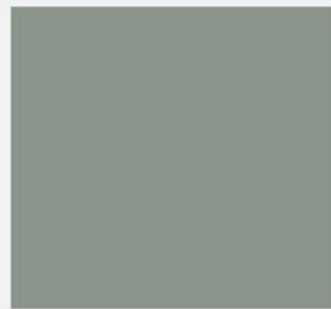




# EVERY SACRED FAMILY

*A 52 Week Catholic Mass Discussion Guide  
Year B*



*Ablaze Families* ✕ *Every Sacred Sunday*

## *Every Sacred Family*

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### *Any questions?*

We're here to help! Email us at [hello@everysacredsunday.com](mailto:hello@everysacredsunday.com) and we'll be glad to answer your question. Thanks!



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# Welcome!

*we're so glad you're here*

One of the greatest joys and tasks God gives us as parents is the opportunity to share the love of Christ with our kids. We are their parents, and they trust us above all other people. Who else in our lives will absorb our words and actions like they will?

The goal of this guide is to provide a simple framework centered around the Mass for you to lead your family by example and catechize through conversation. We encourage you to read the Gospel together before Mass and use the discussion questions whenever works for your family - for example around the dinner table or in the car on the way to Mass. Print it out or keep it bookmarked on your phone. Store this guide in the car, your purse, or by the coffee maker - there is no wrong answer!

However you use this resource, our top tip is to commit to using it, even if that means starting small with a single question before or after Mass. We're praying for you and your family, that the Holy Spirit will lead you to fruitful conversations and a renewed love for God and one another!

In Him,  
Ablaze Families and Every Sacred Sunday



*before we dive in...*

## WHY A MASS DISCUSSION GUIDE?

The Church says that as parents, we are our child's "primary catechists", which means that it is primarily up to us to teach them about the faith. This calling is both exciting and terrifying! Not one of us has all the answers - not even close - but the thought that we are "cooperating" with God in bringing our children to heaven is an honor.

One of the best opportunities we have for bringing our children to Jesus is through the Mass! And although many of us struggle with bringing our kids to Mass, it is always a place for you to belong, and it is always a place where your kids belong. With this in mind and guided by the Holy Spirit, we are so excited to offer you this resource! *Every Sacred Family: A 52 Week Catholic Mass Discussion Guide* was intentionally created to help you talk with your kids about faith, because conversation is foundational to catechesis!

Developed by Every Sacred Sunday, creators of the ESS Mass journal, and Ablaze Families, a ministry dedicated to raising saints, this guide is designed to help you dive deeper into the Mass as a family, with a focus on fostering Christ-centered conversations. In the following pages, you'll find tips to prepare for Mass, how to engage children of different ages at Mass, conversation starters for after Mass, and a full liturgical year's worth of discussion questions for each Sunday. Each question was thoughtfully written by Ablaze Families and reviewed by a Catholic theologian. We saw the need for a Mass discussion guide in our own families, and hope that this resource helps your family grow closer to Christ - one Sunday at a time!

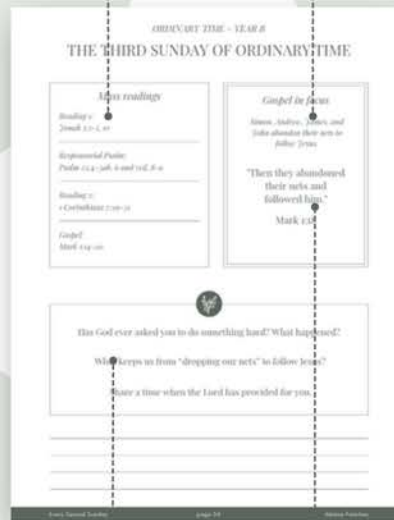
*introducing*  
**THE WEEKLY  
DISCUSSION PAGES**

### *MASS READINGS*

Reflecting on the readings before Mass primes our hearts to hear the Word proclaimed. If preparing for Mass is new for you, start with the Gospel reading! You can find the full readings in your Bible, on the USCCB website, or in an Every Sacred Sunday Mass journal.

### *GOSPEL SYNOPSIS*

If you didn't have time or forgot what was in the pre-reading (we get it!) the synopsis is the perfect reminder to jog your memory. You can then confidently dive into the discussion questions, for example in the car on the way to Mass.



### *FAMILY DISCUSSION*

This is the meat of the weekly page! These questions were curated by Catholic parents and a theologian to spark conversation and authentic connection. Read on in the "Prepare" section for more tips on using these questions!

### *MEMORY VERSE*

Words we repeat influence who we are! Memorizing or repeating a Bible verse throughout the week is a wonderful practice for both adults and kids. Put this page on your fridge for reference throughout the week, or discuss it as a family.

