

8th Sunday in Ordinary Time
March 2nd 2025

FATH @ HOME

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First Reading: Sirach 27:4-7
Responsorial Psalm: Psalm 92:2-3, 13-14, 15-16
Second Reading: Corinthians 15:54-58
Gospel: Luke 6:39-45

[Full readings can be found Here](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [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, WOG channel, 1:26 min.)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Gospel Reading for Kids - MisterD418 channel, 2:03 min.)

2. PRAY

Gather in a prayer space as a family and select a member to be the prayer leader.

Leader: We invite you to sit comfortably and close your eyes if you would like. God loves you and is here with you now. God is with you always. During this prayer you can talk to God quietly in your mind. Let us begin: In the name of the Father, and the Son, and the Holy Spirit (make the sign of the cross).

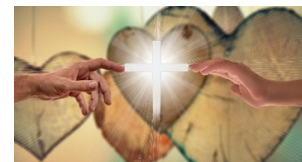
All: Amen.

Leader: give **THANKS** to God for all the gifts of love you received today. Talk to God... (Pause to let them pray quietly to themselves...)

Leader: **ASK** God to help you open your heart to him and to help you pray this Examen Prayer right now. Talk to God... (Pause...)

Leader: **LOOK** at your day with God. What are the moments that were happy times.

Look at the times of your day when you may have been sad or mad. How did you act during the happy times and the sad times. Talk to God... (Pause...)



Leader: ask God to **FORGIVE** you when you did not act nicely today or when you did not make good choices. Talk to God... (Pause...)

Leader: ask God to help you make a **PLAN** for tomorrow. Ask God to help you love like he loves. Talk to God... (Pause...)

Leader: let us end our prayer by making the Sign of the Cross: in the name of the Father...
All: Amen.

After the prayer is finished - you can invite members of the family to share out loud anything they would like to from their prayer time. **How did God speak to you in this time of prayer?**

St. Ignatius of Loyola gave us the Examen Prayer to help us think about our day and to see how God is with us throughout the day. This prayer can help us to grow in a personal relationship with God. It is helpful to pray this prayer at the end of the day before we go to bed. You can print a copy of the Examen Prayer for Families to use at home by downloading a copy [HERE](#).

3. TALK

In today's Gospel, Jesus speaks about two important traits of a disciple: someone who wants to follow him and live like him. As you gather with your family you can continue the conversation with the following questions:

- Disciples are trained by their teacher, and we desire to be disciples of Jesus. In which ways are we living like Jesus? Ask someone to share their thoughts.
- Disciples practice what they heard from their teacher. How are you practicing what you learn from Jesus in today's readings? Allow time for sharing with the rest of the family.

To conclude your time together, invite all members of the family to think about one specific action they can put into practice during the week, based on what they learned from the words of Jesus in today's Gospel.

Optional: invite the children to draw or paint the way they can practice their faith in Jesus.