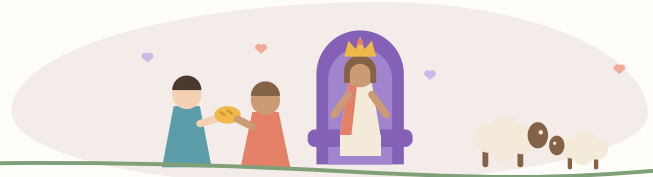


My Sunday Mass Page

Sunday, 22 November 2026 · Matthew 25:31-46



1 Today's Gospel

The Sheep and the Goats: Meeting the King in Others

Jesus said that one day the Son of Man will come in glory with His angels and sit on His throne as **King**. All the nations will gather before Him, and He will separate them as a shepherd separates the **sheep** from the goats.

To those on His right the King will say: "Come, you who are blessed by My Father, inherit the kingdom prepared for you. For I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me." He also names clothing, caring for the sick and visiting prisoners. Surprised, they ask when they ever saw Him in need. He answers: "Whatever you did for one of the **least** of these brothers and sisters of Mine, you did for Me." Those who never helped are surprised too, because they missed Him.

Our King is not far away in a palace: He hides in everyone who is hungry, lonely, sick or left out. At the end, Jesus will not ask how clever or popular we were, but how we loved. That matters, because we are free to say no to love. But it is also good news: every small act of **mercy** is a gift to Jesus, and He gives us the grace to do it.

Big idea! Jesus our King is hidden in **everyone in need**, so every act of mercy is **done for Him**.

Listen at Mass: In the first reading God promises, "I myself will pasture My sheep." In the Psalm we sing "The Lord is my shepherd; there is nothing I shall want."

Go deeper: The Catechism lists the works of mercy, like feeding the hungry and visiting the sick (CCC 2447), and says Jesus makes loving the poor the way into His kingdom (CCC 544).

2 Think It Through

Answer in a sentence or two.

1. Name three needs the King said the blessed people met.

2. Why were both groups surprised by what the King said?

3. Who near you might need help this week, and how?

3 My Prayer

Write a prayer asking King Jesus to help you notice someone who needs you, or pray for someone in need.

Dear Lord Jesus,

4 Kingdom Banner

Design a banner for Christ the King's kingdom. Show a crown and one work of mercy, and add a motto.

Ideas: a crown over a shared lunch · a cup of water · a coat for someone cold · a visit to a sick friend · "Done for Jesus"

"Whatever you did for one of the least of these, you did for Me." **Matthew 25:40**