

# Living the Liturgy at Home

## First Sunday of Advent



### Scripture Readings

Isaiah 63:16b–17, 19b; 64:2–7  
Psalm 80:2–3, 15–16, 18–19 (4)  
1 Corinthians 1:3–9  
Mark 13:33–37

### Prayer

Lord Jesus Christ,  
you are Emmanuel, God with us.  
In these holy days of Advent,  
come to your people  
with justice, healing, and peace.  
Fill us with a spirit of love and  
generous service,  
so that our hearts will be ready to  
celebrate your coming at Christmas  
and our lives will reflect your Kingdom  
that will last for ever when you  
come again.  
You live and reign with  
God the Father,  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### ?? Did You Know?

. . . that during the season of Advent, Catholic Christians anticipate and celebrate Christ's coming in three different ways: the Messiah's Second Coming at the end of time as we know it, Jesus' coming as an infant in Bethlehem some two thousand years ago, and Christ's coming once again into our hearts this Christmas as we welcome Emmanuel ("God with us")?

### Examination of Conscience

- ☉ What are the distractions in my life that keep me from being attentive to Jesus' call in my life? What is keeping me from being truly attentive to the needs of others whom I encounter in my life?
- ☉ If Jesus were to come back tomorrow, would I be ready? What are some practices that I can do to help prepare me to be ready for Christ's coming?

### Faith in Action

As we begin this holy season of Advent, construct a Family Advent Calendar with your family. Using a regular wall calendar, assign dates for the season of Advent among the members of your family. For each of their assigned dates, have your family members write down a different activity, prayer, or service project to do individually or as a family to celebrate the season. The activities should be opportunities to anticipate Christmas. Then cover the dates with sticky notes. Every day, remove the sticky note to reveal the activity.

# Living the Liturgy at Home

## Second Sunday of Advent



### Scripture Readings

Isaiah 40:1–5, 9–11

Psalms 85:9–10, 11–12, 13–14 (8)

2 Peter 3:8–14

Mark 1:1–8

### Prayer

Lord Jesus Christ,  
you are Emmanuel, God with us.  
In these holy days of Advent,  
come to your people  
with justice, healing, and peace.  
Fill us with a spirit of love and  
generous service,  
so that our hearts will be ready to  
celebrate your coming at Christmas  
and our lives will reflect your Kingdom  
that will last forever when you  
come again.  
You live and reign with  
God the Father,  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### ? Did You Know?

. . . John the Baptist was actually Jesus' cousin? He was born to Zechariah and Elizabeth, who was thought to have been too old to have a child. Mary visited her cousin Elizabeth when both women were pregnant, and John leapt in Elizabeth's womb, the first to testify to Jesus. As a grown man, John also testified to the coming of the Christ.

### Examination of Conscience

☉ John the Baptist was preaching a message of repentance out in the desert. What do I need to repent of so that I can be reconciled with God's forgiveness for my sins?

☉ Each of us is called to share our faith and use our God-given talents to point others to Christ. What talents do I have that will help to bring people to Christ? What new roles might I take on to point others to Jesus?

### Faith in Action

John the Baptist was out in the desert, preaching a message of repentance to all who had ears to hear. Advent is a good time to pause and examine where a change of heart is needed in our lives. Talk with your parents about the sacrament of Reconciliation. Find an Advent communal Reconciliation service either at your parish or another parish near you and attend with your family. Make an examination of conscience. Some guidelines for making an examination of conscience can be found on the US bishops' website: <http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/index.cfm>.

# Living the Liturgy at Home

## Third Sunday of Advent



### Scripture Readings

Isaiah 61:1–2a, 10–11

Luke 1:46–48, 49–50, 53–54  
(Isaiah 61:10b)

1 Thessalonians 5:16–24

John 1:6–8, 19–28

### Prayer

Lord Jesus Christ,  
you are Emmanuel, God with us.  
In these holy days of Advent,  
come to your people  
with justice, healing, and peace.  
Fill us with a spirit of love and  
generous service,  
so that our hearts will be ready to  
celebrate your coming at Christmas  
and our lives will reflect your Kingdom  
that will last forever when you  
come again.  
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

☉ Where do I see joy in my life? What keeps me from living a joyful life in Christ? How can I set those things aside?

☉ Do I think about how my actions may or may not reflect the Light of Christ? How can I be more mindful of this?

### Faith in Action

This Sunday is the Third Sunday of Advent, also known as Gaudete Sunday. It is a time for rejoicing, as we wait for the Savior to come with joyful anticipation. What else is your family eagerly anticipating? In that anticipation, what does your family do to increase the excitement? How can you increase the excitement of waiting for the Messiah to come into your home? Talk as a family about ways you can encourage one another to not become passive in the waiting this season.

### ?? Did You Know?

. . . that the song “O Come, O Come, Emmanuel” is based on the O Antiphons, which are prayed starting on December 17? Each antiphon, prayed before the *Magnificat* during evening prayer, uses an ancient biblical image for the Messiah, connecting us to the great tradition of those who await the coming of the Savior. O come, Emmanuel!

# Living the Liturgy at Home

## Fourth Sunday of Advent



### Scripture Readings

2 Samuel 7:1–5, 8b–12, 14a, 16

Psalms 89:2–3, 4–5, 27, 29 (2a)

Romans 16:25–27

Luke 1:26–38

### Prayer

Lord Jesus Christ,  
you are Emmanuel, God with us.  
In these holy days of Advent,  
come to your people  
with justice, healing, and peace.  
Fill us with a spirit of love and  
generous service,  
so that our hearts will be ready to  
celebrate your coming at Christmas  
and our lives will reflect your Kingdom  
that will last forever when you  
come again.  
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

☉ On this transitional day, moving from Advent to Christmas, how am I making my final preparations to welcome Jesus into my heart again as we celebrate his birth?

☉ Mary tells the angel that she will do what God asks of her. How have I said yes to God this Advent season?

### Faith in Action

If you have never gone to Midnight Mass as a family, do so this year. Spend a few moments when you return before going to bed (or opening presents!) sharing with one another why each member of the family is a gift to the others.

### ? Did You Know?

. . . that Gabriel is one of the three archangels mentioned in the Bible? Michael is mentioned in Daniel, Jude, and Revelation. Raphael is mentioned in the Book of Tobit. Gabriel is best known for the Annunciation but appears in other places as well, including to John the Baptist's father, Zechariah.

# Living the Liturgy at Home

## Solemnity of the Nativity of the Lord

December 25



### Scripture Readings

Isaiah 62:11–12

Psalms 97:1, 6, 11–12

Titus 3:4–7

Luke 2:15–20

### Prayer

Lord our God,  
in Jesus Christ, the Word made flesh,  
you have become one of us.  
During this Christmas season,  
help us to enter more deeply  
into the mystery of the Incarnation.  
Help us to recognize your presence  
in the Holy Child in the manger,  
in the sacraments of the Church,  
and in the people around us:  
in family, friends, and strangers,  
knowing that Christ was born for all  
and that we are all children of God.  
Through Christ our Lord.  
Amen.

the inn. This reading also includes the angels proclaiming the news of Christ's birth to the shepherds. The Mass at Dawn continues the story from Luke, with the shepherds greeting the newborn Jesus and his family. The Mass during the Day uses the beginning of John's Gospel, which is not a narrative account, but a reflection on Jesus as the Incarnate Word of God.

### Examination of Conscience

☉ What does the Incarnation mean to me? How often do I tell others who Jesus Christ is to me?

☉ Who are the "angels" in my life who have brought the Good News to me?

### Faith in Action

On Christmas, many families gather together to celebrate the holiday and to share a meal. Often in our American culture, the true reason for the celebration of Christmas gets lost in the hustle and bustle of the season and the busyness of shopping, visiting Santa Claus, and gift giving. Today, be a voice that helps the rest of your family to remain focused on why we celebrate Christmas. Reflect on ways you can help to make it a joyous celebration honoring Jesus' birth in Bethlehem and by welcoming the Christ child into our hearts again.

### ?? Did You Know?

. . . that the Christmas story is a combined narrative of the Gospel accounts? These different sets of readings are for the Vigil Mass (which takes place on the evening of Christmas Eve), Mass at Midnight, Mass at Dawn, and Mass during the Day. In Matthew's account (read at the Vigil Mass), we hear about Jesus' family tree and about Joseph's role in Jesus' life. The Mass at Midnight uses Luke's account, in which we hear about Mary and Joseph going to Bethlehem to be counted in the census and how there is no room for them at

# Living the Liturgy at Home

## Feast of the Holy Family of Jesus, Mary, and Joseph



### Scripture Readings

Genesis 15:1–6; 21:1–3 or Sirach 3:2–6, 12–14

Psalms 105:1–2, 3–4, 5–6, 8–9 (7a, 8a) or 128:1–2, 3, 4–5 (see 1)

Hebrews 11:8, 11–12, 17–19 or Colossians 3:12–21 or 3:12–17

Luke 2:22–40 or 2:22, 39–40

### Prayer

Lord our God,  
in Jesus Christ, the Word made flesh,  
you have become one of us.  
During this Christmas season,  
help us to enter more deeply  
into the mystery of the Incarnation.  
Help us to recognize your presence  
in the Holy Child in the manger,  
in the sacraments of the Church,  
and in the people around us:  
in family, friends, and strangers,  
knowing that Christ was born for all  
and that we are all children of God.  
Through Christ our Lord.  
Amen.

### ?? Did You Know?

... that today's Gospel tells about the first time Jesus appears in the Temple in Jerusalem? Luke uses these visits to show Christianity's continuity with the Jewish traditions.

### Examination of Conscience

- ☉ Do I listen to my parents when they share their wisdom with me?
- ☉ Am I a good example for younger siblings or cousins? Do I treat family members with respect?
- ☉ Do I willingly participate in church and prayer at home with my family?

### Faith in Action

A Holy Cross priest from the twentieth century, Servant of God Fr. Patrick Peyton, csc, had a great devotion to praying the Rosary. Fr. Peyton organized many Rosary rallies throughout the world during his lifetime, and he coined the sayings "The family that prays together stays together," and "A world at prayer is a world at peace." Share these sayings with your family. Discuss how all of you can be more active and dedicated together in your prayer life. Create a plan that will increase your family prayer time. Then pray a Rosary together in honor of the Holy Family.

# Living the Liturgy at Home

## Solemnity of Mary, the Holy Mother of God

January 1



### Scripture Readings

Numbers 6:22–27

Psalm 67:2–3, 5, 6, 8 (2a)

Galatians 4:4–7

Luke 2:16–21

### Prayer

Lord our God,  
in Jesus Christ, the Word made flesh,  
you have become one of us.  
During this Christmas season,  
help us to enter more deeply  
into the mystery of the Incarnation.  
Help us to recognize your presence  
in the Holy Child in the manger,  
in the sacraments of the Church,  
and in the people around us:  
in family, friends, and strangers,  
knowing that Christ was born for all  
and that we are all children of God.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

- ☉ Do my New Year's resolutions include improvements for my spiritual life?
- ☉ Do I respect and show my mother love?
- ☉ When I hear others repeat misconceptions about Jesus, Mary, and the Church, how can I correct them?

### Faith in Action

January 1 is the first day of the secular calendar year. On this day, many people take stock of the past year and make resolutions to improve their lives in the coming year. Many people made resolutions at the start of Advent, the beginning of the liturgical year, concerning their spiritual lives. If your family did so, today might be a good time to review them. Using a small notebook, create a dated journal for the year that includes important family dates such as birthdays, graduations, and anniversaries. Place your journal in the kitchen or another common area. Each day, appoint a scribe who will jot down the events of the day, including those that will help track your progress in keeping your resolutions.

### ? Did You Know?

... that the Third Ecumenical Council that proclaimed Mary as mother of God was held in the Turkish city of Ephesus in 431? According to tradition, Mary went to live near Ephesus with the Apostle John after Pentecost. Since the late nineteenth century, Mary House in Ephesus has been a pilgrimage site.

# Living the Liturgy at Home

## Solemnity of the Epiphany of the Lord



### Scripture Readings

Isaiah 60:1–6

Psalm 72:1–2, 7–8, 10–11, 12–13  
(see 11)

Ephesians 3:2–3a, 5–6

Matthew 2:1–12

### Prayer

Lord our God,  
in Jesus Christ, the Word made flesh,  
you have become one of us.  
During this Christmas season,  
help us to enter more deeply  
into the mystery of the Incarnation.  
Help us to recognize your presence  
in the Holy Child in the manger,  
in the sacraments of the Church,  
and in the people around us:  
in family, friends, and strangers,  
knowing that Christ was born for all  
and that we are all children of God.  
Through Christ our Lord.  
Amen.

### ?? Did You Know?

. . . that the Bible never says how many Magi came to see Jesus? Tradition usually counts them as three because three gifts are mentioned. The names have many variations, but they are most commonly known as Melchior of Persia, Caspar (or Gaspar) of India, and Balthazar of Arabia.

### Examination of Conscience

☉ When I encounter the reality of God taking on human flesh in the person of the Son, Jesus Christ, how do I respond to this reality? Do I reject Jesus' presence in my life, as Herod had done, or do I accept him into my life as the Magi did?

☉ What are some of my gifts that I can share with others today?

### Faith in Action

Gather your family at the threshold of your front door to bless your home today. Begin by making the Sign of the Cross. Use chalk to inscribe the following above the door: [first two numbers of year] + C + M + B + [last two numbers of year]. The numbers of the new year mark the beginning and the end of the inscription. In addition to the Latin prayer words *Christus mansionem benedicat*, C + M + B also stand for the traditional names of the three wise men who visited baby Jesus: Caspar, Melchior, and Balthasar. Have someone read aloud this prayer as the inscription is made above the door: "May Christ bless this house, that those who come and go through this door will enjoy the blessing of Christ. Amen."

