



WORLD
DAY OF
THE SICK
11 FEBRUARY 2026

THE COMPASSION OF THE SAMARITAN: LOVING BY BEARING ANOTHER'S PAIN





GUIDE FOR THE MEETING WITH YOUTH

OBJECTIVE:

To offer a dynamic and reflective meeting, similar to a rally or an assembly , that leads to action and reflection on how we respond to the needs of others, particularly those suffering from physical illnesses.

SETTING:

It is suggested to display images of people with various illnesses to prepare participants to reflect on their own attitudes toward them. It is also appropriate to display a poster with the words "**DO THE SAME.**"

Similarly, eight spaces should be designated for the youth to pass through simultaneously. This means that participants should be divided into groups so that everyone starts at the same time and has the opportunity, in each space, to read, do, and respond according to the instructions.

Each space will be identified by a phrase depicting an action of the Good Samaritan, a symbol, and instructions for the action to be performed.

Each youth should bring the prepared sheet of paper for the course and a pencil or pen.

Once the general instructions have been given, you can play some instrumental music or music that young people listen to to help them experience the moment.



I) INITIAL MOTIVATION:

How wonderful it is to participate in this World Day of the Sick!

It's wonderful because we find ourselves as young people who refuse to be indifferent in today's world. In this world where we tend to discard those who are not "useful" or productive, we are called to join forces to create something new and different, through concrete gestures, especially towards our sick brothers and sisters. This is why today the Lord Jesus addresses you in a special way, young person. Because He wants to count on your feet, your hands, your mind, and your heart to reach those who invoke God's love in their prayers, because they are afflicted by some illness. Let us begin our journey:

- ❖ Let us begin by reading and praying on the text of Luke 10:25-37. Then, in silence, we reread it, and if anyone wishes, they can repeat aloud some phrase from the Gospel that resonates particularly with them at that moment.
- ❖ We listen to the song "**I Will Not Hide**" by Fr. Cristóbal Fones, SJ. We then prepare to walk as a group through different spaces for reflection and conversation...
- ❖ Each young person receives their own route sheet and their own *Samaritan travel diary*.

II) WE WALK WITH THE SAMARITAN...

First action: HE STOPPED

Symbol: a clock

The Samaritan interrupts his journey, or rather, allows it to be interrupted. He had to stop because something caught his attention. Take time to think and reflect:

What prevents me from stopping to help others? Time, fear, indifference?

I discuss this with my traveling companions and write down my response.



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Second action: HE LOOKED AT HIM AND LET HIMSELF BE MOVED TO COMPASSION

Symbol: glasses or corrective lenses.

Gaze is the gateway to compassionate help. Through it, we begin to give existence to what is different, we make it visible. This is how the Samaritan does not ignore suffering and does not count himself among the indifferent. Take the time to think and reflect:

How do I feel when I see someone who is sick or suffering? Do I approach them? Do I pretend nothing is happening?

I discuss this with my traveling companions and write down my response.

Third action: HE DREW CLOSER

Symbol: a pair of shoes

When one's gaze is restless, even the indifferent moves. Now, drawing closer to another's pain necessarily means moving in one's life with what one has and is. This courageous action involves living with the risk of leaving oneself and one's comfort zone, to begin exercising the capacity for indignation and for being close, and to connect with that sacred place that is the other and their vulnerability. Take the time to think and reflect:

What situations or people do I struggle to get close to? Why?

I discuss this with my traveling companions and write my response.

Fourth action: HE HEALED HIS WOUNDS

Symbol: Oil – wine – bandages

Love does not leave those who feel it unchanged or immobile. Love sympathizes with the pain and helplessness of the weak and defenseless. Thus, with the little we have and the much we are, solidarity flourishes. The Samaritan had only oil, wine, and some bandages, most likely improvised, but with these means, he healed the wounds of the mistreated man. Take time to think and reflect:

What "resources" do I have to help, especially sick brothers and sisters?

I discuss this with my traveling companions and write my response.



Fifth action: HE CARRIED HIM

Symbol: The image of someone carrying another.

