

# Making Loving Sacrifices

Out of love for us, Jesus sacrificed his own life and accepted suffering and death on a cross. In our everyday lives, we have many opportunities to do loving things for other people. Sometimes doing so is easy, especially when the acts of charity are for people we love and who love us, but at other times it is a challenge.

Complete the following chart to reflect on how you can follow Jesus' example of love for all people.

**Everyday loving acts I can do . . .**

**for family:** \_\_\_\_\_  
\_\_\_\_\_

**for friends:** \_\_\_\_\_  
\_\_\_\_\_

**Acts of charity I can do even when it is difficult . . .**

**at home:** \_\_\_\_\_  
\_\_\_\_\_

**at school:** \_\_\_\_\_  
\_\_\_\_\_

**in my parish community:** \_\_\_\_\_  
\_\_\_\_\_

Reflect on Jesus' example of love and his sacrifice on the cross. Then explain why doing loving deeds even when it is difficult helps you to grow as a disciple of Jesus.

\_\_\_\_\_  
\_\_\_\_\_

Write a short prayer asking Jesus to help you follow his example of selfless love for all people.

\_\_\_\_\_  
\_\_\_\_\_

