

Living the Liturgy at Home

Fourth Sunday in Ordinary Time

Jan 31, 2021



Scripture Readings
Deuteronomy 18:15-20
Psalm 95:1-2, 6-7, 7-9 (8)
1 Corinthians 7:32-35
Mark 1:21-28

Prayer

Lord Jesus Christ,
In your holy face
we see the face of God.
Help us to keep our eyes
always fixed on you,
so that in everything we do,
we may be pleasing to you.
May we love you and follow you
all the way to God's Kingdom,
where you live and reign
with God the Father,
in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

Examination of Conscience

① What are the teachings of Jesus that I find to be absolutely amazing? Why do these teachings speak to me in a profound way?

② What are the boundaries in my life that keep me from fully connecting with other people? How can I open my heart more and transform boundaries into bridges of connection with others?

Faith in Action

In this Sunday's Gospel reading, we hear that Jesus entered the synagogue on the Sabbath and began to preach with authority. This week, spend some time reading the Gospels and focus on the times when Jesus was preaching. Light a candle while reading these texts to call to mind that Jesus is the Light of the World. Reflect on Jesus' sermons. What common threads or themes do you notice in them? In reading his sermons, would you say that Jesus preached with authority? Reflect on this.

?? Did You Know?

... that in the Church there are priests who are exorcists? The Church has a long history of ministers of the Church praying over people thought to be possessed by unclean spirits. The practice continues today in which each diocese has its own diocesan exorcist, who is commissioned by the local bishop.

Living the Liturgy at Home

Fifth Sunday in Ordinary Time

Feb 7, 2021



Scripture Readings
Job 7:1-4, 6-7
Psalm 147:1-2, 3-4, 5-6
(see 3a)
1 Corinthians 9:16-19, 22-23
Mark 1:29-39

Prayer

Lord our God,
you sent your Son into the world
to live with us as one of us,
to heal, to teach, to sanctify,
and to proclaim the Good News
of the coming of the Kingdom.
Help us to live our Baptism to the full
and to find ways to do what Jesus did:
to bring joy and life wherever we go,
to lift up the suffering,
and to tell other people
about the new life
Jesus has brought us.
We ask this through Christ our Lord.
Amen.

Examination of Conscience

① Who needs my prayers for healing? What areas of my own life need healing from distress or illness?

② How well do I pray? Do I consciously take time daily to pray alone?

Faith in Action

With your family, discuss the reality of illness. Talk with your parents about friends and family who are suffering from illness. If you are able, schedule a time to visit them and spend some good quality time. Make a meal for them. If you are not able to visit, write a letter or call to let them know that you are thinking of them and praying for them. Throughout this week, in your daily prayer, offer some prayers of intercession for your loved ones who are struggling with infirmity and illness. If your parish has a prayer intention list, add their names to it.

?? Did You Know?

... that the sacrament of Anointing of the Sick may be received each time we suffer a serious illness, or periodically for those with chronic illness or those who are suffering from old age. God's abundant gifts of healing power and mercy are received in these sacraments.

Name _____

Living the Prayer of Saint Francis

Read the first half of the Prayer of Saint Francis, then answer the questions that follow it.

*Lord, make me an instrument of your peace:
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*



In the past week, where have you seen a lack of peace due to the situations mentioned in each line?

How did you react to the lack of peace? How did your actions correspond to the Prayer of Saint Francis?

Read the second half of the Prayer of Saint Francis and answer the two questions that follow it.

*O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is pardoning that we are pardoned,
it is in dying that we are born to eternal life. Amen.*

In the past week, how have you been consoling, understanding, loving, giving, and forgiving?

In what ways could you become a better peacemaker in the coming week?



Twenty Questions to Ask Your Confirmation Sponsor

1. How did you become Catholic? Were you baptized when you were a baby or did you become Catholic as an adult through the RCIA program? Tell me about how you first learned about your faith, whether you were a child or an adult.
2. As a Catholic, what makes you different from other Christians?
3. How do you picture the Holy Spirit? What images come to mind? When or how have you experienced the presence of the Holy Spirit in your life?
4. What name did you choose for your Confirmation name and why?
5. Do you have a favorite saint (or favorite saints)? Why is he/she your favorite? What is there about his/her life that has helped you on your faith journey?
6. How do you define the word "holy"? Do you know people in your life that you would describe as "holy"? Do you think anyone describes you as "holy"? How does that make you feel? What challenges do you face when you are trying to live a life of holiness?
7. Tell me about an experience in your life when it was difficult for you to be Catholic—perhaps a time when you were ridiculed because of your faith or a time when you struggled to believe in the teachings of your Catholic faith. What did you do to "keep your faith" or find answers to your questions during these times.
8. In what ways do you feel that celebrating the Eucharist (the Mass) every week (or maybe every day) strengthens and nourishes you to live as a Catholic? Did you ever have a time when you did not like going to Mass? Do you like going to Mass now? What do you think caused the change?
9. What is your understanding of what it means "to sin"? What does "forgiveness" mean to you? What do you do when you find it very difficult to forgive someone who has hurt you? What do you do when you need to ask forgiveness from someone you have hurt?
10. One very special aspect of our Catholic faith is the Sacrament of Reconciliation. Tell me about your own feelings and thoughts about and experiences with this Sacrament. Is it difficult for you to celebrate this Sacrament or was there a time when it was? What kind of preparations do you find helpful before you celebrate the Sacrament of Reconciliation?