# Living the Liturgy at Home

## Feast of the Baptism of the Lord



### Scripture Readings

Isaiah 55:1–11 or Isaiah 42:1–4, 6–7

Isaiah 12:2–3, 4bcd, 5–6 (3) or  
Psalm 29:1–2, 3–4, 3, 9–10 (11b)

1 John 5:1–9 or Acts 10:34–38  
Mark 1:7–11

### Prayer

Lord our God,  
in Jesus Christ, the Word made flesh,  
you have become one of us.  
During this Christmas season,  
help us to enter more deeply  
into the mystery of the Incarnation.  
Help us to recognize your presence  
in the Holy Child in the manger,  
in the sacraments of the Church,  
and in the people around us:  
in family, friends, and strangers,  
knowing that Christ was born for all  
and that we are all children of God.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

☉ Do I use the sacrament of Reconciliation to keep my relationship with God strong? Do I avoid situations and people who want to lead me away from God?

### Faith in Action

In today's Gospel, we hear the voice of God call Jesus his Son. Through our Baptism, we are all called God's children. Talk with your family about how you all are living as members of the family of God. Do your family's activities reflect your status as children of God? Consider how everyday activities such as having friends over for dinner, visiting relatives, and going to church demonstrate your Christian beliefs. What activities that help you grow in your identity as children of God can you include in your weekly or monthly routine? Look into a ministry at church your family can become involved in or volunteer work you can do together.

### ? Did You Know?

. . . that on this feast day, Pope John Paul II baptized children in the Sistine Chapel?

# Living the Liturgy at Home

## First Sunday of Lent



### Scripture Readings

Genesis 9:8–15

Psalms 25:4–5, 6–7, 8–9 (see 10)

1 Peter 3:18–22

Mark 1:12–15

### Prayer before a Crucifix

Lord our God,  
during this holy season of Lent,  
renew in each of us  
the grace of our Baptism.  
May we realize that we are your sons  
and daughters  
and that, just as Christ lived a life  
obedient to your will,  
we too are called to a life of holiness,  
love, and service.  
Through prayer, fasting, and works  
of mercy  
transform our lives and renew  
our hearts.  
Through Christ our Lord.  
Amen.

### ?? Did You Know?

. . . that Mark's account of the Gospel is the shortest of the four Gospel accounts and was the first to be written? We can think of Mark as the first reporter on the scene so the stories could be shared as quickly as possible. Mark lets the facts of Jesus' life speak for themselves.

### Examination of Conscience

☉ As I enter into this season of Lent, journeying into the desert with Jesus for forty days, what do I want to focus on changing for the better?

☉ How might I be intentional about understanding and doing God's will?

☉ Who can assist me in entering into my Lenten experience in the fullest way possible? How might I invite them to embark on this path with me?

### Faith in Action

One of the practices that we are invited to participate in every Lent as members of the Church is deepening our prayer lives. One aspect of prayer that is particularly important this time of the year is prayer that can help in examining our lives, recognizing our shortcomings and mistakes, and turning back toward God. Conducting an Examination of Conscience, in which one examines his or her own life to recognize the times when one has turned away from God and has wronged another, is a good start in turning back to God. This week, after making an Examination of Conscience, go and celebrate the sacrament of Reconciliation.

# Living the Liturgy at Home

## Second Sunday of Lent



### Scripture Readings

Genesis 22:1–2, 9a, 10–13,  
15–18

Psalms 116:10, 15, 16–17, 18–19  
(116:9)

Romans 8:31b–34

Mark 9:2–10

### Prayer before a Crucifix

Lord our God,  
during this holy season of Lent,  
renew in each of us  
the grace of our Baptism.  
May we realize that we are your sons  
and daughters  
and that, just as Christ lived a life  
obedient to your will,  
we too are called to a life of holiness,  
love, and service.  
Through prayer, fasting, and works  
of mercy  
transform our lives and renew  
our hearts.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

☉ In the Transfiguration, three of Jesus' Apostles experienced a foretaste of who he truly was, the Son of God glorified. In reflecting on my relationship with Jesus, who is he for me?

☉ When my faith is tested, do I turn to Jesus for strength or do I give up when things get too difficult?

### Faith in Action

There is still plenty of time to work on our practices of fasting, prayer, and almsgiving. Create a "Lent Idea Bowl" to share with your family. Cut forty strips of purple construction paper and write a little "to do" suggestion on each of the strips. These should offer ideas of something to do during Lent. Examples include: "Even though it is not a Friday, refrain from eating meat today" (fasting); "Pray the Rosary" (prayer); "Instead of buying a snack today, offer the money saved to the poor" (almsgiving). Put these suggestions in a bowl and invite your family members to select a slip of paper each day to follow for the rest of the season. You might follow up at Easter to talk about this project.

### ?? Did You Know?

. . . that there are three different accounts of the Transfiguration in the Gospels, one in each of the three Synoptic Gospels of Matthew, Mark, and Luke? Each year on the Second Sunday of Lent, we hear one of these accounts. They all share the same basic structure but differ in some of the details.

# Living the Liturgy at Home

## Third Sunday of Lent



### Scripture Readings

Exodus 20:1–17 or Exodus  
20:1–3, 7–8, 12–17

Psalm 19:8, 9, 10, 11  
(John 6:68c)

1 Corinthians 1:22–25  
John 2:13–25

### Prayer before a Crucifix

Lord our God,  
during this holy season of Lent,  
renew in each of us  
the grace of our Baptism.  
May we realize that we are your sons  
and daughters  
and that, just as Christ lived a life  
obedient to your will,  
we too are called to a life of holiness,  
love, and service.  
Through prayer, fasting, and works  
of mercy  
transform our lives and renew  
our hearts.  
Through Christ our Lord.  
Amen.

### ?? Did You Know?

. . . that the Temple that Jesus visited was the Second Temple? The First Temple was constructed under King Solomon. The Second Temple was reconstructed under King Herod, but it was destroyed in AD 70. All that remains today is a portion of the Western Wall, a sacred site also known as the Wailing Wall.

### Examination of Conscience

☉ In what ways do I respect and honor God's house? When I enter a church building, how do I act and speak? Do I recognize the space as being sacred when I am in a church?

☉ When I attend Mass, how well do I participate in what is happening throughout the liturgy? In what ways can I take better part as a member of the assembly during Mass?

### Faith in Action

When Jesus overturned the tables of the moneychangers in the Temple, he was angered because they had lost sight of how they should be in relationship with God and one another. This week, reflect on your own relationship with God and others. What might keep you from loving God and doing good for others? Strategize some practical steps that you can take so that you do not lose sight of what you should be doing as a follower of Jesus. Try to integrate a focus on Christ more throughout your daily activities. Spending a few minutes when you get up in the morning reading the Scripture for the day is one way to do this.

# Living the Liturgy at Home

## Fourth Sunday of Lent



### Scripture Readings

2 Chronicles 36:14–16, 19–23  
Psalm 137:1–2, 3, 4–5, 6 (6ab)  
Ephesians 2:4–10  
John 3:14–21

### Prayer before a Crucifix

Lord our God,  
during this holy season of Lent,  
renew in each of us  
the grace of our Baptism.  
May we realize that we are your sons  
and daughters  
and that, just as Christ lived a life  
obedient to your will,  
we too are called to a life of holiness,  
love, and service.  
Through prayer, fasting, and works  
of mercy  
transform our lives and renew  
our hearts.  
Through Christ our Lord.  
Amen.

☉ Do I avoid people and situations that will tempt me to sin? When I am tempted, do I ask Jesus to help me make the best choices?

☉ How often am I a source of temptation for others? When I have the opportunity to bring light to a situation, do I do it?

☉ Does darkness sometimes intrude in my life? What steps can I take in my life to respond positively to the Light of Christ?

☉ Moses lifted up the serpent in the desert and those who looked on it were cured and reminded that the Lord saved them. What am I reminded of when I look at a crucifix?

### Faith in Action

Jesus is the Light of the world. This Light came into the world, but the world rejected it because it preferred the darkness, we are told in today's Gospel. When you were baptized, you (or your godparents on your behalf) were presented with a baptismal candle and told by the priest or deacon to "Receive the Light of Christ." This week, take out your baptismal candle (ask your parents if you do not know where it is) and gather with your family to light it once again. (Another candle may be lit if you do not have your baptismal candle.) As the candle burns, talk with your family about how Christ is the Light in your lives.

### ?? Did You Know?

. . . that the Fourth Sunday of Lent is called Laetare Sunday? *Laetare* is a Latin word that comes from the entrance antiphon. The opening lines are "Laetare, Jerusalem," meaning "Rejoice, O Jerusalem." The color rose may be used as the liturgical color today. We are joyful and hopeful because Easter is near.

### Examination of Conscience

☉ Do I spend time in prayer asking Jesus to help me make the best choices in times of temptation?

# Living the Liturgy at Home

## Fifth Sunday of Lent



### Scripture Readings

Jeremiah 31:31–34  
Psalm 51:3–4, 12–13,  
14–15 (12a)  
Hebrews 5:7–9  
John 12:20–33

### Prayer before a Crucifix

Lord our God,  
during this holy season of Lent,  
renew in each of us  
the grace of our Baptism.  
May we realize that we are your sons  
and daughters  
and that, just as Christ lived a life  
obedient to your will,  
we too are called to a life of holiness,  
love, and service.  
Through prayer, fasting, and works  
of mercy  
transform our lives and renew  
our hearts.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

☉ The journey of faith entails both dying and rising to new life. What needs to die so that new life can spring up? What are the fruits that I will be able to offer if I allow those seeds to pass away?

☉ Jesus, in his own humanity, said that he was troubled. What is troubling me now? Bring this to prayer.

### Faith in Action

As Christians, we are challenged to seek life even in the midst of death. Death does not always mean the physical dying of a person or a seed. Sometimes it means how we die to ourselves for each other. In the coming week, when something doesn't quite work out the way you want it to or when someone asks more of you than you want to give, how can you be gracious and kind? It is not always easy, but the truth is that when we die to ourselves there is the opportunity for resurrection.

### ?? Did You Know?

. . . that Jesus' obedience to God's will is the direct opposite of the choice made by Adam and Eve? Learning to be obedient to God's will is something that we have to work on throughout our lives.

# Living the Liturgy at Home

## Palm Sunday of the Passion of the Lord



### Scripture Readings

Isaiah 50:4–7

Psalm 22:8–9, 17–18, 19–20,  
23–24 (2a)

Philippians 2:6–11

Mark 14:1—15:47 or 15:1–39

### Prayer before a Crucifix

Lord our God,  
during this holy season of Lent,  
renew in each of us  
the grace of our Baptism.  
May we realize that we are your sons  
and daughters  
and that, just as Christ lived a life  
obedient to your will,  
we too are called to a life of holiness,  
love, and service.  
Through prayer, fasting, and  
works of mercy  
transform our lives and renew  
our hearts.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

☉ This is the final stretch toward Easter. How have I done in keeping my Lenten observances of prayer, fasting, and giving alms?

☉ Before we begin the Easter Triduum on Holy Thursday, how may I fully prepare myself to enter into the mystery of Jesus' death and Resurrection?

### Faith in Action

This is the week of weeks. We accompany Jesus as he enters Jerusalem for the last time and will experience throughout this week the central mystery of our faith, the Paschal Mystery, as Catholic Christians. This week, encourage your family to join you in attending each of the Easter Triduum liturgies together: Holy Thursday's Mass of the Lord's Supper, Good Friday of the Lord's Passion, the Easter Vigil, and the Mass of the Resurrection of the Lord on Easter Sunday. After each of these services, discuss the various symbols and rituals that you experienced. Make this week an opportunity to enter into what Jesus has done for you.

### ?? Did You Know?

. . . that the only day of the year that the Church does not celebrate Mass is Good Friday? We spend this day in prayer and solemn fasting. Good Friday services include a reading of the passion of Jesus, special prayers for the Church and world, veneration of the cross, and a Communion service.

# Living the Liturgy at Home

## Holy Thursday, Evening Mass of the Lord's Supper



### Scripture Readings

Exodus 12:1–8, 11–14

Psalm 116:12–13, 15–16bc,  
17–18 (see 1 Corinthians  
10:16)

1 Corinthians 11:23–26

John 13:1–15

### Prayer

Lord Jesus Christ,  
today we give you thanks and praise  
for sharing with us  
the greatest of gifts:  
the gift of your Body and Blood  
in the Eucharist.  
May we come to know you better  
in the cup we drink  
and the bread we break.  
May we recognize your presence in  
those we love  
and in those who need our love.  
May we follow your example  
of love and service  
toward all those we meet.  
Who live and reign with the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### Examination of Conscience

- ☉ Where have I felt the presence of Christ in my life? at home? at school? during my activities?
- ☉ How have the sacraments helped to strengthen my ability to serve others?

### Faith in Action

As a family, practice serving one another over the next week. Write the name of each family member on a slip of paper. Every evening, have each family member draw a name (choosing another name if they draw their own). The selections should remain anonymous. Each family member should serve the person he or she drew with small acts of kindness throughout the next day. Repeat the drawing every evening for a week. Afterward, discuss as a family any insights people had about being mindful of others and recognizing their needs. Also, discuss any impact this might have had on the way you treat others at school, work, etc.

