



Small Groups

Parish Community of Saint Helen

Sunday, October 29, 2023

30th Sunday in Ordinary Time

**Stirring the Soul: Facing Jesus' Challenging Calls with Hope
Week 4 ~ Love**

Opening Song

[I Love You Lord ~ Matt Maher](#)

Opening Prayer

O my God,
I love you above all things,
with my whole heart and soul,
because you are all-good and worthy of all love.
I love my neighbor as myself for the love of you.
I forgive all who have injured me,
and ask pardon of all whom I have injured.
Amen.

Gospel

Mt 22:34-40

When the Pharisees heard that Jesus had silenced the Sadducees,
they gathered together, and one of them,
a scholar of the law tested him by asking,
"Teacher, which commandment in the law is the greatest?"
He said to him,
"You shall love the Lord, your God,
with all your heart,
with all your soul,

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and with all your mind.

This is the greatest and the first commandment.

The second is like it:

You shall love your neighbor as yourself.

The whole law and the prophets depend on these two commandments."

The Shema was recited several times a day by pious Jews. ~ One is to love God with heart, soul and mind. Mark poses this as a friendly conversation as a scribe but Matthew reports a debate with the pharisees. The lawyer was testing Jesus. The Torah had 613 commandments, 248 positive "you shall" and 365 negative "you shall not". Jesus love commandment goes to the root of things and provides coherent principle for appreciating and observing the other commandments.

Reflection Video: [Weekend Homily](#)

Discussion Questions

1. How is loving God related to loving people?
2. In what way do you want to grow in love right now: Toward God? Toward your family? Toward the needy? Toward yourself?
3. How do you think you measure up when it comes to loving your neighbor?
4. Why is love of God and love for neighbor bound together?

Closing Prayer

Ask for the group intentions ~ *Lord hear our prayer* after each

Please keep in your prayers this month Pope Francis and all those gathering in Rome for the Synod. This prayer is from Pope Francis' opening address in October 2021:

Come, Holy Spirit!

You inspire new tongues and place words of life on our lips:

keep us from becoming a "museum Church", beautiful but mute,

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with much past and little future.

Come among us,

so that in this synodal experience we will not lose our enthusiasm,

dilute the power of prophecy,

or descend into useless and unproductive discussions.

Come, Spirit of love, open our hearts to hear your voice!

Come, Holy Spirit of holiness, renew the holy and faithful People of God!

Come, Creator Spirit, renew the face of the earth! Amen.

Closing Reflection Song

[Blessed are You ~ Sarah Hart](#)