

22nd Sunday in Ordinary Time
September 3, 2023

FATH @ HOME

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

1. HEAR

Use your bible to look up today's Gospel readings. If you don't have a Bible, you can find the Gospel readings [Here](#)

To watch a children's video click: [Here](#)

To watch a Gospel video for Adult's click: [Here](#)

2. PRAY

In the Gospel today, we hear Jesus say, "Whoever wishes to come after me must deny himself, take up his cross, and follow me...." Close your eyes and imagine Jesus is sitting next to you



and he tells you this same phrase. Jesus is not saying that carrying your cross will be easy.

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

As you are talking with Jesus, name the burdens or troubles you are carrying right now. Imagine Jesus freely taking on your burdens with you. As you pray with Jesus, ask him for the strength and courage to help you release this heavy load from your heart and soul. Ask the Holy Spirit to give you the gifts of wisdom, fortitude and piety to believe in the freedom and peace that we thirst for in our lives. As you conclude your time in prayer with Jesus, thank Him for His Divine presence in your life. Close your prayer time by reciting the Responsorial Psalm, "My soul is thirsting for you, O Lord my God!".



3. TALK

Reflect on a time in your life when you felt like the cross you were carrying seemed too hard to bear? How was Jesus able to overcome and remove that heavy burden and make it feel lighter or more bearable? What are some things you need to "let go of" that hamper you from being a true follower of Christ?