### ?? Did You Know?

. . . that the oils that will be used for anointing all year long are blessed by the bishop earlier on Holy Thursday at the Chrism Mass? These oils will be used in Baptisms, Confirmations, Ordinations of priests and bishops, and Anointings of the Sick. They are stored in the ambry.

# Living the Liturgy at Home

## Good Friday of the Lord's Passion



### Scripture Readings

Isaiah 52:13—53:12

Psalm 31:2, 6, 12–13, 15–16, 17,  
25 (Luke 23:46)

Hebrews 4:14–16; 5:7–9

John 18:1—19:42

### Prayer

Lord Jesus Christ,  
you hung on the cross for us.  
You endured pain to bring us healing.  
You experienced rejection  
so that we might be children  
of God forever.  
You suffered death  
so that we might have life.  
As we pray and fast today,  
and remember all that you suffered  
for our sake,  
we give you thanks and praise,  
for the wood of the cross  
has brought joy to the world.  
Who live and reign with  
God the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### Examination of Conscience

☉ How do I feel as I reflect on Jesus' death?  
How does Jesus' sacrifice affect my life?

☉ When have I felt alone? Even when it feels  
like others have gone away, do I still feel God's  
presence in bad times?

### Faith in Action

Find a list of the fourteen traditional Stations of the Cross online. As a family, read through the Stations of the Cross. Have each person choose one station that resonates the most with him or her on this Good Friday. Spend some quiet time in prayer drawing the station you chose, placing yourself in that moment of Jesus' passion. How might you respond to what is taking place? How do you interact with Jesus? After everyone has finished, come back together as a family and share your reflections and drawings or pray the Stations of the Cross together.

### ? Did You Know?

. . . that Good Friday is the only day of the year when the Church does not celebrate Mass and the words of consecration are not said? There is a communion service in which we receive already-consecrated hosts that have been reserved.

# Living the Liturgy at Home

## Easter Vigil



### Scripture Readings

Genesis 1:1—2:2 or 1:1, 26–31a; Psalm 104:1–2, 5–6, 10, 12, 13–14, 24, 35 (30) or 33:4–5, 6–7, 12–13, 20–22 (5b); Genesis 22:1–18 or 22:1–2, 9a, 10–13, 15–18; Psalm 16:5, 8, 9–10, 11 (1); Exodus 14:15—15:1; Exodus 15:1–2, 3–4, 5–6, 17–18 (1b); Isaiah 54:5–14; Psalm 30:2, 4, 5–6, 11–12, 13 (2a); Isaiah 55:1–11; Isaiah 12:2–3, 4, 5–6 (3); Baruch 3:9–15, 32–4:4; Psalm 19:8, 9, 10, 11 (John 6:68c); Ezekiel 36:16–17a, 18–28; Psalm 42:3, 5; 43:3, 4 (42:2) or Isaiah 12:2–3, 4bcd, 5–6 (3) or Psalm 51:12–13, 14–15, 18–19 (12a); Romans 6:3–11; Psalm 118:1–2, 16–17, 22–23; Mark 16:1–7

### Prayer

Eternal God,  
this is the night!  
This night is brighter than the day  
because it is filled with the light  
of Christ's Resurrection from the dead.  
May all who will be baptized tonight  
live their lives of faith with Easter joy.  
Renew in faith, hope, and love  
all who are already baptized.  
May Christ's Resurrection from  
the dead  
change our lives  
and transform our world,  
both now and for ever.  
Through Christ our Lord.  
Amen. Alleluia!

### ? Did You Know?

. . . that at the Easter Vigil, the Church throughout the world welcomes new members to the Body of Christ through the initiation sacraments of Baptism, Confirmation, and Eucharist?

### Examination of Conscience

☉ In the Resurrection, we see that God transforms suffering. When have I experienced God at work in moments of trial and adversity?

☉ In reflecting on the events of the Jesus' passion, death, and Resurrection, it is clear that no part of the human experience is foreign to God. Jesus was truly like us in all things but sin. When I suffer, when I experience joy, I can bring that to God. How does that feel to know that God is truly with me in those times?

### Faith in Action

Easter is a time when we are able to take the joy we feel at Christ's Resurrection and share it, as the first witnesses at the empty tomb did. One of the best things about Easter is that we have not only one day to celebrate but fifty! Celebrate with friends and family. Make Easter cards for people in a local nursing home. Thank and praise God in prayer.

# Living the Liturgy at Home

## Easter Sunday of the Resurrection of the Lord



### Scripture Readings

Acts 10:34a, 37–43

Psalm 118:1–2, 16–17, 22–23 (24)

Colossians 3:1–4 or 1 Corinthians  
5:6b–8

Sequence: *Victimae paschali laudes*

John 20:1–9 or Luke 24:13–35 or

Matthew 28:1–10 or Mark 16:1–7

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### ?? Did You Know?

. . . that Mary Magdalene is called the apostle to the Apostles? She was the first to share the Good News—Jesus Christ's Resurrection!

### Examination of Conscience

☉ As we enter into this joyous season of Easter Time, how did I do in meeting my goals for Lent in the areas of fasting, prayer, and almsgiving?

☉ Am I consciously working to spread the Good News that Jesus overcame sin and death? Do I use words or my actions?

### Faith in Action

Easter Time is fifty days long. Make a calendar for the season with special activities for each day that will help your family celebrate Easter fully. Set your table with a white cloth during Easter Time. Visit the church where you or other family members were baptized. Enjoy a meal with only white and gold foods. Post an Alleluia sign on your front door. Bring Easter flowers to your neighbors. Have an Easter egg hunt on the eighth day of Easter Time. Grill some fish to remind you of the Emmaus story. Send your godparents a thank-you note for their support. Invite a newly initiated member of your parish to sit with you at Mass.

# Living the Liturgy at Home

## Second Sunday of Easter / Divine Mercy Sunday



### Scripture Readings

Acts 4:32–35

Psalm 118:2–4, 13–15, 22–24 (1)

1 John 5:1–6

John 20:19–31

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### Examination of Conscience

- ☉ What are some practical steps and spiritual observances that I can cultivate to help strengthen my faith life?
- ☉ How often do I seek God's mercy by partaking in the sacrament of Reconciliation?

### Faith in Action

Doubt seems to be a natural human reaction, especially when it comes to matters of faith. Think of people in your family or friends of yours who have real doubts of faith. Pray that they may be able to have a conversion of faith. Discuss with your parents what your own doubts might be and how you can work toward strengthening your faith. Talk about those you know who have their own doubts and how you can reach out to them. Perhaps you can invite them to join you for Sunday Mass. Try to share the Good News of Christ that you have come to know with them.

### ? Did You Know?

. . . that today is the Octave of Easter, the eighth day of Easter, and is known as Divine Mercy Sunday? The name comes from a revelation by Christ to St. Maria Faustina Kowalska, a Polish nun who was canonized in 2000 by St. John Paul II. Today's feast celebrates the bountiful mercy God bestows on those who sincerely seek forgiveness.

# Living the Liturgy at Home

## Third Sunday of Easter



### Scripture Readings

Acts 3:13–15, 17–19

Psalm 4:2, 4, 7–8, 9 (7a)

1 John 2:1–5a

Luke 24:35–48

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### Examination of Conscience

- ☉ The mission of all Christians is to be a witness to God's love. How do I carry out this mission?
- ☉ Sometimes doubt or fear creeps in the heart and weakens faith. Do I sometimes feel unsettled by doubt or fear? To whom can I turn to help me feel more at peace and trust in the Lord?

### Faith in Action

We all say we want peace. Are we willing to do the work needed to be a true peacemaker? Do we speak or act in the ways of peace? Are our thoughts peaceful? This week, be intentional about promoting peace around you. Set an example by not engaging in gossip, not criticizing or putting others down, or walking away from heated arguments. Pray every day for peace in the world. In what other ways can you promote peace?

### ?? Did You Know?

. . . that throughout Easter Time, we rejoice in our Baptism and our membership in the Church? At Mass during this liturgical season, we may celebrate a Sprinkling Rite instead of the Penitential Rite. We are sprinkled with holy water to remind us of our Baptism.

# Living the Liturgy at Home

## Fourth Sunday of Easter



### Scripture Readings

Acts 4:8–12

Psalm 118:1, 8–9, 21–23, 26, 28,  
29 (22)

1 John 3:1–2

John 10:11–18

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### Examination of Conscience

☉ Jesus uses the image of the Good Shepherd to describe his relationship with us. How does this image resonate with me as a Catholic Christian? Am I able to trust in Jesus as my Good Shepherd? If so, why? If not, why not?

☉ Jesus exemplifies servant leadership. How might I help guide others in their own faith lives as a companion on the journey of faith?

### Faith in Action

Parents are called to be good shepherds for their children. God calls children to recognize and respect their parents' authority and to work together for the good of the family. How have your parents guided you? How have you shown respect for them and trusted in their guidance?

### ? Did You Know?

. . . that the first people to whom the birth of Jesus was announced by an angel were shepherds tending their sheep? These shepherds would have known exactly what it took to be a good shepherd for those sheep in their care. They responded to this good news and joyfully paid homage to the newborn King, Jesus.

# Living the Liturgy at Home

## Fifth Sunday of Easter



### Scripture Readings

Acts 9:26–31

Psalm 22:26–27, 28, 30,  
31–32 (26a)

1 John 3:18–24

John 15:1–8

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### Examination of Conscience

- ☉ What are the dead branches, the major things in my life that need to be cut away so that I can be more alive in Christ?
- ☉ What needs to be pruned? What has been life giving but needs to be tended to so that I can continue to bear good fruit?

### Faith in Action

Construct a “family vine” at home to help guide you and your family to serve as disciples of Jesus better. Using a large poster board and markers, draw a picture of a green vine that is representative of Jesus connecting all of us. Invite your family to join you in drawing various branches that spring from this vine. Use the color brown to represent branches that are not giving good fruit and need to be cut out entirely. Use green for branches that are producing good fruit but that need pruning so that they can continue to bear these fruits. On each of these branches, both brown and green, write a little description of what it represents.

### ?? Did You Know?

. . . that the image of a vine would have been very familiar in Jesus’ time? Grapes were harvested to eat and used to make wine. Wine was part of Jesus’ table fellowship, including his first miracle, at Cana. At the Last Supper, the grape achieves its highest purpose: becoming the Blood of Christ.

# Living the Liturgy at Home

## Sixth Sunday of Easter



### Scripture Readings

Acts 10:25–26, 34–35, 44–48

Psalm 98:1, 2–3, 3–4 (see 2b)

1 John 4:7–10

John 15:9–17

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### Examination of Conscience

☉ “Others” refers to everyone in the world, not just people we know or our family and loved ones. Is it challenging to live Jesus’ instruction to love others in the same way he unconditionally loves us?

☉ How would my life be different if I intentionally lived according to Jesus’ command to love?

### Faith in Action

What brings your family joy? Spend some time this week together and explore this question. Perhaps turn off the television and put away other electronics for an evening to talk about this question and discern together what it is that brings joy to your life together. If you have difficulty thinking of something, offer a prayer together to God, asking that you all may be open to receiving God’s grace and joy. Talk about how you as a family may be able to spread this joy with others. In your love for one another, ask the Holy Spirit for an abundance of this particular fruit of the Holy Spirit: joy.

### ? Did You Know?

. . . that a beautiful way to think about who God is comes from the First Letter of John? “God is love, and whoever remains in love remains in God and God in him” (1 John 4:16). The original Greek word used for love here is *agape*, which refers to a love that is complete self-gift to another.

# Living the Liturgy at Home

## Solemnity of the Ascension of the Lord



### Scripture Readings

Acts 1:1–11

Psalm 47:2–3, 6–7, 8–9 (6)

Ephesians 4:1–13 or 4:1–7,  
11–13 or 1:17–23

Mark 16:15–20

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### ?? Did You Know?

. . . that the Church celebrates Christ's Ascension into heaven on the Thursday following the Sixth Sunday in Easter? In the United States, however, the majority of dioceses transfer this celebration to the following Sunday, replacing the Seventh Sunday of Easter on the local Church's calendar.

### Examination of Conscience

☉ Jesus' departure empowers me to continue the work he started. How well do I participate in the Church's mission to spread the Good News of Christ?

☉ Do I believe that Jesus is always with me—in both good times and challenging times?

☉ Am I enthusiastic when I talk with others about Jesus? Does my attitude toward Jesus reflect my hope in Jesus?

### Faith in Action

The mission of the Church to spread the Gospel message has been at the heart of what its members have been called to do. The Holy Spirit empowers the Church to achieve this mission. In many parts of the world today, it is actually quite dangerous to live out the Christian mission. This week, read about how Christians are being treated in other parts of the world. Do some research online to find out about particular areas where Christians are persecuted for their beliefs and, in some locations, are killed and become martyrs for the faith. Pray for those Christians around the world whose faith puts them in danger.

# Living the Liturgy at Home

## Seventh Sunday of Easter



### Scripture Readings

Acts 1:15–17, 20a, 20c–26

Psalm 103:1–2, 11–12,  
19–20 (19a)

1 John 4:11–16

John 17:11b–19

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### Examination of Conscience

- ☉ Jesus appears to have absolute trust in his Father as he nears the end of his earthly life. What is my level of trust in God?
- ☉ How have I responded to God's Word, even in the midst of being hated by the world?

