have to follow them. The important thing is to be open and do our best to learn and grow in understanding: "There must be a reason for this commandment. What makes it good? Let us explore Christ's invitation to go deeper and this week's question, "How does following God's commandments help me live a better life?"

Ivana T. Meshell

HOW HAVE YOU SEEN GOD PRESENT AND ACTIVE IN YOUR LIFE THIS WEEK?

The Holy Mass

The liturgy is the summit toward which the activity of the Church is directed, at the same time, it is the font from which all her power flows. (Cf. SC #10)

[Why go to Mass?](#)
[Find Mass Anywhere](#)

[Christ the Good Shepherd](#)
[Mass Schedule](#)

[A Message About Mass to the](#)
[Parents of Young Children](#)

[Guidelines for the Reception](#)
[of Holy Communion](#)

We come to know, love, and serve Jesus Christ.

[Sixth Sunday in Ordinary Time](#)
readings and podcasts, Year C
United States Conference of Catholic Bishops (USCCB)

First Reading: Sirach 15: 15-20
Psalm 119: 1-2, 4-5, 17-18, 33-34
Second Reading: 1 Corinthians 2: 6-10
Gospel: Matthew 5: 17-37



HE HAS NOT COME TO ABOLISH
THE LAW, BUT TO FULFILL IT

Paulus

Christ
THE GOOD
SHEPHERD
CATHOLIC COMMUNITY

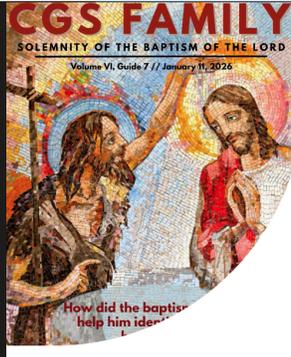
PAULUS MEDIA & CHRIST THE GOOD SHEPHERD CATHOLIC CHURCH
PRESENTS

This Week's Gospel Message from David Heber
Reflecting on the Sunday Readings
Sunday Connection

WE LEARN & BECOME DISCIPLES TOGETHER

Getting Started

Video Message from
Fr. James



HOW TO USE THIS GUIDE

How to manage a group discussion.

Why are we doing this?



Question of the Week

How does following God's commandments help me live a better life?

WHAT IS THE CHURCH'S TEACHING?



- The Commandments are the foundation to living in right relationship with God and others
- The commandments cover not only our external actions but also our internal dispositions
- The commandments are divine instructions to guide us in living our lives in right relationship with the Lord.

Choose from among the following Scriptures and teachings for reading, prayer, and discussion.

In the HOLY SCRIPTURE we read:

- ..everything written about me in the law of Moses and in the prophets and psalms must be fulfilled. [Luke 24:44](#)
- I give you a new commandment: love one another. [John 13:34](#)
- ...for the one who loves another has fulfilled the law. [Romans 13:8-10](#)

In the Catechism of the Catholic Church

- In Jesus, the law is no longer written on tablet but "upon our hearts" [#580](#)
- The Law of the Gospel fulfills the commandments of the Law. [#1968](#)
- Jesus revealed the Spirit working in the letter of the Law. [#2054](#)



POINTS OF UNDERSTANDING

Clear statements on Church teaching and ways to use them.



CONNECT with our GOD through Prayer

- Let's start with *The Sign of Cross*.
- As we gather to share our faith, ask the Holy Spirit to be present. Use your own words or offer a *Prayer to the Holy Spirit*.
- As someone reads out loud the Gospel for this Sunday, listen to the Lord speaking to you.
- Listen to one other as everyone shares what in the Gospel caught their attention.
- Pray the *Collect*--opening prayer of Sunday Mass.

CONNECT with our daily LIVES

How do you respond to rules/laws? Do you feel that you should have the right to disagree with them?

The Commandments in Catholic Teaching

1. **Love of God and Neighbor:** The commandments are divided into two sections: the first three focus on our relationship with God, while the last seven address our relationships with others. This reflects the dual commandment of love that Jesus emphasizes in the New Testament (*Matthew 22:37-40*).
2. **Moral Obligations:** Each commandment represents a fundamental duty that Catholics are called to uphold. Violating these commandments knowingly and willingly is considered a serious sin, potentially leading to mortal sin.
3. **Guidance for Daily Life:** The commandments serve as a moral compass, guiding Catholics in their daily decisions and interactions. They encourage behaviors such as honesty, respect, and reverence for life.

