

19th Sunday in Ordinary Time
August 9, 2020

FAITH @ HOME

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First Reading: 1 Kings 19:9a, 11-13a
Responsorial Psalm: Psalms 85:9-14
Second Reading: Romans 9:1-5
Gospel: Matthew 14:22-33

[Full Readings can be found here!](#)

1. HEAR

Grab your Bible and look up the Gospel reading. Do not have one? No worries you can find the text [here](#).

This [child-friendly video](#) shares the story from the Gospel reading.

2. PRAY

One of the ways we can pray is to use our imagination to allow a story from scripture to come to life as if we are watching a movie. This form of prayer was made known by St. Ignatius Loyola, and it is known as Ignatian Contemplation. Follow the steps below to try this form of prayer with today's Gospel.

- Read the Gospel again so you know the story.
- Close your eyes, and ask the Holy Spirit to help you use your imagination to allow the reading to come to life, like you're watching a movie.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

- As you see the story in your imagination, pay attention to where you are in the scene. How do you feel? What does Jesus say to you? What do you say to Jesus?
- When you are ready, thank Jesus for the time you spent together.
- Close your prayer by slowly praying the Our Father

3. TALK

Talk with your family about these questions. If you live by yourself, call a close friend or a family member to talk to.

- What is worrying me right now?
- What makes it hard for me to trust Jesus?
- What can I do to trust Jesus more?

Optional activity:

Draw a picture of a boat in the sea. In the water, draw the things that make you afraid. Draw a picture of Jesus giving you courage.

