

20th Sunday in Ordinary Time  
August 18, 2024

# FATH @ HOME

## 20th Sunday in Ordinary Time

**First Reading:** Proverbs 9: 1-6  
**Responsorial Psalm:** Psalm 34: 2-3,4-5,6-7  
**Second Reading:** Ephesians 5:15-20  
**Gospel:** John 6: 51-58

[Find full readings from USCCB site here](#)

### 1. HEAR

Grab your bible and look up the Gospel reading. Don't have a bible? No worries! You can find the Gospel reading by clicking [HERE](#)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults [HERE](#)

Children can also watch a video proclamation of the Gospel [HERE](#)

### 2. PRAY

In today's Gospel, Jesus says, "Whoever eats my flesh and drinks my blood remains in me and I in him." Invite Jesus to join you in prayer and reflection.

In gratitude, thank Jesus for the gift of His body and blood we receive in the Eucharist. Reflect on this precious gift of the Eucharist Jesus has given to us.

This gift Jesus has given us is an opportunity to feel His grace, which enables us to serve Him and love others as He has taught us to do.

Thank Jesus for all the blessings the Eucharist has given you.

### 3. TALK

In the first reading, there is a call for the Holy Spirit to give us the wisdom that as simple human beings we need the guidance of the Holy Spirit to help us live according to God's will. Invite a family member or friend to share together your thoughts on the following:

- Think of a time in your life where you have felt the Body and Blood of Christ has healed you. Was it either physical or spiritual or both?
- How can sharing these healing experiences with others become an invitation to return to our faith? Consider inviting someone you know that has been away from the church to go to mass with you.
- How do we continue to keep that fire of the Spirit alive in our hearts?
- Close your "Talk" time by praying together the responsorial psalm: ***"Taste and see the goodness of the Lord."***