Drawing close, listening, and reaching out are gestures that help greatly and may perhaps be sufficient in certain situations, but there are other times in which much more is expected and required. Weakness also takes away the strength to support oneself, so even the act of carrying one's brother or sister will be necessary. Yes, let your strength be their strength to stand and support themselves. This requires both physical and emotional effort, but the important thing is to lift the other from their situation of fragility and deterioration. Take time to think and reflect:

Have I ever "carried" someone? When?

What does "carrying someone" mean to you today?

I discuss this with my traveling companions and write down my response.

Sixth action: HE CARRIED HIM TO A SAFE PLACE

Symbol: a stretcher

Living with open eyes and light feet facilitates acts of solidarity. But if you can also count on the help of others, goodness shines with greater intensity. The Samaritan didn't abandon that man on the road. No, he decided instead to carry him and bring him to a safe place, where he could fully recover. The generosity of solidarity that protects or safeguards the life of another with dignity, especially if he is sick, is contagious. Take time to think and reflect:

What safe places can I offer? My friendship, my home, my group, my presence?

I discuss this with my travel companions and write down my response.

Seventh action: HE PAID FOR HIM

Symbol: money and receipt

Generally, when people make an investment, they are driven by the expectation that the returns will exceed the initial capital. No one invests to lose. Those who invest want to see results with a balance in their favor... However, for the Samaritan in this story, these are not the economic



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parameters. He makes an investment, certainly, but he does not expect any reward. He invests his attention, his knowledge, his time and his resources, in life and health. He invests by becoming a neighbor to those who never thought they could do so. The Samaritan knows well what it means to be socially "discarded," yet he relies on universal brotherhood.

Take time to think and reflect:

How willing am I to sacrifice something of my own for the good of another who needs it?

I discuss this with my traveling companions and write my response.

Eighth action: PROMISE TO RETURN

Symbol: A SMILE OR A SMILING IMAGE

Desiring to be like the Samaritan by imitating his actions means recognizing that there are temporary aids, but also others that cannot and should not be limited to immediate assistance, but rather involve a process and therefore accompaniment. Take time to think and reflect: *Who among those experiencing illness should I "return to visit"? Who have I abandoned halfway?*

I discuss this with my traveling companions and write my response.

III) DOING THE SAME RESOUNDS WITHIN US

Now, everyone finds a place to sit and reread their diary. You can highlight, complete, or add whatever you think is appropriate. It's about rereading your own internal movements, which you have managed to shape and which can shed light on how to better live both your Christian commitment and the healthy accompaniment of your sick brothers and sisters...

You can play some instrumental music to help you reflect.



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IV) WE COMMIT OURSELVES TO THE SAMARITAN STYLE.

This involves brainstorming together ideas or proposals become neighbors to those affected by some illness. Simple actions that encourage growth in faith and solidarity necessary to achieve universal brotherhood. Then, based on the ideas gathered and evaluating the various possibilities, we will try to implement at least ONE of these proposals together...

V. CLOSING

We ask for the blessing of our Mother, the Virgin Mary. May she, who rushed to assist and accompany her cousin Elizabeth, encourage us to be agile and ready to serve and love, bearing the pain of others.

Sweet Mother, do not turn your gaze from us or leave us.
Come with us everywhere and never leave us alone.
You protect us so much, like a true Mother.
May the Father, the Son, and the Holy Spirit bless us. Amen.



My Samaritan Travel Diary.

HE STOPPED:

What stops me from stopping to help others? Time, fear, indifference?

HE LOOKED AT HIM AND LET HIMSELF BE MOVED TO COMPASSION:

What do I feel when I see someone who is sick or suffering? Do I get closer? Do I pretend nothing is happening?

HE DREW CLOSER:

What situations or people do I struggle to get close to? Why?

HE HEALED HIS WOUNDS:

What "resources" do I have to help, especially sick brothers and sisters?

HE CARRIED HIM:

Have I ever "carried" someone? When? What does "carrying someone" mean to you today?

HE TOOK HIM TO A SAFE PLACE:

What safe places can I offer? My friendship, my home, my group, my presence?

HE PAID FOR HIM:

How willing am I to sacrifice something of my own and invest in the good of another who needs it?

HE PROMISED TO RETURN:

Who among those experiencing illness should I "return to visit"? Who have I abandoned halfway?

Name and surname: _____