

# The Junior Observer

Vol. 31, No. 6 Published by The Observer, Official Catholic Newspaper of the Diocese of Rockford JuniorObserver@RockfordDiocese.org

Q & A

Where did Jesus give His sermon? Who did He warn not to be like? Read more about it in Matthew 6

## A Good News Story

# Jesus Teaches Us to Pray, Fast, Give

Catholic News Service

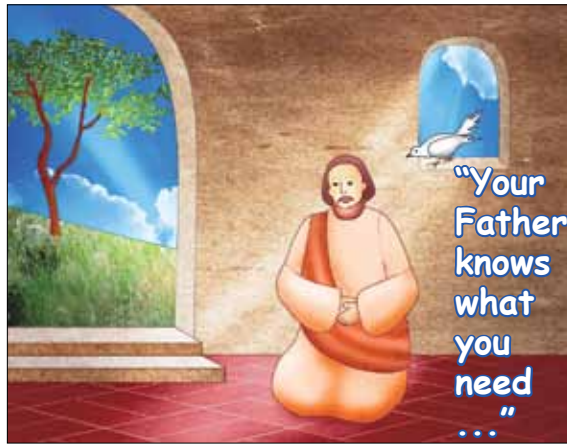
**J**esus walked away from the great crowd that had gathered around Him and climbed up a mountain. Once He was on the mountain, He sat down and began to teach the Apostles and the people.

Jesus started to say things that surprised His listeners. Not only did He teach as someone with authority would, but He also said that they needed to think and act in new and different ways.

For example, the people loved their neighbors but hated their enemies. Instead, Jesus told them to love their enemies and pray for them too.

The people also lived by the Old Testament rule of “an eye for an eye and a tooth for a tooth.” Instead of seeking retaliation, Jesus said that when someone has wronged another, turn the other cheek and forgive.

Jesus also talked about how important it was to be righteous, but to “take care not to perform righteous deeds in order that peo-



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ple may see them; otherwise, you will have no recompense from your heavenly Father.”

### How do we give alms?

Helping the needy is a way Jesus said to give alms.

He talked about praying, fasting and almsgiving, warning the people not to make big, public displays of such things.

“When you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And

your Father who sees in secret will repay you,” He said.

Jesus said not to pray in public to be purposefully seen and not to babble like the pagans who thought they’d be heard for their many words.

“Do not be like them. Your Father knows what you need before you ask Him,” Jesus said.

When He talked about praying, Jesus also taught the people a good way to pray, which has become known as the Lord’s Prayer.

And while fasting, Jesus said to not look gloomy or unkempt. Instead, He said, “anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.”

Jesus said not to act like the hypocrites, who prayed, fasted and gave alms in public to try to look like they were righteous and religious when they were not.

## For Lent, You Can Help Children in Peru

**O**n Ash Wednesday, March 1, we begin the church season of Lent.

One important thing Jesus asks us to do in Lent is to give alms. (See above.)

For 17 years, children in the Rockford Diocese have taken part in an almsgiving effort that is theirs alone.

They decorate the hearts on this page to send, with \$2 to pay for school supplies for children in Chulucanas, Peru.

Don’t paste the hearts on craft or any other paper because it adds to the mailing costs.

Send your hearts and \$2 donation to **The Junior Observer, Heart to Heart, PO Box 7044, Rockford, IL 61125.**

The deadline to send your decorated hearts and donations is Good Friday, April 14.

Since 2001, children here have decorated more than 24,401 hearts and donated \$71,862 to help children in Peru.

*Heart to Heart ... De Corazón al Corazón  
Rockford — 2017 — Chulucanas*