Discussion Questions

- In what way was the Old Law life giving? How was the Old Law "not enough" or not fulfilled?
- In Jesus' teaching or life, how does he fulfill the law instead of abolishing it?
- How does the way I treat others show my love for God?

Want more? Go Deeper!

[The 10 Commandments - A Catholic Way to Live](#)



Reflection Question

How does following God's commandments bring me into deeper relationship with God and others?



CONNECT with OTHERS...

Living the Gospel with commitment & action.

What is one thing I can do this week to live out God's commandments this week?

Practical Activities

For Individuals

Examination of Conscience

Take time to do a personal Examination of Conscience to discern how you are living according to God's commandments. Take the time to make a good confession.



For Couples

Go to Reconciliation

When a couple enters into a Christian marriage, they present themselves to God through Christ. Their marriage becomes a witness God's love working in the world. This week take the time to do the examination of conscience USCCB presents in The Two Shall Become One: The Sacrament of Reconciliation and Marriage. Decide a time to go to Reconciliation.



For the Domestic Church

Change jar for change

Place a jar and a list of the ten commandments in the kitchen of your home. Have family members deposit a quarter every time they break one of the ten commandments. During Lent, attend confession as a family and donate the money to a "the little house" at the altar for this year's charity



Missionary Mindset

Pray for someone suffering addictions

Take sometime this week to pray for those that suffer from addictions that keep them from being free to live out God's commandments. Consider praying a rosary or spending time in Eucharistic Adoration on behalf of those bound by addictions.



Building Your Church at Home

Your household is where "church" begins. Your parish is here to help you with support, resources, small Faith Groups, and gathered activities on our campus throughout the year. For help, visit our website or contact us.



For more ideas on how to build your home as a Domestic Church, go to: www.domestic-church.com or visit *The Family Fully Alive*, sponsored by the Knights of Columbus, or Tools for Building a Domestic Church by the United States Conference of Catholic Bishops (USCCB).

Closing Prayer

- We sign ourselves with the Sign of Cross.
- According to what we reflected on, or whatever is in my heart share a petition. At the end we all say: **Lord hear our prayer.**
- Then we can pray the Our Father, Hail Mary and the Glory be...
- As we finish, let us share a sign of peace with each other.

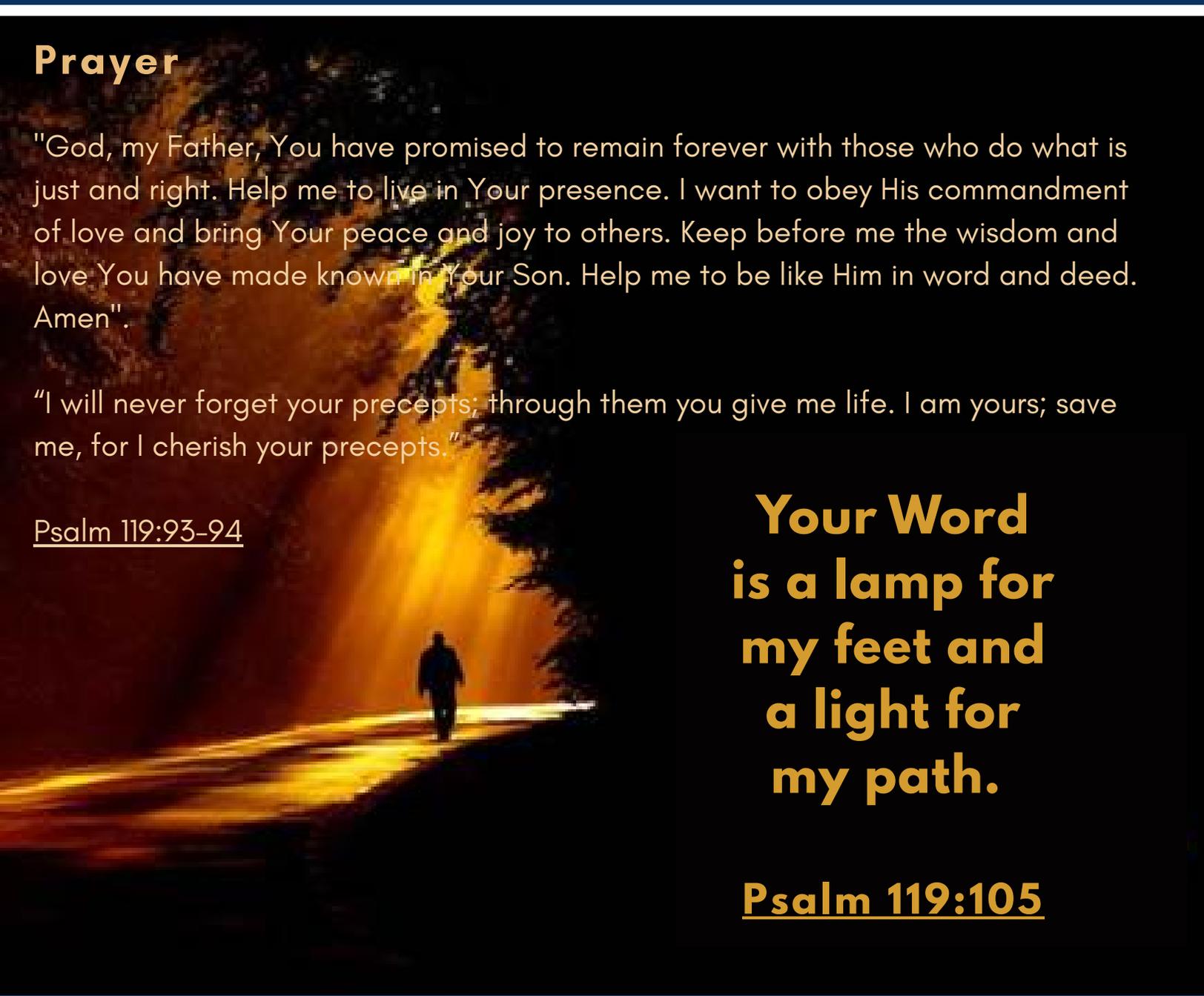
"Let us pray that families grow closer together, and together, closer to God." Fr. James

