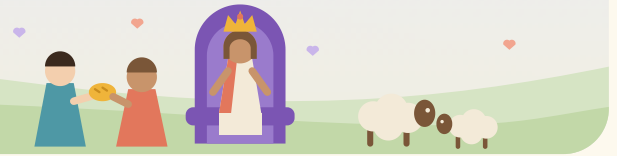


My Sunday Mass Page

Sunday, 22 November 2026 • Matthew 25:31–46



1 Today's Gospel



The King Who Hides in Plain Sight

Jesus told His friends that one day He will come back in glory as **King**. All the people of the world will gather before Him, and He will sort them like a shepherd sorts the sheep from the goats.

The King will say to the people on His right: **“Come, you are blessed by My Father! I was hungry and you gave Me food. I was thirsty and you gave Me a drink. I was a stranger and you welcomed Me. I was sick and you visited Me.”** They will be surprised: “When did we do that?” And the King will answer: **“Whatever you did for one of the least of these, you did for Me.”**

So Jesus is hiding in every person who needs **help**! When we are **kind** to someone who is hungry, sad, sick or left out, we are being kind to Jesus Himself. That is how we belong to His **kingdom**.



Big idea: Jesus is the King of everything — and when we help **someone in need**, we are really **helping Jesus**!



Listen at Mass: In the Psalm we sing “*The Lord is my shepherd; there is nothing I shall want.*” In the first reading, God promises to look for His lost sheep and take care of them Himself.

2 One Little Question



Who did the King say we were helping? Circle the answer.

a famous singer

Jesus Himself

nobody at all

3 My Prayer



Someone who needs help that I want to pray for:

Dear Jesus,

4 Draw It!



Draw yourself helping someone who needs it — just like the people the King welcomed.

Ideas: sharing your snack • giving water • visiting Grandma when she is sick • playing with a new friend • giving clothes away



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