

8th Sunday in Ordinary Time (Year C)

Luke 6:39-45

'Out of the abundance of the heart the mouth speaks.'

At that time: Jesus told his disciples a parable: 'Can a blind man lead a blind man? Will they not both fall into a pit? A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? How can you say to your brother, "Brother, let me take out the speck that is in your eye", when you yourself do not see the log that is in your own eye? You hypocrite! First take the log out of your own eye, and then you will see clearly to take out the speck that is in your brother's eye.

'For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thorn bushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.'

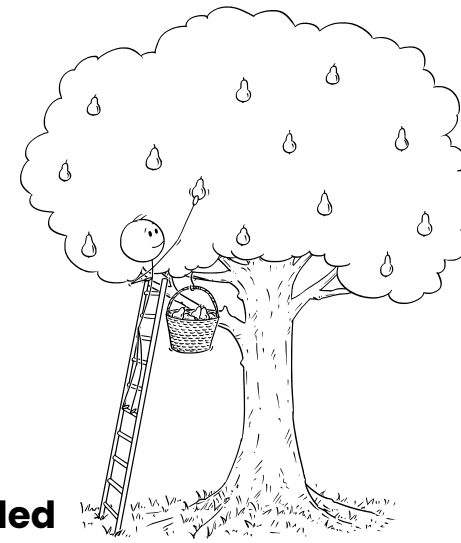
Reflection

In Luke 6:39-45, Jesus reminds us to look at our own faults before judging others. He challenges us to remove the "logs" from our eyes before helping someone with the "speck" in theirs. This teaches us to focus on self-improvement and humility.

This message connects to Catholic Social Teaching, which highlights the dignity of every person and the importance of solidarity—supporting one another. When we recognise our own mistakes, we can be more understanding and helpful to those in need.

Jesus also says, "out of the abundance of the heart the mouth speaks," meaning that what's in our hearts shows in our words and actions. If we fill our hearts with kindness, we'll treat others well.

In short, Jesus encourages us to work on ourselves so we can better support others, helping to create a kinder and more just world.



Materials needed

- Large paper or notice board (to create a tree trunk and branches)
- Colourful paper or cardstock (for leaves and fruit)
- Markers or pens
- Cellotape or glue

Activity

- Draw or tape a large tree trunk and branches on the notice board and place it in an area where everyone can see it.
- Briefly discuss Luke 6:39-45, emphasising that just as a good tree bears good fruit, our hearts produce good actions based on what we nurture inside.
- Hand out colourful paper or cardstock. Ask participants to think about qualities they want to cultivate in their hearts (e.g., kindness, patience, love, forgiveness).
- Have them write one quality on each leaf or piece of fruit they cut out.
- Invite participants to cellotape or glue their leaves and fruits onto the tree, creating a beautiful representation of the qualities they wish to embody.
- Gather the group to discuss how they can nurture these qualities in their daily lives. Encourage them to think about small actions they can take to show these qualities in their interactions with others.

Call to Action

- Take a photo of your tree full of fruit and leaves and share it with [@svpyoungvincentians](https://www.instagram.com/svpyoungvincentians) on Instagram