### Faith in Action

We are now in the final week of Easter Time. Jesus, risen from the dead and now ascended to the right hand of the Father, has promised to send his Holy Spirit to be with his followers. This week, prepare for the coming of the Holy Spirit, which we will celebrate next Sunday on Pentecost. Learn more about who the Holy Spirit is by reading sections in the *Catechism of the Catholic Church* about the Spirit. Pray to the Holy Spirit that you may receive an increase and strengthening of the seven gifts of the Spirit and the nine fruits of the Holy Spirit. Allow the Holy Spirit to fill your life.

### ? Did You Know?

. . . that when Jesus refers to the “son of destruction” in John’s account of the Gospel, he is speaking about Judas, the disciple who betrayed Jesus? There may be times when we feel betrayed. We must take care that the choices of others do not keep us from doing what is good.

# Living the Liturgy at Home

## Pentecost Sunday



### Scripture Readings

Acts 2:1–11

Psalm 104:1, 24, 29–30, 31, 34  
(see 30)

Galatians 5:16–25 or  
1 Corinthians 12:3b–7, 12–13

Sequence: *Veni,  
Sancte Spiritus*

John 15:26–27; 16:12–15 or  
20:19–23

### Prayer

Lord Jesus Christ,  
we rejoice with all of creation  
because you have risen from the dead.  
As we celebrate the fifty days of Easter,  
help us to understand the meaning  
of your empty tomb:  
death does not have the last word;  
light will triumph over darkness;  
sadness will be conquered by hope.  
Make us people of life, light, and hope,  
and show us how to share our  
Christian joy with others.  
You live and reign with God the Father  
in the unity of the Holy Spirit,  
one God for ever and ever.  
Amen. Alleluia!

### ? Did You Know?

. . . that Pentecost is considered the birthday of the Church? Having received the Holy Spirit, Jesus' disciples could begin the work of bringing the Good News to all nations.

### Examination of Conscience

☉ What gifts of service have I received from the Holy Spirit? How well am I using them right now?

☉ Ponder the seven gifts of the Holy Spirit: wisdom, understanding, right judgment, courage, knowledge, reverence, wonder and awe. Which of these do I already practice? Which of these do I need to put into practice?

### Faith in Action

The coming of the Holy Spirit at Pentecost empowered the disciples to go out into the world to share the Good News of Christ and to work for others. Since you have been gifted with the power of the Holy Spirit through your Baptism, go out into your world this week to make a difference. With your family or friends, go to a homeless shelter, a nursing home, a daycare for young children, etc. Spend some time doing good work for others and bringing some joy to their lives.

# Living the Liturgy at Home

## Second Sunday in Ordinary Time



### Scripture Readings

1 Samuel 3:3b–10, 19  
Psalm 40:2, 4, 7–8, 8–9, 10 (8a, 9a)  
1 Corinthians 6:13c–15a, 17–20  
John 1:35–42

### Prayer

Lord Jesus Christ,  
you said to the Apostles,  
“Come, follow me.”  
You say the same words to us,  
today and every day.  
Help us to follow you faithfully:  
to walk in the way  
of your commandments,  
to help those who are struggling,  
and to love all people  
as you love them.  
May we rejoice in your presence  
with us  
as we work to build up  
the Kingdom of God,  
where you live and reign  
with the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### ?? Did You Know?

. . . that a simple fisherman named Simon went on to become Peter, one of the Apostles of Jesus Christ? Peter set down his fishing nets and became “the rock” on whom Jesus built his Church. Peter led the Christian community after Jesus’ Ascension into heaven, making him the first pope of the Church.

### Examination of Conscience

- ☉ Jesus is constantly inviting me to deeper discipleship with him. How do I respond to his invitation? Do I get up and follow him?
- ☉ Do I welcome the faith witness of others so that I myself can welcome the call to discipleship? How open am I to listening to what they have to share?

### Faith in Action

At a family dinner this week, discuss what it means to listen. Use these questions for discussion prompts, if needed:

- ☉ How do you listen well?
- ☉ How easy is it to listen?
- ☉ How often do you forget to listen during the day?
- ☉ When is it important to listen?
- ☉ What happens when you don’t hear what someone else is saying?
- ☉ Why is it important to listen for the voice of God every single day?

# Living the Liturgy at Home

## Third Sunday in Ordinary Time



### Scripture Readings

Jonah 3:1–5, 10

Psalms 25:4–5, 6–7, 8–9 (4a)

1 Corinthians 7:29–31

Mark 1:14–20

### 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.

### ?? Did You Know?

. . . that the Sea of Galilee is the largest freshwater lake in modern-day Israel? It remains an important site for commercial fishing, the same industry in which the earliest disciples were working when Jesus called them. The sea is also Israel's most important source of drinking water.

### Examination of Conscience

☉ What keeps me from wholeheartedly following Jesus' call in my life? How can I move these obstacles out of my way so I can go and see where Jesus is calling me to follow him?

☉ Do I listen and reflect each week on the Gospel to learn more about Christ?

### Faith in Action

Many parishes invite missionaries to share their experiences and make an appeal for prayers and financial support. Ask your pastor when a missionary will next visit your community. If you can, find out which religious order he or she belongs to and what country he or she is serving. Research the country, the people, the culture, and the missionary work done there, and find out the characteristics of the missionary order. When the missionary arrives, spend time before or after Mass welcoming him or her and asking questions based on your research.

# Living the Liturgy at Home

## Fourth Sunday in Ordinary Time



### 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

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



### 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.

### ?? 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.

### Examination of Conscience

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

# Living the Liturgy at Home

## Sixth Sunday in Ordinary Time



### Scripture Readings

Leviticus 13:1–2, 44–46

Psalm 32:1–2, 5, 11 (7)

1 Corinthians 10:31—11:1

Mark 1:40–45

### 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

☉ What prayer of mine was answered in a way I did not expect? What did I discover about faith and about how God answered my request?

☉ Who in my life seems to be, like the leper in today's Gospel, on the outside looking in? How can I help them?

### Faith in Action

Learn more about St. Damien of Molokai, who cared for those who had leprosy. Read more about him on a website on the saints or find a video about his life. Talk with your family about how St. Damien's actions, inspired by Christ, gave relief to people who were suffering.

### ? Did You Know?

. . . that leprosy is a disease that persists to our day? This disease continues to spread in some parts of the world because many people do not have access to the care and medicines they need. Medicines to treat leprosy have been available, however, since the 1940s.

# Living the Liturgy at Home

## Seventh Sunday in Ordinary Time



### Scripture Readings

Isaiah 43:18–19, 21–22,  
24b–25

Psalms 41:2–3, 4–5, 13–14 (5b)

2 Corinthians 1:18–22

Mark 2:1–12

### 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

☉ Do I sometimes feel paralyzed by fears or by lack of energy? Do I allow the strength of Jesus to take over?

☉ Jesus gives us new life by forgiving our sins. In doing this he is encouraging us not just to forgive others but first to forgive ourselves. If we do, we learn to live at peace that we are human beings and make mistakes. When was the last time I received Jesus' healing forgiveness in the sacrament of Reconciliation?

### Faith in Action

We hurt each other in so many ways. We are thoughtless in our words and actions, sometimes before we are even aware we are being unkind. Your parents and other caring adults have taught you about forgiveness and God's unconditional and healing love. When you hurt others, apologize and reach out in forgiveness and love. Ask God for the grace to help you control your anger and frustration.

### ?? Did You Know?

. . . that Jesus' healing would have restored people to the community? Often people who were ill or permanently injured were set apart from their neighbors. In healing them, Jesus restores them to their place in society.

# Living the Liturgy at Home

## Eighth Sunday in Ordinary Time



### Scripture Readings

Hosea 2:16b, 17b, 21–22

Psalm 103:1–2, 3–4, 8, 10,  
12–13 (8a)

2 Corinthians 3:1b–6

Mark 2:18–22

### Prayer

God of the covenant,  
from the time of Abraham and Moses  
until today,  
you have been faithful to your people.  
Even when we have wandered far from  
your ways,  
you remain close to us,  
to guide us, protect us,  
and make us your own people.  
May your children listen to your Word  
and rejoice to walk in your ways.  
We ask this through Christ our Lord.  
Amen.

### Examination of Conscience

- ☉ Have I ever felt some discomfort when trying something new? What was it? How did I respond?
- ☉ What are some strategies that can help me listen for God's voice and be open to the unexpected?

### Faith in Action

God has come down to live with us and it has changed everything. Because this is the only world we have ever known, it can be easy to forget how incredible this gift is. This week, do something to acknowledge the gift of God's actual presence here with us. Spend a few minutes praying before the tabernacle, attend daily Mass, or find a time when Eucharistic Adoration is offered in your community. Celebrate the great gift of the bridegroom because he is here with us.

### ?? Did You Know?

. . . that the Pharisees wanted to live lives of holiness, which they felt was best done by upholding the Law of Moses rigorously? Jesus challenged their understanding of what it means to live a life of holiness, and so we often see them disagree in Scripture. The Pharisees were living their lives based on the best knowledge of their time. Then Jesus came and revealed something completely new!

# Living the Liturgy at Home

## Ninth Sunday in Ordinary Time



### Scripture Readings

Deuteronomy 5:12–15

Psalm 81:3–4, 5–6, 6–8,  
10–11 (2a)

2 Corinthians 4:6–11

Mark 2:23—3:6 or 2:23–28

### 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

☉ Mother Teresa said, “If you judge people you have no time to love them.” Do I think this is true? How might I judge less and love more?

☉ Jesus challenges us to look at how we are living. Do I set aside time to work on my relationship with God? How?

### Faith in Action

It is very easy to judge people who are living differently than we are. Think of people who are homeless, undocumented, recovering from addiction, imprisoned, or single parents or divorced. Do some research on how you can support these individuals.

### ?? Did You Know?

. . . that the very first words that Jesus speaks in the Gospel of Mark focus on the coming of the Kingdom of God? The coming of the Kingdom is of utmost importance.

# Living the Liturgy at Home

## Tenth Sunday in Ordinary Time



### Scripture Readings

Genesis 3:9–15

Psalm 130:1–2, 3–4, 5–6,  
7–8 (7bc)

2 Corinthians 4:13—5:1

Mark 3:20–35

### Prayer

Lord Jesus Christ,  
you said to the Apostles,  
“Come, follow me.”  
You say the same words to us,  
today and every day.  
Help us to follow you faithfully:  
to walk in the way  
of your commandments,  
to help those who are struggling,  
and to love all people  
as you love them.  
May we rejoice in your presence  
with us  
as we work to build up  
the Kingdom of God,  
where you live and reign  
with the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### Examination of Conscience

☉ What draws me particularly to Jesus? What aspects of his message are challenging for me to follow?

☉ Do I recognize others in the Church as my brothers and sisters in Christ? How do I respond to people who bother or annoy me? How might I be able to love them better?

### Faith in Action

We enter into the family of God by the waters of Baptism. Recall the recent Baptisms of your family members. As you pore over photos or video, talk about how and why godparents were chosen for each person. Discuss the reason for choosing each person’s name. Talk about how each person acted as “light to the world” that day. You may want to look at the baptismal candle and white garment worn by those baptized. Check your parish bulletin for the names of children who have been recently baptized and remember to pray for them and their families.

### ? Did You Know?

. . . that the word *Ordinary* in Ordinary Time tells us the order of the weeks? Ordinal numbers are first, second, third, and so on.

# Living the Liturgy at Home

## Eleventh Sunday in Ordinary Time



### Scripture Readings

Ezekiel 17:22–24

Psalm 92:2–3, 13–14, 15–16  
(see 2a)

2 Corinthians 5:6–10

Mark 4:26–34

### 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.

### ? Did You Know?

. . . that St. Thérèse of Lisieux is known for her “little way”? During her life, she constantly looked for “little ways” to share Christ’s love with her family and the sisters in her community. She believed that acting with love in small ways helps us grow in holiness.

### Examination of Conscience

☉ What have I done with the seeds that have been planted in me to help bring forth the Kingdom of God? How can I help others to grow the seeds they have been given?

☉ What would help my own faith to grow? How does prayer or having a role model in the faith help it to flourish?

### Faith in Action

Jesus sent the Holy Spirit to his disciples to help them in their mission of spreading the Good News of Jesus and to help usher in the Kingdom of God. As a disciple of Jesus and one who was baptized in the name of the Father, Son, and Holy Spirit, you share in this mission toward the Kingdom. Every time we pray the Our Father, we say the words, “thy kingdom come.” Talk with your family about what those words really mean. Why do we pray for the Kingdom to come? What are we called to do individually and as a family to build God’s Kingdom? Pray that God may continue to bless you with the Holy Spirit’s guidance.

# Living the Liturgy at Home

## Twelfth Sunday in Ordinary Time



### Scripture Readings

Job 38:1, 8–11

Psalm 107:23–24, 25–26,  
28–29, 30–31 (1b)

2 Corinthians 5:14–17

Mark 4:35–41

### 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

☉ What is my first reaction when I am afraid?  
Does my fear lead me to despair or to Jesus?

☉ When things in my life are not going well, do  
I accuse Jesus of not caring about me? Do I blame  
others for causing difficulties in my life?

### Faith in Action

This week, have each family member share a  
time when he or she was afraid. How were his or  
her fears calmed? How can Jesus bring peace  
and calm in the family?

### ?? Did You Know?

. . . that faith is a combination of knowledge and  
trust? When we learn more about God—Father,  
Son, and Holy Spirit—our trust in God deepens.  
Reading the Bible, sharing faith with friends,  
learning about saints, and celebrating the sacra-  
ments are some of the ways of knowing God better.