# 3 SIMPLE STEPS

## FOR MASS-CENTERED FAMILY CATECHESIS



*Before Mass:  
Prepare*



*During Mass:  
Engage*



*After Mass:  
Continue*

Preparing for Mass as a family is the first step! In this guide, we'll show you how to integrate Mass preparation with activities you already do with your family. You can start small, even just in the car on the way to Mass, trusting God can multiply any effort for His glory. Read more on pages 8-9 for details on preparing for Mass as a family, logistical tips to set you up for success, and a prayer for parents before Mass.

The most important hour of the week is Mass! Your Mass experience won't look the same with kids as it was without - and that's okay! Our kids learn what is important by watching what is important to us. Model engagement during Mass by singing, following along with the readings (a Mass journal can be a useful resource for notes), and participating fully. Your child might need help engaging, and we've provided age-appropriate ideas on pages 10-11.

Immediately after Mass is a wonderful opportunity to continue the conversation with your family! If you didn't have time to use the discussion guide before Mass, the car ride home can be a great time to revisit this guide. If one question leads to another fruitful topic, go where the Holy Spirit leads you! It's okay not to do every question in the guide - the point is to grow closer to God and one another! Page 12 also includes our favorite categories for conversation starters.



# STEP 1: PREPARE

## *A simple method to catechize with conversation*



What does Sunday morning look like in your house? For so many of us, it sometimes feels like complete chaos! The thought of adding something to do before we make it to Mass can seem daunting. How can we prepare our hearts to meet Jesus when we are barely making it out of the house?

But Jesus doesn't want to make mornings harder for you - He wants to redeem them, and orient our hearts towards Him in the midst of everything!

Reading and discussing the Gospel readings before Mass is a simple way to refocus as a family on what you are about to experience at Mass and bring greater peace in your life. If this is new for your family, take it one small step at a time.

You can make it a goal to read the Gospel together and use at least one question from the weekly discussion pages before Mass. If that feels like too much, then read the provided synopsis and re-tell the story in a way that your kids might understand. You could also invite your older kids to read aloud or be responsible for reminding the family when it is time to read the Gospel. By starting small, it's easier to build consistency - and Jesus takes even the smallest gift of self and makes it something beautiful!

Another key tip is that Mass preparation can happen at any time during the week and in any place that works for your family! For your family this may mean reading the Gospel at dinner together the night before Mass. Or maybe it looks like reading aloud in the car on the way to Mass. It could be something earlier in the week, scheduled for a specific day. When possible, it helps to connect Mass preparation with routines that are already well established in your family and to put it on the calendar.

For example you can tape the memory verse on the mirror to read while brushing teeth, or keep this guide on the kitchen table with a Bible or Mass journal to read scripture aloud and ask one discussion question before starting homework. By connecting the new habit of preparing for Mass with an already established routine, you'll have a much better likelihood of keeping up with it.

Separately from pre-reading and discussing the readings as a family before Mass, it's important to prioritize personal prayer time for each parent. When can you dedicate time during the week to read the Mass readings? If you are struggling in your current season to prioritize prayer, we recommend the books *A Mother's Rule of Life*, by Holly Pierlot, and *Searching for and Maintaining Peace* by Fr. Jacques Philippe. If you're not sure how to pray, *Conversation with Christ*, by Peter Rohrbach details St. Teresa of Avila's excellent step-by-step method of prayer. Additionally, having a personal Mass journal with the readings, such as the one from *Every Sacred Sunday*, can be a wonderful resource to help you spend time in scripture.

Finally, here are a few of our favorite logistical tips for the "day of":

- Try to choose outfits the night before for a morning Mass.
- Make sure everyone has eaten well. Bring a snack in the car to prevent "hangry" kids.
- Have everyone go to the bathroom before Mass starts.
- Say a prayer as you walk into Mass, or use the prayer below!
- Keep your "tools" in a handy place - for example a faith-based book for littles or a Mass journal and pen for homily notes.

And please remember - you and your kids are wanted at Mass. Always. The Church needs your family and thank you for joining in worship!

### *A Parent's Prayer Before Mass*

Lord, prepare my heart to receive you today. Open my heart and ears to hear your word. Send your Holy Spirit to give me patience with my family, and show me how to lead my kids closer to you through the Mass. Amen.



## STEP 2: ENGAGE

### *Our top tips to help engage kids of any age at Mass*

One of the best opportunities we have for bringing our children to Jesus is through the Mass. How ironic that the very thing many Catholic parents struggle with the most is one of the most effective avenues for grace in the family! Many people have asked us "How can I get my kids to behave at Mass?", and there is no magic answer. What we do know is that the Mass is still a place for you to belong, and it is still a place where your kids belong! Rather than behavior modification ("sit still and be quiet") instead seek to engage your kids in what is going on. It might mean accepting that your own experience at Mass will look different, but the reward in the long run is worth it!



