10th Sunday in Ordinary Time

First Reading: Genesis 3: 9-15
Responsorial Psalm: Psalm 130: 1-2,3-4,5-6,7-8
Second Reading: 2Corinthians 4: 13,5: 1
Gospel: Mark 3: 20-35

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

1. HEAR

Grab your bible and look up the Gospel reading. Don't
have one? No worries you can see all the Readings **HERE**

Watch a children's video of the proclamation of the Gospel **HERE**

2. PRAY

In the first reading we hear from the book of Genesis about Adam and Eve and how they fell into temptation. As you pray with today's readings, enter into meditation/dialogue with Jesus. Ask Jesus to enter your heart and help you to resist the temptations of the world.

Ask Jesus to transform your heart to choose love over actions and decisions which separate you from loving as Jesus asks us to love. Ask for the grace to be renewed and healed from sin. Ask Jesus to forgive you for the times you have turned away from him. Lift up the names of all those in your life you are separated from, either by your actions or by their actions.

Transform your heart and soul by going to the sacrament of reconciliation and offer up special intentions for the names you lifted up in prayer

3. TALK

Invite your family or friends to gather for prayer and conversation. Begin by writing the names of the people you brought to prayer in the PRAY section. Quietly reflect and remember the circumstances behind your separation from them.

With compassion and love, hold their names close to your heart. Share with your family or friends, only the names of the people you are thinking of. Allow each member of your family/friends to share their names.

Place the names in the center of your gathering space and together pray for them, pray for your intentions, ask for forgiveness and reconciliation. Close with listening to the responsorial psalm from today's readings: **HERE**