

20th Sunday in Ordinary Time
August 16, 2026

FAITH @ HOME

20th Sunday in Ordinary Time

First Reading: Isaiah 56:1, 6-7
Resp. Psalm: Psalm 67:2-3, 5, 6, 8
Second Reading: Romans 11:13-15, 29-32
Gospel Matthew 15:21-28

[Full readings can be found here!](#)

1. HEAR

Pick up 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, Douglas Brown channel, 1:21min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (Youtube, channel Holy Heroes 1:39 Min)

2. TALK

The woman in the gospel story is called "a Gentile" because she's not a member of the Jewish people whom Jesus initially came to save. The Jews often spoke of the Gentiles as "unclean dogs" because they did not follow God's laws.

This woman is persistent in her pleas to the Lord and humbly knows she needs the Lord's help. She realizes that Jesus' power is enough for everyone, including her daughter. By pleading with Jesus, she demonstrated a strong faith in him. Jesus admired her humility and boldness in prayer. He listened to her and granted her request to heal her daughter.

Gather and discuss these questions:

- **Do you ever feel that the Lord does not listen to you?**
- **What did this woman do in her prayer to Jesus.**
- **When you pray, do you seek the Lord Jesus with expectant faith?**

When done, some volunteers may share with the whole group their answers.



3. PRAY

To conclude this moment of reflection, gather in the same room and pray together:

Father in Heaven, please hear our prayer. Help us to remember that you are always beside us, even when I don't feel your presence. Receive all our hopes and dreams before you in this time of prayer. Help us to grow in faith and trust in you, and to know that you hear our prayers and answer them with what's best for us. Remind our hearts and souls of your great love. Allow the Holy Spirit to speak to our hearts and guide us to trust you, even in difficult situations. We place ourselves in your loving care. AMEN.



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

Archdiocese of Los Angeles

Office of Religious Education

ore@la-archdiocese.org; www.lacatholics.org/religious-