

20th Sunday in Ordinary Time  
August 16, 2020

# FAITH @ HOME

## 20th Sunday in Ordinary Time

**First Reading:** Isaiah 56:1, 6-7  
**Responsorial Psalm:** Psalms 67  
**Second Reading:** Romans 11:13-15, 29-32  
**Gospel:** Matthew 15:21-28

[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](#).

Listen to the readings proclaimed in [audio format](#) from the USCCB website.

Check out this [video](#) with the Proclamation of the Gospel with images (from Holy Heroes, USCCB reading, 1:28 min).

## 2. PRAY

In today's Gospel we are shown the power of constant prayer and the need for faith and humility when we pray. There are many ways to pray: we pray to give thanks, we pray to offer praise, we pray to seek forgiveness, and sometimes we pray to ask for things which is called *petitionary prayer*.

1. As a family and after reflecting on the gospel, find a comfortable spot outside (front yard, patio, etc.) and take a moment to think about a situation, a need, or a person you want to pray to God for.

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

2. One parent will invite all to make the sign of the cross, bow their heads and stay in a moment of silence. When ready, from youngest to oldest, each person begins to share out loud the situation, need or person they would like to pray for.
3. After each person prays, the whole family offers up the prayer to God by using this response, or something similar: "Lord, hear our prayer".
4. Once all have had the opportunity to share, together recite the Our Father.



## 3. TALK

In today's gospel, Jesus encounters a woman in need. Can you think of someone in your life (family, friends, neighbors) who are in need? How can we imitate Jesus and offer our help and support to them?

Some practical ideas we can do to help those in need are: make them a card, give them a phone call, pick some flowers from your garden, offer to help them, and continue to pray for them during the rest of the week.

As a family, brainstorm more ideas and choose one or two ways to be Christ to others.