

30th Sunday in Ordinary Time

First Reading: Exodus 22:20-26
Resp. Psalm: Psalm 18:2-3, 3-4, 47, 51
Second Reading: 1 Thessalonians 1:5c-10
Gospel: Matthew 22:34-40

[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, 0:51 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Holy Heroes channel, 0:58 min)

2. PRAY

Gather with family or friends in a room in your home. Invite all present to place themselves in the presence of God. Someone asks all present to close their eyes, relax their bodies, and ask the Lord to speak to them through this prayer. Breathe in the unique and powerful love offered to you and breathe out any distractions that might cloud your mind.

Someone reads through the Gospel passage. Next, an adult guides this moment of prayer. Imagine you are in the midst of the crowds (along the scholars and teachers) that had gathered to hear Jesus. Ask them to picture themselves standing in the crowd listening.

- **On hearing his word, how do you respond to Jesus?**
- **How is Jesus inviting you to follow the two greatest commandments in your daily life?**

Allow for a moment of silence for each person to reflect on the questions.



*Invite everyone to share their answers with the whole group. For children and youth, use the following question: **"How do you demonstrate your love for God and for neighbor?"***

3. TALK

God created humanity out of love, and all the rest of Creation for the benefit of human beings. In return, God asks that we remain faithful to his will by loving one another as he loved us.

Gather in pairs and take some time to affirm one another by acknowledging the gifts of each person gathered with you. An adult guides the conversation asks all to group in pairs for the sharing. When ready, one person begins by telling the other **"One thing I love about you is..."**

(Allow for sufficient time so that everyone receives the affirmation of another member.)

When someone is being affirmed and hears this statement, they simply listen and say **"Thank you"**.

To conclude, all can recite together this prayer: Lord, help me! I want to love others as you loved me. I want to lay down my life and serve those in need. Help me get beyond myself—my selfishness, my sin, and my desires—what usually trips me up to make time for loving practically and sacrificially! Amen.