

7th Sunday of Easter  
The Ascension of the Lord  
May 21, 2023

# Faith @ Home

## 7th Sunday of Easter

**First Reading:** Acts 1: 1-11  
**Responsorial Psalm:** Psalm 47: 2-3,3,6-7,8-9  
**Second Reading:** Ephesians 1: 17-23  
**Gospel:** Mathew 28: 16-20

[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](#).

Check out this video of the proclamation of the Gospel, appropriate for children:  
[Cycle A: Gospel Video, The Ascension of the Lord - YouTube](#)

Clip for Adults: [ASCENSION OF JESUS CHRIST - YouTube](#)

## 2. PRAY

Find the best moment to pray by yourself or with others (family, friends, co-workers)

- What did the Ascension of Jesus Christ accomplish?

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

## 3. TALK

As a family, friends or household gather to discuss.

- How did Jesus' ascension unite humanity and divinity and open the gates of Heaven for us?
- How are we here on earth participating in the great worship that happens in Heaven?

