

7th Sunday in Ordinary Time  
February 19th, 2023

# FATH @ HOME

## 7th Sunday in Ordinary Time

**First Reading:** 1Samuel 26: 2,7-0,12-13,22-23  
**Responsorial Psalm:** Psalm: 103: 1-2,3-4,8,10,12-13  
**Second Reading:** 1Corinthians 15: 45-49  
**Gospel:** Luke 6: 27-38

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### 1. HEAR

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USCCB LINK (English):

[Seventh Sunday in Ordinary Time | USCCB](#)

Children's Video: [Here](#)

Adult Video: [Here](#)

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### 2. PRAY

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In today's Gospel we hear Jesus telling us to love everyone, even our enemies. Begin your time praying with Jesus by reflecting on those in your life you find difficulty loving. Write down on a piece of paper those people you need to forgive or those people you would like to forgive you. Pray with these names of people and ask Jesus to give you the strength and compassion needed to extend an offering of forgiveness to. Ask Jesus to allow yourself to be humble and courageous to reach out and seek forgiveness from someone you have hurt by your words and actions. Consider going to the Sacrament of Reconciliation this week and ask Jesus to forgive you for the times you have not loved others as yourself.

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

Close this prayer time with Jesus by reciting the Psalm response again: "The Lord is kind and merciful."

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### 3. TALK

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Invite a family member or friend to reflect on your prayer time with Jesus. Reflect on and answer these questions:

- Was it easier to write down the names of people who have hurt you or was it more difficult writing the names down of those you need to seek forgiveness from?
- What are some tangible ways you can seek forgiveness from someone you have hurt?

At the close of your sharing with each other, pray an "Our Father".

