

Solemnity of the Ascension of the Lord

First Reading:	Acts 1: 1-11
Resp. Psalm:	Psalms 47:2-3, 6-7, 8-9
Second Reading:	Ephesians 1:17-23
Gospel:	Matthew 28:16-20

[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, 德蘭社 channel, 0:57 min)

Children can watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube Channel Holy Heroes, 1:32min)

2. PRAY

Gather the family around a prayer space and each one imagine that you are one of the disciples standing at the foot of the mountain listening to Jesus tell you that you are witnesses to all he did and taught; that you are to go forth and baptize all nations in the name of the Father, Son and Holy Spirit.

Allow yourself to feel the emotion, excitement, fear, trepidation, and hope in the message and mission Jesus has given you and that he will be with you to the end of the age.

3. TALK

In today's Gospel Jesus gives his disciples what we now call the great commission: to go to every nation to proclaim all that Jesus has done for us, and to baptize in the name of the Holy Trinity.

1. We often think it is only the priest or deacon who will baptize. In your life what does it mean to go forth and baptize? How do we as people of God go out to all nations and baptize in the name of the Father, Son, and Holy Spirit? What does it mean to baptize?

2. In Acts the disciples were looking on as Jesus ascended and two men stood by them and said, "Why are you looking at the sky?" They said Jesus would return in the way he went. What does this mean? Where should our eyes be to see Jesus come again?

3. As the disciples stood with Jesus at the mountain the Gospel tells us that they worshiped but they doubted. Have you ever felt that way? Have you ever had doubt even in your moments when you worship? Even in that moment Jesus gave them commission to go forth. How does your doubt give you strength to go forth as he commanded and spread the good news?

