



WEEK 5

Option for the Poor and Vulnerable

The Resurrected Christ reveals himself in the poor and vulnerable of our society. As Servant of God Dorothy Day says, “How do we know we indeed have faith? Because we have seen His hands and His feet in the poor around us. He has shown Himself to us in them.” Our faith instructs us to put the needs of the poor and vulnerable first, and in doing so we put Christ first in our lives.

“Wanting to inaugurate a kingdom of justice, fraternity and solidarity, God has a special place in his heart for those who are discriminated against and oppressed, and he asks us, his Church, to make a decisive and radical choice in favor of the weakest.”

Pope Leo XIV, *Dilexi Te*, no. 16

Sacred Scripture

“Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’”

Matthew 25:37-40

Sacred Tradition

“The Church’s love for the poor . . . is a part of her constant tradition.’ This love is inspired by the Gospel of the Beatitudes, of the poverty of Jesus, and of his concern for the poor.”

Catechism of the Catholic Church, no. 2444

Catholic Social Teaching in Action



The Catholic Campaign for Human Development (CCHD) is the official anti-poverty program of the Church in the U.S. Learn more about CCHD at PovertyUSA.org, which was created as an educational resource to help individuals and communities address poverty in the U.S. by confronting the root causes of economic injustice – and promoting policies that help break the cycle of poverty.

Prayer for the Poor

God of Justice,
open our eyes
to see you in the face of the poor.
Open our ears
to hear you in the cries of the exploited.
Open our mouths
to defend you in the public squares
as well as in private deeds.
Remind us that what we do
to the least ones,
we do to you.
Amen.