

21st Sunday in Ordinary Time
August 25, 2024

FAITH @ HOME

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First Reading: Joshua 24: 1-2a, 15-17, 18b
Responsorial Psalm: Psalm 34: 2-3, 16-17, 18-19, 20-21
Second Reading: Ephesians 5: 21-32
Gospel: John 6: 55,60-69

[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.)

If you prefer, you can watch a video of the Gospel reading [HERE](#).

If you have children, you might prefer to watch a video of the Gospel reading [HERE](#).

2. PRAY

In today's Gospel, those listening to Jesus are faced with a choice: to continue following Jesus or to walk away from him. Each of us is faced with this same decision in our lives today. Sometimes we choose to follow Jesus; other times we choose to turn away from him.

St. Ignatius offers us a method of praying called the Examen. This method can help us pay attention to the choices we are making and be more deliberate about what we choose in the future. Take some time to pray an examen now by using these five steps:

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.

3. Review your week. Recall specific moments and your feelings at the time.

4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God or moving further away?

5. Look toward the coming week. Think of how you might collaborate more effectively with God's plan. Be specific. Close with the Our Father.



3. TALK

Think of a time when you consciously chose to follow Jesus even though it was difficult. Share that experience with your family or a close friend.

What can you do this week to be more mindful about choosing to follow Jesus and be more like him? How can your family (or friend) support you or help you do so this week?



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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