Prayer

"God, my Father, You have promised to remain forever with those who do what is just and right. Help me to live in Your presence. I want to obey His commandment of love and bring Your peace and joy to others. Keep before me the wisdom and love You have made known in Your Son. Help me to be like Him in word and deed. Amen".

"I will never forget your precepts; through them you give me life. I am yours; save me, for I cherish your precepts."

Psalm 119:93-94



**Your Word
is a lamp for
my feet and
a light for
my path.**

Psalm 119:105

AT THE END OF THE LESSON OR END OF THE WEEK

From what you have learned, how would you now answer the Question of the Week?

How does following God's commandments help me live a better life?

WE ARE THE CHURCH

What Makes us Catholic?

The Penitential Rite

In our catechesis on the Holy Eucharist, today we consider the penitential rite. To prepare ourselves to celebrate worthily the sacred mysteries, we acknowledge, before God and our brothers and sisters, that we have sinned. Significantly, we make this confession as a community, yet in the Confiteor each of us speaks personally: "I confess... that I have sinned." Like the humble publican in Jesus' parable, we strike our breast and recognize that we are unworthy of the gift of God's mercy and forgiveness. We then beg the intercession of Our Lady and all the angels and saints to sustain us on the path of holiness and conversion. The priest then pronounces the absolution - "May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life". Unlike the absolution granted in confession, this does not remit mortal sin, yet it expresses our trust in God's promise of forgiveness and reconciliation. We thus join the great line of biblical figures - like David, the Prodigal Son and Saint Peter - who, conscious of their sin, acknowledged it before God with confidence in the transforming power of his grace.

[Pope Francis explains meaning of penitential act at beginning of Mass | ROME REPO](#)



Word of the Week - Commandments

God helps us in many different ways to live a moral life. He gives us grace, which awakens in us the desire to say no to temptation and sin and to choose only that which is good....One way he does this is by giving us laws to guide our actions....Heeding the guidance God gives us in the Commandments will help us know how to serve God and how we should live with each other. It also helps us to be open to the grace of the Holy Spirit and what God can accomplish in us and through us by that grace. [Learn More.](#)

Faith Groups at CGS



FAITH GROUP

[Four Reasons Why Faith Groups are Vital](#)
(Video, 2:49)

[What's the Point of Small Faith-Sharing Groups?](#) (article)

Join a small Faith Group at CGS or start one of your own!

Ask us how.

