

19th Sunday in Ordinary Time  
August 8, 2021

# Faith @ Home

## 19th Sunday in Ordinary Time

**First Reading:** 1 Kings 19:4-8  
**Responsorial Psalm:** Psalm 34:2-3, 4-5, 6-7, 8-9  
**Second Reading:** Ephesians 4:30 - 5:2  
**Gospel:** John 6:41-51

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

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## 1. HEAR

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Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the text [HERE](#).

To see a children's video of the proclamation of the Gospel: open the one for [August 8, 2021—19th Sunday in Ordinary Time](#).

To see a video of the proclamation of the Gospel for adults, [click here](#).

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## 2. PRAY

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In today's gospel we hear Jesus say again that he is the bread of life. We also hear that he is the living bread. Both these statements help us understand better the gift that Jesus gave us in the Eucharist.

**Children:** Talk to Jesus about what receiving the Eucharist (Holy Communion) means to you. If you haven't received, talk to Jesus about what you look forward to the most when you are able to receive the Eucharist.

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

**Teens, Young Adults & Adults:** Spend time talking to Jesus about what is needed to prepare your heart to receive the Eucharist. What things need to be removed to allow the Eucharist to transform you. *What provokes bitterness in you? Bring these things to prayer and allow Jesus to take them from you as you prepare to receive the Eucharist.*



*\*\*After receiving the Eucharist, spend some time in prayer and reflection using the following questions as your guide:*

- What is God doing in your heart right now through this experience of receiving the Eucharist?
- How does this experience transform my living and being in the world?

[Listen to this song in prayer](#) (Miracle of Grace by Curtis Stephan).

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## 3. TALK

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Share as a family or share with a close friend:

**Children**

What do you think it means to live in love as a family or with your friends?

**Teens, Young Adults & Adults**

How did receiving the Eucharist transform your heart and empower you to live in love and be in the world?