

19th Sunday in Ordinary Time
August 11, 2024

Faith @ Home

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First Reading: 1 Kings 19: 4-8
Responsorial Psalm: Psalm 34: 2-3,4-5,6-7,8-9
Second Reading: Ephesians 4: 30-5:2
Gospel: John 6: 41-51

[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](#).

The children can also watch a video proclamation of the Gospel by clicking [HERE](#). (Gospel Reading for Kids; YouTube.)

2. PRAY

Gather the family around a prayer space... take a few minutes to relax with some deep breaths. Think about Jesus – try to picture him sitting right next to you. Look up at Him and you notice He is smiling at you will such love in His eyes. You can't help but smile back at Him.

Say these words to Him as we pray- *Jesus, you have brought us together to listen to your words of love and hope. Help us to share these words as your disciples, with those in our lives who need to hear them so that they will experience the love, hope and the peace that you bring to our lives. May our hearts always be open to your love through your Word. Help us to have the courage and confidence to share it with others. In your most holy name. Amen.*

3. TALK

In the First Reading we hear that the prophet Elijah was ready to give up and die because he was too tired and discouraged to go on any longer. But God sent an angel with food and water to strengthen Elijah because God still had work for him to do.

- Can you think of a time that you felt so tired that you were ready to give up but something happened and you kept going? What happened? Did you feel God's presence with you?

In the Second Reading, St. Paul tell the Ephesians to not grieve the Holy Spirit of God with bad thoughts or actions including malice. He asks us instead to be compassionate and forgiving as God has forgiven us in Christ. Be imitators of God and live in love.

- Do you have any bad feelings or thoughts that you need to let go of so that you can be an imitator of God and live in love?

In today's Gospel, Jesus tells his followers that He is the living bread that came down from heaven and if you eat this bread, you will live forever. This bread is His flesh for the life of the world.

- What does he mean by this? Does he mean actual food, like our ancestors ate in the desert, called manna – but they still died. Jesus is offering us food to eat and if we do, He says we will live forever. What kind of food could this be that we would live forever? Where can we get this food so we can live forever?

With one other person, discuss these questions. If you feel comfortable sharing with the larger group, share your answers to these questions.



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Archdiocese of Los Angeles

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