# Living the Liturgy at Home

## Thirteenth Sunday in Ordinary Time



### Scripture Readings

Wisdom 1:13–15; 2:23–24

Psalm 30:2, 4, 5–6, 11, 12,  
13 (2a)

2 Corinthians 8:7, 9, 13–15

Mark 5:21–43 or 5:21–24,  
35b–43

### 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

- ☉ Do I ridicule or make jokes about those who show their faith in public?
- ☉ Do I believe that there is life after death? Do I trust that Jesus Christ cares for all of my needs, in this world and in the next?

### Faith in Action

Psychologists say that touch is the first sense we use. As infants, we come to know and trust our caregivers in the ways they hold us. This week, pay attention to the ways in which people touch you and your feelings when you are touched. Handshakes, hugs, a squeeze on the shoulder, or a pat on the back are among the ways in which we talk without using words. A nudge says, “Move over,” and a shoulder shrug can discourage further touch. With your family, talk about how we can use touch to communicate our care for others. Include a conversation about the best ways to set clear boundaries to discourage unwanted or inappropriate contact.

### ?? Did You Know?

. . . that when Jesus heals and performs other miracles, he offers glimpses of what the Kingdom will be in its fullness? In Jesus’ healing miracles, we see the possibility of a world without illness and injury.

# Living the Liturgy at Home

## Fourteenth Sunday in Ordinary Time



### Scripture Readings

Ezekiel 2:2–5

Psalm 123:1–2, 2, 3–4 (2cd)

2 Corinthians 12:7–10

Mark 6:1–6

### Prayer

God of the covenant,  
from the time of Abraham and Moses  
until today,  
you have been faithful to your people.  
Even when we have wandered far from  
your ways,  
you remain close to us,  
to guide us, protect us,  
and make us your own people.  
May your children listen to your Word  
and rejoice to walk in your ways.  
We ask this through Christ our Lord.  
Amen.

### Examination of Conscience

- ☉ What choices did I make this week that drew me closer to God?
- ☉ What choices did I make this week that led me to reject or turn away from God?

### Faith in Action

Who challenges your faith? Perhaps you have a classmate who always wants to argue with you about religion or a friend who never seems to understand the choices you make. This week, consider how you typically interact with that person. Do you get angry? Do you lash out with insults? Look at your typical response in light of Jesus' attitude in this Sunday's Gospel. Could you accept this person as he or she is and continue to treat him or her with respect without needing to become combative or upset? What difference do you think that attitude might make?

### ? Did You Know?

... that the Gospel of Mark is considered to be the earliest composed of the Gospels?

# Living the Liturgy at Home

## Fifteenth Sunday in Ordinary Time



### Scripture Readings

Amos 7:12–15

Psalms 85:9–10, 11–12, 13–14 (8)

Ephesians 1:3–14 or 1:3–10

Mark 6:7–13

### Prayer

Lord Jesus Christ,  
you said to the Apostles,  
“Come, follow me.”  
You say the same words to us,  
today and every day.  
Help us to follow you faithfully:  
to walk in the way  
of your commandments,  
to help those who are struggling,  
and to love all people  
as you love them.  
May we rejoice in your presence  
with us  
as we work to build up  
the Kingdom of God,  
where you live and reign  
with the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### Examination of Conscience

- ☉ Do I participate in the mission as a disciple of Jesus?
- ☉ Which point of the mission of the Apostles is more important for us today? Why?

### Faith in Action

Remember missionaries abroad and in the United States in your prayers this week. If you know anyone who is serving as a missionary, pray for that person. Pray for all those who travel to distant places in order to help those in need. You might research Catholic missionaries online and find some photos of people doing missionary work. Either print them and place them in your prayer space or display it as wallpaper on your phone or computer monitor. Let the images remind you to keep missionaries in your prayers.

### ?? Did You Know?

. . . that one of the Church’s most famous missionaries is St. Teresa of Calcutta? Teresa was born in Albania, and from a young age, she knew that she wanted to become a missionary. She was sent to India, where she served the poor for the rest of her life. She founded her own order of missionary sisters, the Missionaries of Charity.

# Living the Liturgy at Home

## Sixteenth Sunday in Ordinary Time



### Scripture Readings

Jeremiah 23:1–6

Psalms 23:1–3, 3–4, 5, 6 (1)

Ephesians 2:13–18

Mark 6:30–34

### 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

☉ Do I ever listen for Jesus' voice in times of worry or stress?

☉ How do I tell others something about my faith or my religion? Do I enlist a partner when I try to evangelize?

### Faith in Action

The disciples in this week's Gospel may have been surprised to see Jesus continue working to help the crowds, even though it was supposed to be time to take a break. Jesus never tired of doing good things for others, and he wanted his disciples to follow his example. This week, take whatever good you already do for others and bring it to a new level. If you usually offer one dollar in the collection basket, give three. If you usually bring your neighbor's newspaper up to the front porch a few days a week, resolve to do it every single day. How does it feel to go the extra mile? Did others notice or comment on what you did?

### ?? Did You Know?

. . . that this passage from Mark occurs before the miracle of the multiplication of the loaves and fish? Instead of resting with his disciples, Jesus begins to teach the crowds that followed them. Reading the entire story can help you to understand how all the passages fit in relation to one another.

# Living the Liturgy at Home

## Seventeenth Sunday in Ordinary Time



### Scripture Readings

2 Kings 4:42–44

Psalm 145:10–11, 15–16, 17–18  
(see 16)

Ephesians 4:1–6

John 6:1–15

### Prayer

God of the covenant,  
from the time of Abraham and Moses  
until today,  
you have been faithful to your people.  
Even when we have wandered far from  
your ways,  
you remain close to us,  
to guide us, protect us,  
and make us your own people.  
May your children listen to your Word  
and rejoice to walk in your ways.  
We ask this through Christ our Lord.  
Amen.

### Examination of Conscience

☉ How well did I do at listening to Jesus this week, especially when the choices I faced were difficult or tempting?

☉ Have I remembered to give thanks to God for all his blessings, mindful that God will always provide for our needs?

### Faith in Action

The experience of hunger can be physical or spiritual or emotional. What can you do this week to feed someone who is hungry? Perhaps you can use some of your own money to buy nonperishable food for a food pantry. Or you might give the gift of your presence and companionship to someone who is lonely or sad or feeling frustrated and overwhelmed.

### ?? Did You Know?

. . . that if you have a hard time understanding Jesus' teachings, you are not alone? Jesus' disciples also struggled to understand him. After Jesus fed the five thousand, the disciples saw him walking on the sea and were frightened. The Gospel according to Mark tells us that the disciples had not understood what happened with the loaves and fish.

# Living the Liturgy at Home

## Eighteenth Sunday in Ordinary Time



### Scripture Readings

Exodus 16:2–4, 12–15

Psalm 78:3–4, 23–24, 25, 54  
(24b)

Ephesians 4:17, 20–24

John 6:24–35

### Prayer

God of the covenant,  
from the time of Abraham and Moses  
until today,  
you have been faithful to your people.  
Even when we have wandered far from  
your ways,  
you remain close to us,  
to guide us, protect us,  
and make us your own people.  
May your children listen to your Word  
and rejoice to walk in your ways.  
We ask this through Christ our Lord.  
Amen.

### Examination of Conscience

☉ Do I place my focus on other sources  
of inspiration in my life, aside from Jesus?  
What can I filter out of my life so that I can be  
more attentive to Jesus' call?

☉ What does it mean to believe in Jesus?  
How might I share this belief with others?

### Faith in Action

Trusting that God will provide for all of our  
needs can be a challenge. The world tells us that  
we need many things, but for followers of Jesus,  
sharing what we have and using our talents for  
the good of the community is more important  
than having a lot of things. Just as Jesus took  
care of his followers in the story of the loaves  
and fishes, we trust that God will provide for  
our needs. This week, spend time as a family  
comparing what the world says we need with  
your family's real needs. Talk about the ways in  
which you can share your gifts so others feel  
more content and satisfied. Ask God to give your  
family all you need to live happy and holy lives.

### ?? Did You Know?

. . . that the Church reads the Bible typologically?  
This means that we read about events in salvation  
history through the lens of the life, death, and  
Resurrection of Jesus Christ. We read the manna  
in the desert as a prefiguration of the Eucharist.

# Living the Liturgy at Home

## Nineteenth Sunday in Ordinary Time



### Scripture Readings

1 Kings 19:4–8

Psalm 34:2–3, 4–5, 6–7,  
8–9 (9a)

Ephesians 4:30—5:2

John 6:41–51

### 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

☉ When have I doubted Jesus' message for me?  
Why did I doubt?

☉ How does today's Gospel help me to understand  
better the significance of the Eucharist? Am  
I aware of the great gift I am given when I receive  
the Body and Blood of Christ?

### Faith in Action

Even though physical bread, like the manna  
that the Israelites ate in the desert, does not  
fulfill our hunger for eternal life, as Jesus the  
Bread of Life does, it is still needed for physical  
sustenance in this life. Is there a local food bank  
or soup kitchen in your community that could  
use some assistance? Arrange a time in the  
near future when a group of your friends or  
family can go to serve those in need. Afterward,  
gather with those who joined you and discuss  
the volunteering experience. In what way did  
this service help you all become more aware  
of God and how he nourishes us?

### ?? Did You Know?

. . . that when Jesus says "I AM" in the Gospel of  
John, he calls to mind God speaking to Moses in  
the burning bush? He is revealing something about  
Himself: that he is the Son of God.

# Living the Liturgy at Home

## Twentieth Sunday in Ordinary Time



### Scripture Readings

Proverbs 9:1–6

Psalm 34:2–3, 4–5, 6–7 (9a)

Ephesians 5:15–20

John 6:51–58

### 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

☉ The true food and true drink that will lead us to everlasting life is the Body and Blood of Christ. How can I better prepare myself on a weekly basis for receiving Christ's Body and Blood in the Eucharist?

☉ What is changed in me after I receive the Eucharist, knowing I am always invited to participate in the eternal life offered by Christ?

### Faith in Action

Think back to your First Holy Communion. Ask your parent(s) to share memories of the experience of celebrating the sacrament of Eucharist for the first time. Were you nervous? Were there particular moments that you can clearly remember? Then, explore how your understanding of Eucharist has developed since that time. Ask your parent(s) to compare the experience of receiving the Eucharist today to that first time and how the experience and understanding of Eucharist has developed over the years.

### ?? Did You Know?

. . . that the Eucharist is the source and summit of our faith? It provides us with food for the journey, the grace to live out our call from God, our Christian vocation.

# Living the Liturgy at Home

## Twenty-First Sunday in Ordinary Time



### Scripture Readings

Joshua 24:1–2a, 15–17, 18b  
Psalm 34:2–3, 16–17, 18–19,  
20–21 (9a)  
Ephesians 5:21–32 or 5:2a,  
25–32  
John 6:60–69

### Prayer

Lord Jesus Christ,  
you said to the Apostles,  
“Come, follow me.”  
You say the same words to us,  
today and every day.  
Help us to follow you faithfully:  
to walk in the way  
of your commandments,  
to help those who are struggling,  
and to love all people  
as you love them.  
May we rejoice in your presence  
with us  
as we work to build up  
the Kingdom of God,  
where you live and reign  
with the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### Examination of Conscience

- ☉ When given the choice to follow Jesus versus abandoning the path of discipleship, what direction do I choose to go in my own life? Which option is easier for me?
- ☉ What are the specific challenges that I face in my own journey of discipleship?

### Faith in Action

Engage your family in a discipleship challenge. Sometime this week, gather your family members together. Reread today’s Gospel passage and break it open together. Place yourselves in the story and discuss how you would have responded in this situation. Would you have left Jesus and gone back to your previous way of life, joining with those who did that in this Gospel reading, or would you have continued to accompany him and follow him on his journey? Then, discuss ways that your family can continue to support one other in discipleship, choosing to continue to follow Christ along the path.

### ?? Did You Know?

. . . that one Roman charge against the early Christians was cannibalism? John tells us that many of those gathered around Jesus did not understand what he was saying and went away. Peter stays because Jesus has the words of eternal life.

# Living the Liturgy at Home

## Twenty-Second Sunday in Ordinary Time



### Scripture Readings

Deuteronomy 4:1–2, 6–8

Psalm 15:2–3, 3–4, 4–5 (1a)

James 1:17–18, 21b–22, 27

Mark 7:1–8, 14–15, 21–23

### Prayer

God of the covenant,  
from the time of Abraham and Moses  
until today,  
you have been faithful to your people.  
Even when we have wandered far from  
your ways,  
you remain close to us,  
to guide us, protect us,  
and make us your own people.  
May your children listen to your Word  
and rejoice to walk in your ways.  
We ask this through Christ our Lord.  
Amen.

### Examination of Conscience

- ☉ When am I hypocritical in my actions and thoughts? (Do an examination of conscience and explore why.)
- ☉ What negative tendencies well up from within myself? How can I guard against giving in to these tendencies or temptations in my life? Reflect on this.

### Faith in Action

At dinner this week, discuss family traditions. Use some of these questions as a guideline for your discussion: What are some of the special family traditions that are connected with holidays? Within these holiday traditions, are there particular foods and drinks that help to shape the traditions? Are these traditions connected directly with our ethnic and religious background? Are there traditions that we used to celebrate as a family that have, for one reason or another, stopped being practiced in recent years? If so, why?

### ?? Did You Know?

. . . that in challenging the purity customs of his time, Jesus laid the groundwork for the ministry to the Gentiles. While Jesus was born Jewish, he came for all people of all times.

