

22nd Sunday in Ordinary Time
August 30th, 2026

FAITH @ HOME

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First Reading: Jeremiah 20:7-9
Resp. Psalm: Psalm 63:2, 3-4, 5-6, 8-9
Second Reading: Romans 12:1-2
Gospel: Matthew 16:21-27

[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 listen and audio with the proclamation for adults by clicking [HERE](#). (YouTube, 德蘭社 channel, 1:46 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Every Day Can Be a Sunday channel, 1:13 min)

2. PRAY

Invite your family or friends to walk with you in procession to the place designated for prayer. Ask different people to carry one of the following items: a Bible, a small container with water (reminder of baptism), a crucifix or cross, and a candle. You may want to add a small piece of green fabric (today's liturgical color).

One adult invites all to pray for the presence of the Holy Spirit to guard everyone's thoughts from the influence of ideas others try to sell you through social media, TV, and friends. Ask Jesus that His Word may always be a guide to find the true meaning of life.

3. TALK

In two of the readings from today's Liturgy we hear how important it is for the disciples of Jesus to guard our minds.

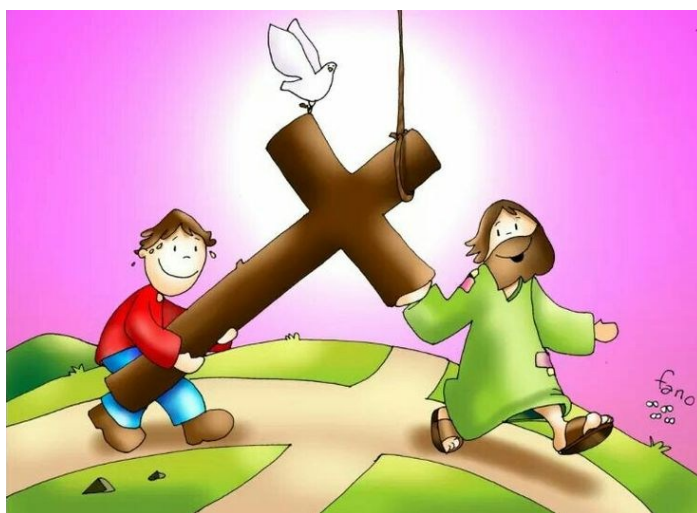
In the second reading, Saint Paul warns us **not to be inspired** by the standards of this world. Rather, he calls for us to learn a new way of thinking that will enlighten our minds and transform us into true disciples.

Likewise, in the Gospel, Jesus corrects Peter for thinking of his sacrifice in the cross **not** as God does, but as the world **does**.

In the end, Jesus promises a reward for those who remain faithful to Him—what is that reward?

During this week, let's practice to be mindful of our thoughts at school, at work, and wherever we are, so that we follow his teachings.

Let's practice to pay less attention to the messages from social media, on TV, from what others might say to us, especially when they are not in accordance with God's will.



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

Archdiocese of Los Angeles

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