

22nd Sunday in Ordinary Time
August 30, 2020

FAITH @ HOME

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First Reading: Jeremiah 20:7-9
Responsorial Psalm: Psalms 63:2, 3-4, 5-6, 8-9
Second Reading: Romans 12:1-2
Gospel: Matthew 16:21-27

[Find the readings here.](#)

1. HEAR

As a family, read the Gospel from your Bible. Again, [you can also find the passage here.](#)

You can [check out this video](#) of the proclamation of the Gospel with images; families with young children can watch the Gospel passage [here](#) from *Holy Heroes*.

2. PRAY

We hear the first of three times Jesus predicts his suffering, death, and resurrection. The cross will come our way, too. Jesus summons us to take up our cross and follow him. The good news is that we do not carry our cross alone: Jesus walks with us, and we walk with each other. The best news, though, is that those who share the suffering of the cross with Jesus will also share the joy of his resurrection.

Pope Francis proposes a prayer of intercession using our five fingers. Each finger is a reminder to pray for a particular person or group of people. This is a modified version to pray for those who carry their cross alongside us:

1. The thumb is closest finger to you. Pray for those close to you who suffer. (Pray in silence)

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

2. The index finger points the way. Pray for those who bear the responsibility of teaching us and supporting us. (Pray in silence)
3. The middle finger is the tallest. Pray for those who shoulder the burden of power: those who lead us and govern us. (Pray in silence)
4. The ring finger is the weakest. Pray for the vulnerable who carry heavy crosses: the poor, the sick, the elderly, the lonely. (Pray in silence)
5. The pinkie finger is the smallest. Pray for yourself in the face of your cross. (Pray in silence)

Lord Jesus,

Thank you for calling us to follow you. We know you are with us always, and especially when we suffer. As Simon the Cyrene helped you carry your cross, we ask you to help us carry our crosses. Give us the strength to help others carry theirs. We trust in your presence and your promise of new life on the other side of the cross.

Amen.

3. TALK

As family reflect on the following questions:

Who do you know that is carrying a heavy cross at this moment?

How can you help them carry their cross? How can you ease their burden?

As a family, how can you help carry each other's crosses this coming week?