Saints of the Month

by Jeremy Hearne



[Podcast each Tuesday!](#)

More for Your Domestic Church

Find resources for your family, household, or small Faith Group, including how to use this Guide, and much more. [Visit our website](#) OR scan the QR code with your smart phone.



ADULT & FAMILY MINISTRY

Adulthood

Articles

- Peter M. J. Stravinskaskas // God's Law of Love: A Spirituality of the Ten Commandments (Part 1)
- Fr. Paul de Ladurantaye // Following the Lord's Commandments

Videos

- **Formed//Daily Reflections with Tim Gray - (7:43)**
- Father Mike Schmitz // Do Catholics Follow All Those Weird Old Testament Laws? - (4:14)
- Ascension Press // Discovering the Ten Commandments as an Expression of God's Love - (5:28)



THIS WEEK ON
FORMED

Videos and Movies for the Whole Family

 Young Adults

 Bible Studies

 Sacraments

 Becoming Catholic

 Catholic Apps

 Book Suggestions



PARENTS AND FAMILIES AT THE CENTER OF FAITH FORMATION

Christ the Good Shepherd is one of 200 parishes across the United States participating in this three-year project. The mission is to engage over 30,000 Catholic parents and their families by exploring how to strengthen faith transmission at home in the first two decades of life. These efforts inform the creation of parish communities that intentionally accompany and support parents, caregivers, and the whole family in catechesis.



[Learn About the Project](#)
[What Our Parish is Doing](#)
[Our First Year Goals](#)
[Get the Latest News!](#)



The Holy Spirit
Has gifted **YOU**
with Spiritual Gifts

Take your
Spiritual Gifts Inventory

Receive joy by using YOUR gifts

Discover and develop your gifts

Experience fulfillment by serving others


Scan here

FAMILIES WITH YOUTH

Using This Guide as a Family

The CGS Family Guide has been created to help each member of your domestic church become closer to God. The questions in the guide provide your family, a place to begin to share your faith.

Family Small Faith Groups

Small faith groups help members build strong relationships with each other and with God. Family faith groups walk with other families towards discipleship together. [Click here to be contacted.](#)



Early Adolescence

Jr.High, Grades 6-8

Discuss with Your Family: Do I listen to God and obey what He asks of me? Do I strive to follow God's commandments?

- Terence Hegarty // [Time for God - a reflection on the Third Commandment for middleschoolers](#) -- article
- Ascension Presents // [Old Testament God vs. New Testament God](#) -- video (7:28)

Characteristics of Early Adolescents

This week, choose one commandment and live it on purpose.

Tell the truth when it's hard. Show respect at home. Avoid gossip. Make time for God without distractions.

At the end of the week, ask yourself: Did this bring me more peace or freedom?

God's commandments aren't meant to restrict you — they guide you toward the life you were made for.



Young Catholics // [6th Sunday of Ordinary Time Year A](#)—article



Adolescence

High School, Grades 9-12

Discuss with Your Family: Do I listen to God and obey what He asks of me?

- Life Teen // [What the Catechism Teaches About the Ten Commandments](#) -- video (7:10)
- Ascension Presents // [Do Catholics Follow All Those Weird Old Testament Laws?](#) - Video (4:14)

Characteristics of Adolescents



Youth Gather at CGS

Middle school and High school meet every Wednesday 7-8:30pm and Every Sunday for Youth & Their Families from 4-5:30 pm ending with Praise & Worship until 7pm.

FAMILIES WITH CHILDREN

Nursery Pages

[Gospel of the Week](#) and [Activity pages](#) to do with your Toddler and Pre-schooler

Birth to Age 2

The role of parents at this stage is to model the example of Jesus by offering God's unconditional love to their children and to others. Parents benefit from growing in their own faith so they are able to hand on the faith to the next generation.

Age-Specific Materials

Pflaum Gospel Weeklies

Pre-K: "Seeds"

Grades K-1: "Promise"

Grades 2,3 &4: "Good News"

[Order Pflaum Gospel Weeklies](#)

Sophia Institute

[Ready to Use Lesson for Each Sunday](#)

Catholic Mom

[Gospel Resources for Children](#)



[The Kids Bulletin](#)
[February 15,](#)
[2026](#)

Early Childhood

Ages 3-5

Characteristics of Young Children

Discuss with Your Family: How do I show love by following rules?

