

How to be a SPICY CATHOLIC

Being a *Spicy Catholic* is more than just a super cool name—it's about bringing the love Jesus asks us to share with others!

One of the most powerful ways to share the love of Jesus is by helping people who are feeling sad.

Sometimes it's easy to tell when someone is having a hard day—they might be crying, look upset, or just really quiet. Other times, they hide it well, but their heart still hurts.

That's where you can make a difference.

God gave you a heart full of love and joy—and even simple things like a smile, a kind word, or a big hug can help someone feel less alone. You don't have to say a lot. Just being there shows them that someone cares. And when you pray for them, even quietly, God hears you and brings peace.

When you comfort someone who is sad, you are doing exactly what Jesus would do. You're helping to carry their pain and shine God's light into a dark moment.

Be on the lookout for someone who might be having a rough day.

Show them kindness—talk to them, sit with them, or simply smile.

Say a quiet prayer for them and ask God to give them peace.

Let's be little lights of comfort in a world that really needs it.