

18th Sunday in Ordinary Time
August 4, 2024

Faith @ Home

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First Reading: Exodus 16, 2-4.12-15
Responsorial Psalm: Psalm 78, 3-4.23-24.25.54
Second Reading: Ephesians 4, 17.20-24
Gospel: John 6, 24-35

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

1. HEAR

Grab your bible and look up the reading. Don't have one? No worries you can find the text [HERE](#).
(Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, The Word of God Channel, 2:11 min)

The children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Holy Heroes, 2:08 min)

2. PRAY

Invite the family to gather for prayer. In the first reading, we heard how the Israelites remembered their life back in Egypt and how they longed for the comforts they had there. Note that their life in Egypt was of hard work and bondage. Sometimes we behave like the Israelites, wanting to hold on to old ways of living and thinking, that keep us from encountering Jesus.

Take a moment to look into your heart and identify those longings from your past, that even though made you feel good, kept you from following Jesus fully as his disciple.

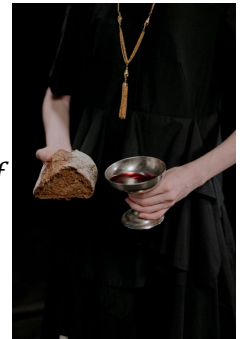
As the Summer ends, think of all the new experiences coming up for you such as a new school year, going away to college, a new job, a new year of growing in faith or receiving your sacraments, a new home, etc.

In a moment of prayer, ask Jesus to bless those experiences with a renewed awareness of His will for you to find happiness and joy, and to help you be grateful for the blessings He gives.

End this time with a Glory Be...

3. TALK

During the prayer time, we asked each person to think of the longings in their heart that kept them from following Jesus. In the Gospel, we heard Jesus saying, *"I AM the bread of life, whoever comes to me will never hunger... will never thirst."* (Jn 6:35) In other words, He can provide for any longing we have in our hearts, and we don't need to look for anything or anyone else.



Share with another person what those longings are, and what actions you can take to help you move closer to Jesus.

After everyone has shared, recite together the following litany excerpted from the official National Eucharistic Revival Prayer:

- Jesus living in the Eucharist, come and live in me.
- Jesus healing in the Eucharist, come and heal me.
- Jesus sacrificing yourself in the Eucharist, come and suffer in me.
- Jesus rising in the Eucharist, come and rise to new life in me.
- Jesus loving in the Eucharist, come and love in me.

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



Archdiocese of Los Angeles

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