



The United States Association of

The Catechesis of the Good Shepherd®

SCRIPTURE: SHORT + SIMPLE

The Light (John 8:12)

Proclamation:

Jesus said, "I am the light of the world."

Invitation:

You might light a candle and sit quietly.

Wondering:

- I wonder what it feels like to sit with Jesus, the Light of the world...
- I wonder how Jesus, the Light, is with us in this moment...
- I wonder where we notice His light in our lives...

Look at the Birds" (Matthew 6:25–26)

Proclamation:

"Look at the birds of the air... your heavenly Father feeds them."

Invitation:

You might go outside and watch birds for a few moments.

Wondering:

- I wonder how the birds live without worry...
- I wonder how God cares for them...
- I wonder how God cares for us...

After Scripture or reflection, spend some quiet time:

- Drawing
- Sitting quietly
- Looking at an sacred object