

3rd Sunday in Ordinary Time  
January 23, 2022

# FAITH @ HOME

## 3rd Sunday in Ordinary Time

**First Reading:** Nehemiah 8:2-4a, 5-6, 8-10  
**Responsorial Psalm:** Psalm 19:8, 9, 10, 15  
**Second Reading:** 1 Corinthians 12:12-30  
**Gospel:** Luke 1:1-4; 4:14-21

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

## 1. HEAR

Grab your Bible and look up the Gospel reading. Don't have one? You can find [the text here](#).



[Check out this video](#) of the proclamation of the Gospel for children.

[Check out this video](#) of the proclamation of the Gospel for adults.

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

## 2. PRAY

Take a moment of silence to reflect on the Gospel words:

*"The Spirit of the Lord is upon me,  
because he has anointed me  
to bring glad tidings to the poor.  
He has sent me to proclaim liberty to captives  
and recovery of sight to the blind,  
to let the oppressed go free,  
and to proclaim a year acceptable to the Lord."*

During this prayer time, what words resonated with you? How do these words bring spirit and life to you at this moment?

## 3. TALK

### We are all the Body of Christ!

- How do we use our gifts and talents to live out the example of Jesus?
- How are we living this call of Missionary Discipleship?
- How is Jesus asking you to take care of the members of this Body of Christ?

### Consider one of these activities to do as an individual or family:

- Reach out to someone you prayed for
- Call someone in grief
- Donate to your parish pantry



### Share as a household/ family:

- How did this prayer time and activity help you grow closer to Jesus?