# Living the Liturgy at Home

## Twenty-Third Sunday in Ordinary Time



### Scripture Readings

Isaiah 35:4–7a

Psalm 146:7, 8–9, 9–10 (1b)

James 2:1–5

Mark 7:31–37

### 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.

### ?? Did You Know?

. . . that because we are all one in Jesus, when one member of the Body of Christ suffers, all suffer. When someone ceases to practice the faith, the Body of Christ is lacking because of that person. We are all one in the Lord.

### Examination of Conscience

- ☉ In what ways am I deaf to Jesus' message in my life? In what ways do I remain mute to proclaiming the Gospel to others?
- ☉ How might I better prepare to listen to Jesus' Good News and share this with others?

### Faith in Action

When we are blessed to be able to use all five senses, we sometimes take for granted the ways that we are able to experience the world around us. The world may be experienced in a vastly different way when senses are limited, such as being blind, deaf, or mute. If there is one available in your community, seek out a Mass that has sign language available for those who are hearing impaired. Sit near where the sign language interpreter is located and follow along with the language that is being shared throughout the liturgy. Imagine what it would be like to not be able to hear the words that are spoken during Mass.

# Living the Liturgy at Home

## Twenty-Fourth Sunday in Ordinary Time



### Scripture Readings

Isaiah 50:4c–9a

Psalm 116:1–2, 3–4, 5–6,  
8–9 (9)

James 2:14–18

Mark 8:27–35

### 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

☉ Discipleship takes commitment and sacrifice.  
What are the crosses in my life that I need to take  
up to follow Jesus?

☉ Are there obstacles in my life that keep  
me from fully taking up those crosses and  
following him?

### Faith in Action

Jesus was curious to know what people were saying about him and even more concerned to know what the disciples understood. This week, ask some of your friends if they know who Jesus is, and find out what they know about him. Some of your friends may belong to other Christian churches or other faith traditions. Converse with them about how they know Jesus and what they believe about him. Try to share what you know, and seek to learn more from what you hear.

### ? Did You Know?

. . . that many great saints have at times questioned difficult teachings? For example, St. Teresa of Calcutta admitted to loneliness and isolation from God at times in her life, but she always remained faithful to her calling.

# Living the Liturgy at Home

## Twenty-Fifth Sunday in Ordinary Time



### Scripture Readings

Wisdom 2:12, 17–20

Psalm 54:3–4, 5, 6–8 (6b)

James 3:16—4:3

Mark 9:30–37

### 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

- ☉ When am I overcome by pride and feel as though I am better than others are? What aspects of my character lead me to fall in to this trap?
- ☉ How can I better serve others? Who are the people in my life who need a little more help from me? How might I focus on helping them out more?

### Faith in Action

Jesus teaches us this week what true power and greatness look like. It is in humbling ourselves and serving others that we can achieve our fullest potential of greatness as humans. Write in a journal about who could benefit when you serve them. Perhaps it's someone you encounter on the street; you may not know him or her personally, but they could be someone who could benefit from your service. Pray for them, and then take action.

### ?? Did You Know?

. . . that Sts. Louis and Zelig Martin are the first married couple to be canonized together? They were serious about offering their children to God, and they raised a saint and Doctor of the Church: St. Thérèse!

# Living the Liturgy at Home

## Twenty-Sixth Sunday in Ordinary Time



### Scripture Readings

Numbers 11:25–29

Psalm 19:8, 10, 12–13, 14 (9a)

James 5:1–6

Mark 9:38–43, 45, 47–48

### Prayer

Lord Jesus Christ,  
you said to the Apostles,  
“Come, follow me.”  
You say the same words to us,  
today and every day.  
Help us to follow you faithfully:  
to walk in the way of  
your commandments,  
to help those who are struggling,  
and to love all people as you  
love them.  
May we rejoice in your presence  
with us  
as we work to build up the  
Kingdom of God,  
where you live and reign with  
the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### ?? Did You Know?

. . . that there have been many child saints?  
St. Maria Goretti, Sts. Jacinta and Francisco  
Marto, and St. Jose Luis Sanchez del Rio are just  
a few you might like to research.

### Examination of Conscience

☉ Are there people in my life whom I have a tendency to judge, perhaps unfairly? What is it within me that leads me to be judgmental of them?

☉ Is there any part of my life that I need to “cut out” to become a better person? Is there something I can change to help myself grow into the person God calls me to be?

### Faith in Action

What aspects of your life need purification in order to avoid sin? What are some habits that take you down a wrong path? Check with your parish to see when the sacrament of Reconciliation is offered and plan to go to confession at that time. Beforehand, spend some time doing a full examination of conscience. The United States Conference of Catholic Bishops offers a good series of questions that you can use to examine your conscience. You can check them out at <http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience.cfm>. Spend some time in prayer with these.

# Living the Liturgy at Home

## Twenty-Seventh Sunday in Ordinary Time



### Scripture Readings

Genesis 2:18–24

Psalm 128:1–2, 3, 4–5, 6  
(see 5)

Hebrews 2:9–11

Mark 10:2–16 or 10:2–12

### Prayer

God of the covenant,  
from the time of Abraham and Moses  
until today,  
you have been faithful to your people.  
Even when we have wandered far from  
your ways,  
you remain close to us,  
to guide us, protect us,  
and make us your own people.  
May your children listen to your Word  
and rejoice to walk in your ways.  
We ask this through Christ our Lord.  
Amen.

### ?? Did You Know?

. . . that Catholic Social Teaching helps us understand how we are to live in relationship with one another? It is grounded in a fundamental respect for each human person as unique and unrepeatable.

### Examination of Conscience

☉ How focused am I on cultivating life-giving relationships with those around me? How well do I work at fostering healthy relationships with my parents, siblings, other family members, and friends?

☉ Who are the children of God who need to be dignified and respected? How can I better assist them to live life to its fullest?

### Faith in Action

Relationships are a critical aspect of the Kingdom of God; in fact, they are at the core of what the Kingdom of God is. This week, reflect on the relationships in your life. Ask yourself: What relationships are fruitful, life giving, and positive? What makes them good and positive? What relationships in my life are strained and need some more attention? How can I work on nurturing these relationships to be more life giving? While reflecting on these questions, write your thoughts in your journal. Revisit your journal entries after a few weeks.

# Living the Liturgy at Home

## Twenty-Eighth Sunday in Ordinary Time



### Scripture Readings

Wisdom 7:7–11

Psalm 90:12–13, 14–15,  
16–17 (14)

Hebrews 4:12–13

Mark 10:17–30 or 10:17–27

### Prayer

Lord Jesus Christ,  
you said to the Apostles,  
“Come, follow me.”  
You say the same words to us,  
today and every day.  
Help us to follow you faithfully:  
to walk in the way  
of your commandments,  
to help those who are struggling,  
and to love all people  
as you love them.  
May we rejoice in your presence  
with us  
as we work to build up  
the Kingdom of God,  
where you live and reign  
with the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### Examination of Conscience

- ☉ How do I prioritize my time and activities during the week? Do I make God a priority?
- ☉ How might I be able to move my focus from various distractions to what really matters in life? What changes do I need to make?
- ☉ Who helps support me as I try to apply the Word of God to the way I live my life?

### Faith in Action

Today’s Gospel message centers squarely on shifting one’s focus from worldly possessions to living out the Gospel message. The rich man was unable to detach himself from his possessions. This week, reflect on the things you have. Which could you give up to follow Jesus? What might be harder to give up? Follow Jesus’ advice in today’s Gospel: Set aside some items that you can give away to a charity that could make use of them, or sell some items and donate the proceeds.

### ?? Did You Know?

. . . that Pope Francis has condemned what he calls “the throwaway culture,” irresponsible consumption of the world’s resources and lack of care for human beings? “No one is disposable!” he has said. He advocates for responsible consumption and just stewardship of the world’s resources.

# Living the Liturgy at Home

## Twenty-Ninth Sunday in Ordinary Time



### Scripture Readings

Isaiah 53:10–11

Psalm 33:4–5, 18–19, 20,  
22 (22)

Hebrews 4:14–16

Mark 10:35–45 or 10:42–45

### 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

- ☉ How do I listen to Jesus' call to serve others in my life?
- ☉ How do I imitate God's love by taking on a servant's attitude? How might I exemplify humility in what I do for others?

### Faith in Action

Jesus was the perfect model of service and a living witness to God's love in the world. Can the same be said of us? Do we willingly offer a hand to someone who asks? Or better yet, do we see the needs of others and respond before being asked? To live our lives this way is demanding, and this is the life Jesus calls us to. This week, resolve to do one small thing for someone else, and do it with great love.

### ?? Did You Know?

. . . that "apostolic" is one of the four marks of the Church? This means that the Church carries on the tradition of the Apostles. The bishops, through the laying on of hands from one to the next, have received their authority from the Apostles.

# Living the Liturgy at Home

## Thirtieth Sunday in Ordinary Time



### Scripture Readings

Jeremiah 31:7–9

Psalm 126:1–2, 2–3, 4–5, 6 (3)

Hebrews 5:1–6

Mark 10:46–52

### 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.

### ?? Did You Know?

. . . that it is required of us as Christians to show God's mercy to others? There are both corporal and spiritual works of mercy, all of which involve care for our brothers and sisters. If we are judging others, we will be too busy to love them, to paraphrase St. Teresa of Calcutta.

### Examination of Conscience

☉ In what ways am I blinded to the reality of the world around me? What distracts me from truly being able to see Jesus' call to follow him? What steps can I take to remove these blinders from my eyes?

☉ Am I courageous enough to be a disciple of Christ? In what ways can I foster more courage to follow Jesus?

### Faith in Action

Try this at home with your family this week. Spend one evening completely blindfolded and dependent on others to assist you with tasks or actions that you may normally take for granted: walking around your house and going from room to room; eating a meal and drinking a glass of water; finding your bedroom and getting ready for bed. Reflect on what it is like not to have your sense of sight. What would you do if you did not have someone to help you? Talk with your family members about how you think Bartimaeus would have felt prior to gaining his sight.

# Living the Liturgy at Home

## Thirty-First Sunday in Ordinary Time



### Scripture Readings

Deuteronomy 6:2–6

Psalm 18:2–3, 3–4, 47, 51 (2)

Hebrews 7:23–28

Mark 12:28b–34

### 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.

### ?? Did You Know?

. . . that some saints have been able to see the face of Christ in the suffering person to whom they were giving care? We believe that each person is the image and likeness of God and that Christ is present in a particular way in the poor. But St. Peter Claver, among others, could look at a poor person and see Jesus there plainly.

### Examination of Conscience

☉ In what ways do I love God with my entire heart, entire soul, entire mind, and entire strength? How might I better place God at the forefront of my consciousness and love?

☉ Do I love my neighbors? Are there certain people in my life that I find difficult to love?

### Faith in Action

Make it a movie night at home. Watch the film *Remember the Titans* (PG), starring Denzel Washington and Will Patton. This sports drama is about a West Virginia high school that has recently been integrated. Washington plays a football coach who is newly hired to lead a team of both white and black players who initially do not like each other. Talk about a scene in which the boys are on an early morning run. They stop at the field where the Battle of Gettysburg was fought. The coach tells his players that they may hate each other, but they will respect one another. In this Sunday's Gospel, Jesus instructs us to love the Lord God with all our heart and to love our neighbor as ourselves. Discuss whether any of the characters adhere to the Great Commandment.

# Living the Liturgy at Home

## Thirty-Second Sunday in Ordinary Time



### Scripture Readings

1 Kings 17:10–16

Psalm 146:7, 8–9, 9–10 (1b)

Hebrews 9:24–28

Mark 12:38–44 or 12:41–44

### 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.

### ?? Did You Know?

. . . that humility is one of the virtues that is associated with the cardinal virtue of temperance? Virtues are habits of goodness, and like all habits, they grow easier with practice. We practice humility when we spend less time focused on ourselves, recognizing that we are not God.

### Examination of Conscience

- ☉ What are the organizations or community that my family donates money to? Why do we donate money to these groups?
- ☉ What are the gifts that I have to share with others? How can I best share these with a group that can help many more people? If I have some money, how can I share some of this with others?

### Faith in Action

This week, be more aware of others in your family, your classmates and others in school, and the people you encounter whose names you don't know. Look for opportunities to extend yourself and offer help. People appreciate any small kindness you can offer. Watch for opportunities to do something for your family at home. If possible, do it without calling attention to yourself. Don't forget to pray for those you have helped and thank God for sending others your way. Every person you help will bless you in some way.

# Living the Liturgy at Home

## Thirty-Third Sunday in Ordinary Time



### Scripture Readings

Daniel 12:1–3

Psalm 16:5, 8, 9–10, 11 (1)

Hebrews 10:11–14, 18

Mark 13:24–32

### Prayer

God of the covenant,  
from the time of Abraham and Moses  
until today,  
you have been faithful to your people.  
Even when we have wandered far from  
your ways,  
you remain close to us,  
to guide us, protect us,  
and make us your own people.  
May your children listen to your Word  
and rejoice to walk in your ways.  
We ask this through Christ our Lord.  
Amen.

### ?? Did You Know?

. . . that Catholic Christians believe in bodily resurrection? When we recite the Niceno-Constantinopolitan Creed (commonly known as the Nicene Creed), we say: “I look forward to the resurrection of the dead and the life of the world to come.”

### Examination of Conscience

☉ If Christ’s vision for the end of the world were to become a reality tomorrow, would I be ready?

☉ The approaching season of Advent is a good time to change anything that does not help us anticipate Jesus’ coming in power and glory. What can I ask God to help me change about myself or my life during these last days of Ordinary Time?

