Faith @ Home

22nd Sunday in Ordinary Time

First Reading: Deuteronomy 4: 1-2,6-8
Responsorial Psalm: Psalm 15: 2-3, 3-4, 4-5
Second Reading: James 1: 17-18, 21b-22,27
Gospel: Mark 7: 1-8, 14-15, 21-23

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.)

The children can watch a video of the proclamation of the Gospel by clicking HERE.

2. PRAY

Spend some time in prayer with Jesus. Call to mind your daily actions, traditions or rules you follow. Maybe it's going to mass or confession, driving to practices, cooking, praying before meals, cleaning your room, playing with your siblings, or taking out the trash.

Reflect on any times when you may have felt evil thoughts, greed, envy, anger because you have "had" to do these things.

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

God's calling us to act out of love. Ask Jesus to show you the meaning or purpose behind one of the actions, traditions or rules you follow.

Ask him for the grace you need to see this as an act of love or to reveal if it needs to change or

3. TALK

In today's Gospel, Jesus challenges us to look at the "traditions of our elders". We are being called to look at what we do, how we act, what rules we follow, to see if we may have forgotten that God's love should be at the center of all that we do. Take some time to talk with family or friends about the following

- What traditions do you follow? What rules do you follow?
- Talk about the meaning behind the traditions and rules?
- Share with one another "What is one thing I can do to make these traditions and rules an act of love for myself and others?

Close your sharing time in prayer together.

Archdiocese of Los Angeles
Office of Religious Education

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