

# ***Prayers and Blessings at Home***

## Fifth Sunday in Ordinary Time

February 4, 2018



### **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 before the Bible

Living God,  
your holy words, spoken long ago to people  
far away,  
are spoken to us, here and now.  
As we listen, fill our hearts with reverence  
and our minds with curiosity.  
Bring us back to your Word day after day,  
in times of joy and sorrow,  
in light and darkness,  
for “your word is a lamp for my feet,  
a light for my path” (Psalm 119:105).  
Through Christ our Lord. Amen.

### 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?

### 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 the sacraments.

### ***Living the Liturgy at Home***

Sit down with your family this week and discuss the reality of illness. Talk with your parents about the people that you know, friends and family, who are suffering from illness. If you are able, try and 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.

# ***Prayers and Blessings at Home***

## Sixth Sunday in Ordinary Time

February 11, 2018



### **Scripture Readings**

Leviticus 13:1–2, 44–46

Psalm 32:1–2, 5, 11

1 Corinthians 10:31—11:1

Mark 1:40–45

## Prayer before the Bible

Living God,  
your holy words, spoken long ago to people  
far away,  
are spoken to us, here and now.  
As we listen, fill our hearts with reverence  
and our minds with curiosity.  
Bring us back to your Word day after day,  
in times of joy and sorrow,  
in light and darkness,  
for “your word is a lamp for my feet,  
a light for my path” (Psalm 119:105).  
Through Christ our Lord. Amen.

## Ritual

This week, at family prayers, begin with a moment of silence to allow everyone to settle quietly. Then, offer prayers for family and friends who are ill. If possible, call out each person by name. Conclude with a prayer such as the Our Father.

## Conversation Questions

☉ 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?

## ***Living the Liturgy at Home***

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.

# ***Prayers and Blessings at Home***

## First Sunday of Lent

February 18, 2018



### **Lectionary Readings**

Genesis 9:8–15

Psalm 25:4–5, 6–7, 8–9  
(see 10)

1 Peter 3:18–22

Mark 1:12–15

## Prayer before the Crucifix

Lord Jesus Christ,  
as we look at the crucifix,  
we remember your suffering,  
we ponder your sacrifice,  
we see your love.  
May this image of your suffering  
make us patient with our own burdens.  
May this reminder of your sacrifice  
help us to give ourselves for others.  
May this image of your love  
make us more loving people.  
You live and reign with the Father and the  
Holy Spirit,  
one God, for ever and ever. Amen.

## Examination of Conscience

☉ As I enter into this season of Lent,  
journeying into the desert with Jesus for forty  
days, what are the aspects of my life that I  
want to focus upon changing for the better?

☉ Who in my life 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?

## Did You Know?

. . . that the season of Lent is referred to as having a total of forty days? If you count the number of days from Ash Wednesday up to Holy Thursday, however, the number of days is more than forty. The Sundays in Lent are “The Lord’s Day” and are considered mini-Easters; thus they are not counted as part of the number of forty days.

## ***Living the Liturgy at Home***

One of the practices that we are invited to participate in every Lent as members of the Church is the practice of 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 towards 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.

# ***Prayers and Blessings at Home***

## Second Sunday of Lent

February 25, 2018



### **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 the Crucifix

Lord Jesus Christ,  
as we look at the crucifix,  
we remember your suffering,  
we ponder your sacrifice,  
we see your love.  
May this image of your suffering  
make us patient with our own burdens.  
May this reminder of your sacrifice  
help us to give ourselves for others.  
May this image of your love  
make us more loving people.  
You live and reign with the Father and the  
Holy Spirit,  
one God, for ever and ever. 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 upon 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?

## 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 of one of these accounts. They all share the same basic structure but differ in some of the details.

## ***Living the Liturgy at Home***

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 to each select a slip of paper each day to follow for the rest of the season.