- Living Faith // [Kids Calendar](#)
- Formed // [What are the 10 Commandments? | Adventure Catechism -- Video \(8:35\)](#)
- Formed // [Brother Francis - Lent -- a series of Lenten videos for children](#)

Childhood

Elementary, Grades 1-5

Characteristics of Children

Discuss with Your Family: How do I show love by following God's commandments?

- Living Faith // [Family Walk & Talk - resource](#)
- Formed // [What are the Two Great Commandments | Adventure Catechism -- Video \(6:57\)](#)
- When tempted, ask yourself, "What would Jesus do?" Then pray that the Holy Spirit will help you do what is right

Strong Catholic Family Faith

A project of Strong Catholic Families, Strong Catholic Youth Initiative



Family Faith Practices

Join a Group of Parents with Young Children--or start one!

Inquire at

discipleship@cgscchurch.org

ART & MUSIC

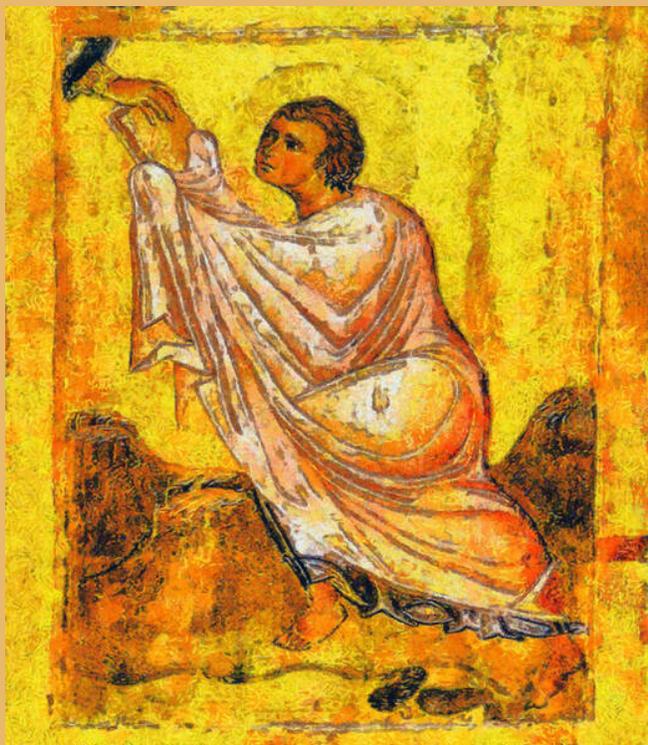
Sacred Art on Formed--formed.org

Parish subscription free for parishioners--register once, access all content.

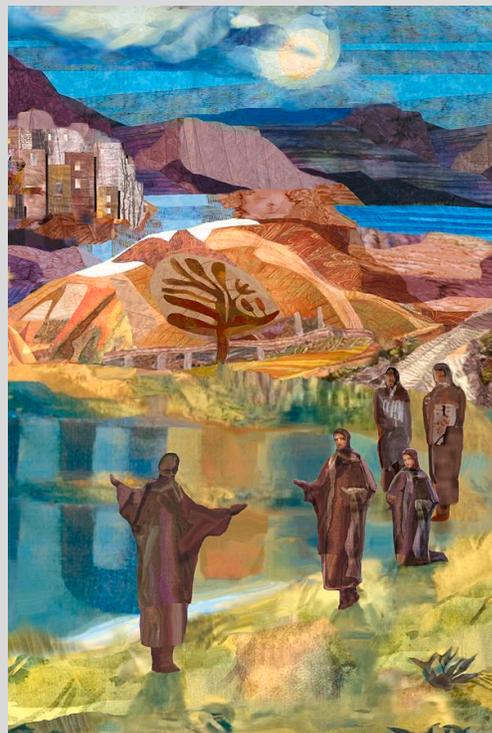
Catholic Art Institute working to restore a culture of truth, beauty & goodness.

Sophia Institute using sacred art to bring the faith alive.

Sacred Art & Architecture to Inspire You



Moses and the 10 Commandments
by George Rossidis



COVER ART
Jesus Preaching to His Disciples
Original digital painting by
Mike Torevell

Music to Move You

- Bria Jean//Teach Me To Obey--video(4:10)
- Don Moen//Trust and Obey--video(4:30)
- Danny Gokey//Love God Love People--video(3:18)



Helping Hands Art Project

Families can do this activity together.

