

Solemnity of the Ascension of the Lord
June 1st, 2025

FATH @ HOME

Solemnity of the Ascension of the Lord

First Reading: Acts 1:1-11
Responsorial Psalm: Psalm 47:2-3, 6-7, 8-9
Second Reading: Ephesians 1:17-23
Gospel: Luke 24:46-53

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, Daily Gospel Reading 1:38 min.)

The children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Gospel Reading and Reflection for Kids 2:12min.)

2. PRAY

We invite you to gather your family or invite a friend to enter into prayer. In the Gospel today, Jesus raised his hands and blessed the disciples. Jesus continues to bless us and invites us to share in His blessing. This blessing can be done individually or in a group.

A simple way to do this blessing is to face the person you are blessing and using your thumb trace a cross on the forehead while saying, "I bless you in the name of the Father, of the Son, and the Holy Spirit." Depending on the relationship you have with the person, after the blessing, you can conclude with a hug, say - I love you, or any other way you show your care for the other person.

If you are doing this as a family group, take turns blessing each family member. (This blessing can be used any time anywhere, and it is really great to bless your child before they go to sleep).

3. TALK

In today's Gospel we hear the story of Jesus blessing his disciples and then He ascended into heaven. After he ascended into heaven, the disciples set out as missionary disciples, praising God and proclaiming the good news.

Consider reflecting on the following questions:

- How has Jesus blessed you in your life?
- How does Jesus talk to you?

Action for the Week: If you are a parent, consider blessing your children every night before they go to sleep and every morning before they go to school. Consider making this a new tradition in your family.