### Faith in Action

Today’s Gospel reading is known as apocalyptic literature. It is a prophetic type of writing that describes the author’s or speaker’s visions of the end times. Talk with your parent(s) about this reading and discuss your thoughts, reactions, understandings, and questions. Explore some other apocalyptic readings in the New Testament with your parent(s): Matthew 24; Matthew 25:31–46; 2 Thessalonians 2; and the Book of Revelation. Consult a parish priest, deacon, or religious education director if you wish to explore further.

# Living the Liturgy at Home

## Solemnity of Our Lord Jesus Christ, King of the Universe



### Scripture Readings

Daniel 7:13–14

Psalm 93:1, 1–2, 5 (1a)

Revelation 1:5–8

John 18:33b–37

### Prayer

God of the covenant,  
from the time of Abraham and Moses  
until today,  
you have been faithful to your people.  
Even when we have wandered far from  
your ways,  
you remain close to us,  
to guide us, protect us,  
and make us your own people.  
May your children listen to your Word  
and rejoice to walk in your ways.  
We ask this through Christ our Lord.  
Amen.

### ?? Did You Know?

. . . that Christ the King is the last Sunday of the liturgical year? It points us toward the end of history, when God will be all in all. We hear in the Scriptures that death will be conquered forever and that there will be no more suffering or pain.

### Examination of Conscience

- ☉ In what ways can I help Jesus to build up the Kingdom of God in my life? How can I better testify to Christ's truth?
- ☉ In the Sunday Gospel Pilate and Jesus are discussing their definitions of leadership. Which type of leadership do I follow in my life? Am I like Jesus or Pilate in my daily actions?

### Faith in Action

Today is the last Sunday of the liturgical year. We start a whole new year next Sunday with the First Sunday of Advent. Today's feast really brings the entire year full circle. In recognizing and worshiping Jesus Christ the King, we have come back around to where we began this past year in preparing for the Incarnation throughout the season of Advent. To ready yourself for the coming new year and for the preparations that will be made during Advent, construct a new Advent wreath this week with your family. Be creative in how you make this wreath. Set up a prayer space for the wreath in your home that uses images that speak to you of what you will be preparing for throughout this upcoming holy season.

# Living the Liturgy at Home

## Feast of the Presentation of the Lord

February 2



### Scripture Readings

Malachi 3:1–4

Psalm 24:7, 8, 9, 10 (10b)

Hebrews 2:14–18

Luke 2:22–40 or 2:22–32

### Prayer

Lord our God,  
may we be like Mary and Joseph,  
obedient to your law,  
carrying out all that you ask of us.  
May we be like Simeon and Anna,  
trusting in your promises  
and open to your grace.  
Help us to recognize you in our midst,  
for holiness is all around us.  
We ask this through Christ our Lord.  
Amen.

### ? Did You Know?

. . . that the Feast of the Presentation of the Lord is also known as Candlemas? The start of Mass on February 2 includes a procession and blessing of candles. Candles symbolize the Light that entered our world forty days earlier, on Christmas, and continues shining today.

### Examination of Conscience

- ☉ Do I take time to listen to what the Spirit of God is telling me? Do I notice Jesus' presence in my daily life?
- ☉ How do I show others that God is present in the world? Do my words and actions reflect Christ living within me?

### Faith in Action

There is a tradition on this day to bring candles to church to have them blessed. These candles can be used during the year at home when the family gathers for prayer or when you want to honor Mary or one of the saints. Not all parishes continue this practice, but candles are still an important part of our spiritual heritage. With your parents' permission, set up a prayer table or shelf in your room or another place in the house. Put religious symbols or pictures on it along with a Bible. Complete the prayer table with a special candle.

# Living the Liturgy at Home

## Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary

March 19



### Scripture Readings

2 Samuel 7:4–5a, 12–14a, 16  
Psalm 89:2–3, 4–5, 27, 29 (37)  
Romans 4:13, 16–18, 22  
Matthew 1:16, 18–21, 24a or  
Luke 2:41–51a

### Prayer

God our Father,  
you entrusted the care of your  
incarnate Son  
to the loving care of Mary and Joseph.  
Even when he did not know  
where you were leading,  
Joseph followed your guidance;  
even when life was confusing or sad,  
he trusted in your will.  
May we be faithful and loving  
like Joseph.  
May we trust in you  
in good times and in hard times,  
knowing that you are with us always.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

☉ St. Joseph was practiced at listening for God's voice, which made it easy for him to recognize that it was God who was calling him. When do I hear God's voice most clearly? How can I make time for listening?

☉ In what ways does God work in surprising ways in my life? What is God calling me to?

### Faith in Action

Many parishes celebrate St. Joseph's feast day with a St. Joseph's table. Usually the proceeds of such an event are donated to the poor. If you are not able to attend a parish's St. Joseph's table, consider celebrating in your own home by serving a special dinner. Many bakeries sell special breads and cakes that may become part of your menu.

Or opt not to spend all the week's grocery money and donate the savings to the charity of your choice or a food pantry that serves the hungry. Remember to pray for all those who are hungry and homeless.

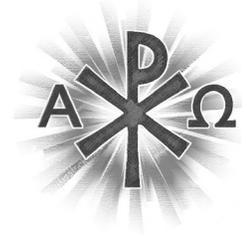
### ? Did You Know?

. . . that many saints have had great devotion to St. Joseph? One is St. Andre Bessette, who built a church in Montreal in St. Joseph's honor.

# Living the Liturgy at Home

## Solemnity of the Annunciation of the Lord

March 25



### Scripture Readings

Isaiah 7:10–14; 8:10  
Psalm 40:7–8a, 8b–9, 10,  
11 (8a, 9a)  
Hebrews 10:4–10  
Luke 1:26–38

### Prayer

God of love,  
you chose the Blessed Virgin Mary  
to be the Mother of your Son,  
and she answered yes to your call.  
Make our hearts open to your word  
and give us the courage to say yes  
to whatever you ask of us.  
May we become examples of  
God's love to all we meet.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

- ☉ When have I said yes to God in my daily actions this week?
- ☉ How can I be more mindful of the times when I'm saying no or about to say no to God in my daily actions this week?

### Faith in Action

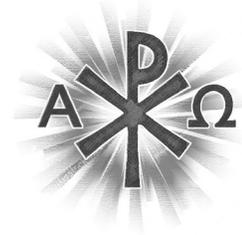
Take time this week to pray the Magnificat, the beautiful, spontaneous prayer of Mary wholeheartedly saying yes to all that God asks and gives thanks for his many blessings (Luke 1:46–55). You can find the text in the Bible, Catholic prayer books, or online.

### ?? Did You Know?

. . . that the Annunciation has inspired many artists? Fra Angelico, Dante Gabriel Rossetti, and Caravaggio are only a few examples. Look them up!

# Living the Liturgy at Home

## Solemnity of the Most Holy Trinity



Sunday after Pentecost

### Scripture Readings

Deuteronomy 4:32–34, 39–40

Psalms 33:4–5, 6, 9, 18–19, 20,  
22 (12b)

Romans 8:14–17

Matthew 28:16–20

### Prayer

Eternal God,  
by our Baptism  
“in the name of the Father,  
and of the Son,  
and of the Holy Spirit,”  
you have given us a share  
in your divine life  
and made us your sons and  
daughters.  
May we proclaim this faith  
by the way we live our lives.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

☉ Have I paid attention to the dismissal at Mass?  
What am I being charged to do?

☉ How is Jesus telling me to “go” in my own life,  
to share his Gospel message with others? Do my  
actions match my beliefs?

### Faith in Action

This week, be mindful of making the Sign of the  
Cross. Say this prayer thoughtfully and pur-  
posefully. Add the Glory Be to your prayers this  
week to celebrate the Trinity.

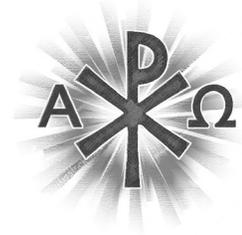
### ?? Did You Know?

. . . that the Trinity is one of the mysteries of our  
faith? We believe that God is one but with three  
distinct Persons: Father, Son, and Holy Spirit.  
The Creed articulates our faith in the Trinity.

# Living the Liturgy at Home

## Solemnity of the Most Holy Body and Blood of Christ

Sunday after Trinity Sunday



### Scripture Readings

Exodus 24:3–8

Psalm 116:12–13, 15–16,  
17–18 (13)

Hebrews 9:11–15

Sequence: *Lauda Sion*

Mark 14:12–16, 22–26

### Prayer

Lord Jesus Christ,  
out of love for us  
you gave us the gift of your  
Body and Blood  
so that we might be saved from  
our sins.  
When we celebrate the Eucharist,  
we are reminded of your death  
and Resurrection  
and we give you thanks.  
May we do what is right by  
imitating you,  
who lives and reigns with the Father  
in the unity of the Holy Spirit,  
one God,  
for ever and ever.  
Amen.

### ?? Did You Know?

. . . that on this solemnity, the community of faith often processes with the Blessed Sacrament? At the end of Mass, the priest places the Body of Christ in a display vessel called a monstrance. This is taken in procession (often outside into the streets) and ends in the church with a prayer called Benediction.

### Examination of Conscience

☉ The Church teaches that bread and wine truly become the Body and Blood of Christ in the Eucharist. How have I experienced Christ's presence when I have received Holy Eucharist?

☉ How well do I pay attention and participate during Mass? What can I do to be a more full, active, and conscious participant during the liturgy?

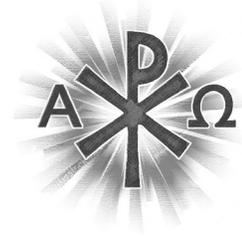
### Faith in Action

For many, the practice of Eucharistic Adoration can lead to a deepening of prayer and a growing closer to Christ. Spending an hour in the presence of Christ in the Blessed Sacrament can bring forth many graces in one's life. If you are familiar with Eucharistic Adoration, spend a holy hour in front of the Blessed Sacrament at some point this week. Learn more from your religion teacher, priest, deacon, or parents about this devotional practice. It can be a quiet break in your busy life.

# Living the Liturgy at Home

## Solemnity of the Most Sacred Heart of Jesus

Friday after the Second Sunday  
after Pentecost



### Scripture Readings

Hosea 11:1, 3–4, 8c–9  
Isaiah 12:2–3, 4, 5–6 (3)  
Ephesians 3:8–12, 14–19  
John 19:31–37

### Prayer

Lord Jesus Christ,  
you were crucified out of love for us.  
From your heart,  
pierced by the soldier's lance,  
flowed blood and water:  
blood to become the source  
of life for your people,  
water to wash their sins away.  
May our lives reflect your  
self-giving love  
and may we be people who live  
for others.  
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

- ☉ Whom have I hurt? What would it take to reconcile with that person? What is one step toward reconciliation that I can take today?
- ☉ Am I holding on to anger or resentment? Can I release these feelings in my heart? What is one step I can take toward loving as Jesus loves today?

### Faith in Action

Draw a heart and write this prayer: “Jesus, make my heart like your heart.” Post it somewhere you will see it every day this week. Each time you see it, ask yourself what you can do to love like Jesus. At the end of the week, do a self-evaluation.

One gift we have to love like Jesus is the gift of the sacraments. You might choose to receive the sacrament of Reconciliation to celebrate God's gift of forgiveness. Having been forgiven, you might find you are better able to forgive others.

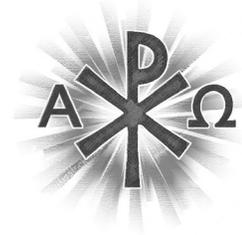
### ? Did You Know?

. . . that the devotion to the Sacred Heart of Jesus is one of the most popular and well known in Catholicism? Devotees venerate Jesus Christ's physical and wounded heart, which symbolizes God's selfless love for humanity. St. Margaret Mary Alacoque, Pope Pius IX, and Pope Leo XIII all promoted a stronger and widespread devotion to the Sacred Heart of Jesus.

# Living the Liturgy at Home

## Solemnity of the Nativity of St. John the Baptist

June 24



### Scripture Readings

Isaiah 49:1–6

Psalm 139:1–3, 13–14,  
14–15 (14a)

Acts 13:22–26

Luke 1:57–66, 80

### Prayer

Lord our God,  
you knew us before we were born  
and destined us  
to know, love, and serve you.  
As we celebrate the birth  
of St. John the Baptist,  
who announced Christ's coming,  
may we know and live out your call in  
our lives.  
Like John, may we joyfully proclaim  
the presence of Christ,  
who lives and reigns with you,  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

### Examination of Conscience

- ☉ How might I go out and testify to what I believe with others, even to those who may not yet believe in Jesus or even in God?
- ☉ How can I be a prophet for peace and justice in my world?

### Faith in Action

John spent much of his life out in the desert preaching a message of repentance and telling people about the coming of the Christ. Talking with others about Jesus is good. Sometimes, however, our actions can speak even louder than words. A quotation that is often attributed to St. Francis of Assisi says, "Preach the Gospel at all times, and if necessary, use words." There is no evidence that he actually said this, but it is a good quotation nonetheless. This week, encourage your family members to live the Gospel through their actions. Demonstrate to others your faith by living it out in your daily life. Then you can share using words.

### ?? Did You Know?

. . . that the Church celebrates the birthdays of only two saints as feast days? John the Baptist and the Blessed Virgin Mary are two figures we reflect on a great deal during Advent, but their nativities happen in the summer.