In what ways do art and music help strengthen your relationship with God? Tell us!
discipleship@cgsc.org

GENERAL RESOURCES

The Holy Bible

[Online Bible via the United States Conference of Catholic Bishops \(USCCB\)](#)

If you don't know much about the Bible or want to learn more: **Scripture Support**

Catholics use the **New American Bible Revised Edition** (NABRE) as the translation for Mass readings. There are many acceptable versions of NABRE as well as other approved translations. You may purchase from any vendor. Basic editions are available upon request at no charge. Pick one up at the parish office.



Recommended Print Bibles

These are all by St. Mary's Press: Order directly from the publisher or search online for other vendors.

[Catholic Family Connections Bible](#)
(digital version available)

[Catholic Youth Bible](#) (Adolescents & College)

["Breakthrough"](#) (Early Adolescents // Jr. High)

[Catholic Children's Bible](#)

The Catechism of the Catholic Church (CCC)

[Online Catechism](#) via the United States Conference of Catholic Bishops (USCCB)

[Simplified version of the Catechism of the Catholic Church](#)

[The United States Catholic Catechism for Adults](#) (reads less like a reference book & more like a study guide.)

If you don't know much about the Catechism or want to learn more: [Catechism Support](#)

Formed Online

Our parish subscribes to a library of online resources called **Formed**. It is excellent and free for you to use. Register at formed.org - Just click "Sign Up as a Parishioner." Need help? Watch this video.

Counseling & Spiritual Direction

Our parish offers **Rejoice Counseling** for individuals and families for a variety of issues and needs. You may use this [online form](#) to contact them directly.

We also offer **Spiritual Direction** for anyone interested in a spiritual companion, discerning God's will in your life. Follow the links or inquire through the parish office.

Ways to Pray



[Our Church Hours and Adoration](#)



[Submit Your Prayer Requests](#)



[The Ignatian Examen](#)



[Common Prayers and Formulas to Learn by Heart](#)

and a [chart showing at what age level they should be learned.](#)



How to create a prayer table or prayer area in your home.

Meet Your Evangelization & Discipleship Staff

Helping People to Know and Love Jesus Christ



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THE CHURCH EXISTS IN ORDER TO EVANGELIZE

"...bringing all humanity to union with God; this is the missionary mandate of the Church."

*Pope Paul VI
in "Evangelii Nuntiandi"
("Evangelization in the
Modern World"), 1975.*





18511 Klein Church Road
Spring, TX 77379

Very Reverend James Burkart, Pastor

Our Parish Vision Statement:
To be a welcoming Christian community of love,
by serving and uplifting through worship and action.

Helping People Know and Love Jesus Christ.

Interested in knowing more about the Catholic Faith?



We would love to help. Contact us!

(281) 376-6831 * discipleship@cgscchurch.org



cgscchurch.org

Join us on Flocknote:

Text CGS to 84576.

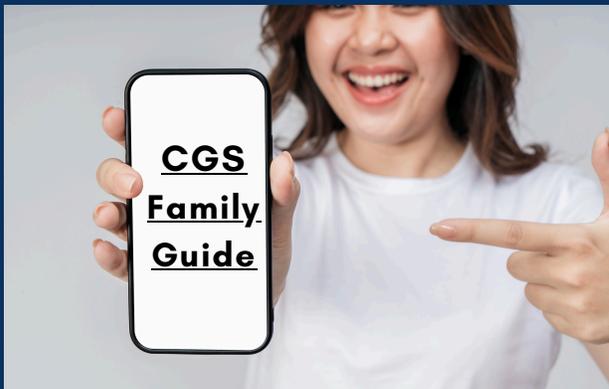
You will receive emails & texts from CGS according to your preferences.



@cgscchurch_official // General CGS Page
@cgscchurch_youth // Youth Department Page



Official Page:
[Christ the Good Shepherd Catholic Church](https://www.facebook.com/cgscchurch)



The CGS FAMILY Guides are produced weekly by our Office of Evangelization and Discipleship and are posted on our website each Friday evening every week of the year.

Open or download the electronic version at cgscchurch.org/cgs-family-guides

The contents of this Guide are in accordance with the teachings of the United States Conference of Catholic Bishops (USCCB) and the Catechetical Framework for Lifelong Faith Formation of the Archdiocese of Galveston-Houston, under the pastoral care of Archbishop Joe Vasquez. Accordingly, the Catechetical Framework serves the definitive aim of catechesis which is to put people not only in touch with, but also in communion and intimacy, with Jesus Christ.