# Living the Liturgy at Home

## Solemnity of Sts. Peter and Paul, Apostles

June 29



### Scripture Readings

Acts 12:1–11

Psalm 34:2–3, 4–5, 6–7,  
8–9 (5b)

2 Timothy 4:6–8, 17–18

Matthew 16:13–19

### Prayer

Gracious God,  
you have built your Church  
on the foundation of the Apostles:  
Peter, the rock, and Paul, the  
preacher.  
Like them, help us to be strong in  
our faith  
and to share with everyone we meet  
the Good News of our Lord  
Jesus Christ,  
your Son,  
who lives and reigns with you  
in the unity of the Holy Spirit,  
one God,  
for ever and ever.  
Amen.

### Examination of Conscience

- ☉ If I were asked who Jesus is, what would I say?
- ☉ This week, how well have I done in making time for things that help me to grow my faith, such as attending Mass, reading the Bible, or helping others?
- ☉ Is it more important to do big things, like St. Peter and St. Paul did, or is it more important to God that my heart is pure and loving?

### Faith in Action

Honor St. Peter and St. Paul in your prayer space at home this week by displaying images of them. You can print icons or religious artwork of St. Peter and St. Paul you find online, or you can buy prayer cards with their images at a religious goods store. Talk about how their great faith in Jesus inspired their great work in building up the early Church.

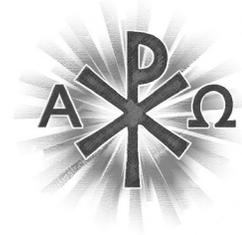
### ?? Did You Know?

. . . that as a Roman citizen, Paul could not be crucified? He was martyred by beheading. St. Peter was crucified upside down because he did not feel worthy to die the same way as Jesus.

# Living the Liturgy at Home

## Feast of the Transfiguration of the Lord

August 6



### Scripture Readings

Daniel 7:9–10, 13–14

Psalm 97:1–2, 5–6, 9 (1a, 9a)

2 Peter 1:16–19

Mark 9:2–10

### Prayer

Lord Jesus Christ,  
in your Transfiguration,  
you gave your Apostles  
a glimpse of the glory of heaven,  
where you are seated  
at the right hand of the Father.  
When we feel surrounded by darkness,  
may your glory shine in our hearts  
and help us to live in hope  
of the coming Kingdom of God.  
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

☉ When have I had a mountaintop experience in my life? Did I let it change me after I came down from the “mountain”?

☉ The voice of God the Father instructed the Apostles to listen to Jesus, his Son. How well do I listen to Jesus?

### Faith in Action

Spend time with Jesus. Pray before the tabernacle in silence or attend Eucharistic Adoration. You may wish to bring two friends with you, as Jesus invited Peter, James, and John to accompany him.

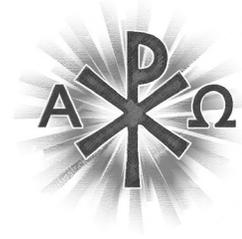
### ?? Did You Know?

. . . that in seeing Jesus’ two natures, human and divine, the disciples saw a prefiguration of the Eucharist? The bread and the wine come from the earth but are transfigured into the Body and Blood of Christ.

# Living the Liturgy at Home

## Solemnity of the Assumption of the Blessed Virgin Mary

August 15



### Scripture Readings

Revelation 11:19a; 12:1–6a,  
10ab

Psalm 45:10, 11, 12, 16 (10bc)

1 Corinthians 15:20–27

Luke 1:39–56

### Prayer

Lord God,  
when Mary died,  
you raised her body and soul  
into heaven.  
In Mary's Assumption,  
you give us a glimpse of what is  
to come.  
At the Second Coming of Christ,  
our bodies too will be raised up  
in glory.  
May our faith in this heavenly home  
change the way we live our lives here  
on earth.  
Through Christ our Lord.  
Amen.

### ?? Did You Know?

. . . that because of her special role in history, Mary received special grace? She was preserved from original sin to prepare her for her vocation. She never sinned. She was taken up body and soul into heaven.

### Examination of Conscience

☉ How does Mary's role as the mother of God have an impact on my life? Am I able to turn to her as an intercessor to God on my behalf? If so, when have I done so? If not, why haven't I?

☉ How often do I ask God what his plan is for me? Do I trust, as Mary did, that God has a good purpose for me?

### Faith in Action

The Liturgy of the Hours is the official prayer of the Church that everyone can pray every day to mark the hours and sanctify the day. The different elements in the Liturgy of the Hours include psalms, readings from Scripture, intercessions, and the Lord's Prayer. Visit a Catholic bookstore and inquire what versions of the Liturgy of the Hours they have available. One book that is a good starter for this form of prayer is *Shorter Christian Prayer*. It contains material for praying Morning and Evening Prayer daily. The *Magnificat* is prayed daily during Evening Prayer. You can also search online for resources; one website, [www.divineoffice.org](http://www.divineoffice.org), offers an online version. Ask your pastor, director of religious education, catechist, or parents for guidance on how to pray the Liturgy of the Hours at home with your family.

# Living the Liturgy at Home

## Feast of the Exaltation of the Holy Cross

September 14



### Scripture Readings

Numbers 21:4b–9

Psalm 78:1bc–2, 34–35, 36–37,  
38 (see 7b)

Philippians 2:6–11

John 3:13–17

### Prayer

O God,  
through your great love for humanity,  
the cross of Christ has become  
the source of life for all believers.  
May we who believe  
in the power of Christ's cross  
experience its saving effects in  
our lives.  
Help us to take up our own crosses  
every day  
and recognize in them the path  
to holiness.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

- ☉ What does the exaltation of Christ and of his cross mean for me?
- ☉ What crosses did I have to bear this week in order to live with love for God and others?

### Faith in Action

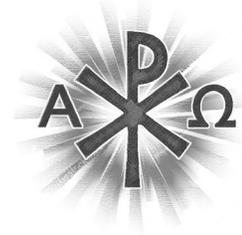
This week, place a cross or crucifix in a central place in your home or wear a piece of jewelry shaped as a cross each day. Let these visual signs remind you that Jesus was willing to suffer an awful death for our sake. We are called to live our lives in service to God and others even when it means bearing our own crosses or enduring difficulties and challenges.

### ?? Did You Know?

. . . that legends say that, during a pilgrimage in 326, St. Helena found the Cross on which Jesus died? With the help of her son, Emperor Constantine, she built the Church of the Holy Sepulchre on the site. It took nine years to build the church. At its dedication, pieces of the Cross Helena located were placed inside the church.

# Living the Liturgy at Home

## Solemnity of All Saints



November 1

### Scripture Readings

Revelation 7:2–4, 9–14

Psalm 24:1–2, 3–4, 5–6 (see 6)

1 John 3:1–3

Matthew 5:1–12a

### Prayer

O God,  
you gave the saints the wisdom to  
seek you above all things  
and the humility to follow wherever  
you call.

Send your Holy Spirit to fill us with  
that same wisdom and humility  
so that after following you here  
on earth,

we may join the saints in heaven  
praising and thanking you forever.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

☉ Which of the Beatitudes come most naturally to me? Which ones are more of a challenge to make a part of my life?

☉ Which saints inspire me? What is it about them that I admire? How can I commemorate them today? How might I shape my life according to their example?

### Faith in Action

As we begin a traditional month of remembrance today, we specifically call to mind the saints recognized by the Church. They are models of Christian discipleship for us. With your family this week, share stories of your patron saints. Do you share a saint's name? Is there a saint who is the patron for something that you love to do? Go online or find a book on the saints. (Your catechist or parish priest can give you good suggestions.) Another idea is to watch a biographical film about a saint and then discuss it together. There are many great films out there about the saints. Check them out!

### ?? Did You Know?

. . . that when we look at the saints, we see tremendous diversity? C.S. Lewis said, "How monotonously alike all the great tyrants and conquerors have been; how gloriously different are the saints." We can respond in many ways to the universal call to holiness we receive when we are baptized.

# Living the Liturgy at Home



## The Commemoration of All the Faithful Departed (All Souls)

November 2

### Scripture Readings

Wisdom 3:1–9 or 4:7–15 or Isaiah 25:6–9

Psalms 23:1–3a, 3b–4, 5, 6 (1) (4ab) or 25:6 and 7b, 17–18, 20–21 (1) (3a) or 27:1, 4, 7, 8b, 9a, 13–14 (1a) (13)

Romans 5:5–11 or 5:17–21 or 6:3–9 or 8:14–23 or 8:31b–35, 37–39 or 14:7–9, 10c–12 or 1 Corinthians 15:20–28 or 15:51–57 or 2 Corinthians 4:14–5:1 or 5:1, 6–10 or Philippians 3:20–21 or 1 Thessalonians 4:13–18 or 2 Timothy 2:8–13

Matthew 5:1–12a or 11:25–30 or 25:31–46 or Luke 7:11–17 or 23:44–46, 50, 52–53; 24:1–6a or 24:13–16, 28–35 or John 5:24–29 or 6:37–40 or 6:51–59 or 11:17–27 or 11:32–45 or 14:1–6

### Prayer

God of the living,  
on this day we remember in prayer  
all who have died.  
Fill them with your peace  
and bring them into your presence  
with all their sins forgiven.  
Help us to see our life as your gift  
to us  
and to spend our days in love, prayer,  
and service  
until we stand before you  
and rejoice for ever in the glory  
of heaven.  
Through Christ our Lord.  
Amen.

### ? Did You Know?

... that as the Church comes to the end of the liturgical year, she reflects on the end of history? We hear about the “Four Last Things”: death, judgment, heaven, and hell. All Souls’ Day reminds us that Jesus has opened a way for us. He is the firstfruits, and we, the living and the dead, hope to receive the same gift in the fullness of the Kingdom.

### Examination of Conscience

☉ As Christians, we are asked to be ready with a reason for our hope. What is your reason for hope?

☉ Have you ever lost someone you cared about? What do you miss about that person? How can you live your life to reflect the hope that you will see him or her again?

### Faith in Action

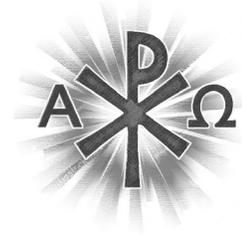
Gather as a family and talk about those you love who have gone to their eternal rest. You might look at photos or bring out a treasured memento. Tell stories about what your loved ones were like and how much you miss them. Then, pray for that person or those people. If you are able, you might visit the cemetery where a loved one is buried and pray for him or her in a special way.

*\*Please note that there are many options for today’s Gospel, both in the Lectionary for Masses with Children and in the standard Lectionary for Mass. Therefore, the reading selected for this session may not match what is used during your parish’s Mass.*

# Living the Liturgy at Home

## Feast of the Dedication of the Lateran Basilica

November 9



### Scripture Readings

Ezekiel 47:1–2, 8–9, 12

Psalm 46:2–3, 5–6, 8–9 (5)

1 Corinthians 3:9c–11, 16–17

John 2:13–22

### Prayer

Lord our God,  
your greatness cannot be contained  
by earthly dwellings.  
Still, we give you thanks  
for the many holy and beautiful places  
where we worship you  
and join with others in praising  
your name  
and building up the Body of Christ  
here on earth.  
Make each one of us a temple to  
your glory,  
a worthy dwelling place of your  
Holy Spirit.  
Through Christ our Lord.  
Amen.

### Examination of Conscience

- ☉ Am I treating my body with respect?
- ☉ How well have I respected others as beings made in God's image this week?

### Faith in Action

This week, place a sticky note that reads, "Made in God's image" on every mirror in your house. How does having that reminder change the way that you view yourself? Does that reminder have an impact on other members of your family? Talk about that at the end of the week.

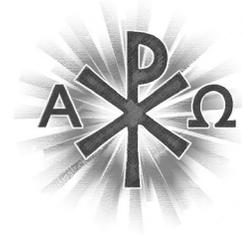
### ?? Did You Know?

. . . that St. John Lateran is the pope's church?  
We often think of St. Peter's when we think of the pope, but his chair as the bishop of Rome is located in St. John Lateran!

# Living the Liturgy at Home

## Solemnity of the Immaculate Conception of the Blessed Virgin Mary

December 8



### Scripture Readings

Genesis 3:9–15, 20

Psalm 98:1, 2–3, 3–4 (1a)

Ephesians 1:3–6, 11–12

Luke 1:26–38

### Prayer

Lord our God,  
you kept the Blessed Virgin Mary  
free from every stain of sin  
from the moment of her conception  
so that she might become the mother  
of your divine Son.  
Through the grace of our Baptism,  
help us to turn away from sin  
so that we can be ready to respond to  
your call  
and bring Christ to all those we meet.  
Through Christ our Lord.  
Amen.

### ?? Did You Know?

. . . that the doctrine of the Immaculate Conception was dogmatically defined in 1854 by Pope Pius IX? The dogma teaches that Mary was conceived by normal biological means, but that God acted upon her soul and kept her free from original sin when she was conceived. Today is a holyday of obligation.

### Examination of Conscience

☉ How do I view the Blessed Mother, Mary, in my faith life? How might she be someone I can turn to in difficult times?

☉ Mary took a leap of faith when she said yes to God's plan to become the mother of God. What is God asking of me?

### Faith in Action

Mary as the Immaculate Conception is not only Jesus' mother; she is also the mother of all of us in the Church. In particular, she is the patroness of the United States of America. For those of us who live in the United States, we would learn well from her example of obedience to God's plan and her dedication to her Son, Jesus. This week, talk with your family about the role that Mary plays in your lives. How might you foster more of a devotion to the Blessed Mother in your family life? How might you all follow her lead and transform your lives in discipleship?