#### *Babies - <18 months old*

Congrats on your new arrival! If your baby is young enough, you can time your Mass attendance with your baby's nap time. As your little one starts getting mobile and talkative, remember that your baby sounds much louder to you than anyone else around you. You belong in Mass, and so does your little one. Engage your baby by pointing out the stained glass, candles, and Jesus on the cross.



#### *Littles - 18 months to 5 years*

Having a toddler at Mass can be one of the most drastic changes in terms of our Mass experience. Rather than behavior modification - "sit still and be quiet" - seek rather to engage them in what is going on. This means accepting that your own experience at Mass will look different. To engage littles, have them count the candles, or find Mary. Make a big deal during the transubstantiation, and point out the bread becoming Jesus' body. Remember that Mass is for them too, and they just need a little help. And most of all, give yourself a lot of grace!





### *Elementary - 6 to 11 years*

At this age, your child has either received their first Holy Communion, or soon will. This is a great age for your child to start learning the Bible, imagining what life would be like in Jesus' time, and practice memorizing the verse for the week. Help them read along with the readings, follow the music notes in the missal with their finger, or draw a picture of something that stood out to them about the Gospel. This can be a time to get them involved, such as with altar serving or singing in the children's choir.



### *Middle School - 12 to 14 years*

This is a great age to encourage your kids to take ownership in their prayer life! Ask your middle schoolers to lead your family discussion, and give them the responsibility of quizzing the younger kids on the verse to memorize that week. Encourage them to invite friends to Mass, and get them involved with a middle school youth group. At this age they could also start using a Mass journal!



### *High School - 15 to 18 years*

At this age, your kids will have received their Confirmation, or soon will. Encourage them to take their initiation into the Church seriously by serving in some way, whether by becoming a reader, an usher or greeter, someone that takes communion to the elderly and homebound, or some other way. Encourage them to join youth group, or serve on mission. Invite your high schooler to take a regular Holy Hour to encourage personal prayer and love of the Eucharist.

## STEP 3: CONTINUE

*After Mass, it's time to continue the conversation!*

At the end of Mass, we "Go Forth" into the world - raising Catholic kids is an action we carry forth into the entire week! If you didn't have a chance to go through the weekly discussion questions before Mass, you can start on the car ride home or at your next meal time. You can also naturally continue the conversation by referencing these three categories of conversation starters: Truth, Beauty, and Goodness.

### TRUTH

*What is true and builds our knowledge?*

Part of being a disciple is building up our minds with knowledge as we journey towards Truth. No matter how much we study and pray, there will always be something new to learn about God! What did you learn about God at Mass? What did you learn about how God has interacted with His people throughout salvation history in the Scriptures? Share this insight with your family.

### BEAUTY

*What is beautiful and points to Christ?*

Cultivating our awareness of beauty can direct us to Christ. Take note of your senses. What beauty do I notice at Mass? This could be something like a candle, the music, or the way the person in front of you was praying. Maybe it was a certain word in the readings, or worship that caught your attention. How did beauty elevate you to experience God?

### GOODNESS

*What is good and how can we share it?*

God is always present in our lives, even when we don't notice it! How have you seen God's goodness moving in your life? Take time in thanksgiving! The next step is to share God's goodness with others. God speaks to us through the Scriptures, even though they were written long ago. How is God asking you to love those around you better, and how is He calling you to serve Him?

# A NOTE FOR PARISHES

## A FEW TIPS AND TRICKS

*Thank you for investing in your parish families!  
Here are two potential ways to use this guide in your parish.*

### *Option 1: Provide weekly handouts after Mass*

This is a simple way to start using this resource at your parish! Hand out printouts for that day's Mass as parishioners are leaving Mass, or give them to kids in CCE to bring home and use with their family. This way, families just heard the readings proclaimed and they are primed to dive into the discussion questions. This method also makes it easy to adjust print volume weekly and introduce this guide over time.

### *Option 2: Provide the full discussion guide*

Another great option is to print off this full guide and bind multiple copies, providing each family with their own copy. Three ring binders or spiral binding at a local print shop can be good options here. A benefit of this is that you invest the time once to print, announce, and distribute this resource, and then each family is able to take ownership from there to use before or after Mass, however works for them!

*Once you've decided which method works  
for your parish, don't be shy!*

Announce the new resource after Mass, provide handouts of the introduction pages, or even host a kickoff evening "Catechize with Conversation: How to Discuss the Mass Readings as a Family" using the information on pages 4-12.



# MEET THE TEAM

*We're so happy you're here!*

This guide was created with lots of prayer and by combining the expertise of Ablaze Families and Every Sacred Sunday - we hope you love it!

## ABLAZE FAMILIES

*Dedicated to raising saints*

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We are a nonprofit on a mission to equip and empower parents to lead their kids to Heaven! Our resources include online courses, e-books, and intentional Catholic communities. Come say hi and get connected!



[ablaze.us/ablaze-families](https://ablaze.us/ablaze-families)



[everysacredsunday.com](https://everysacredsunday.com)

## EVERY SACRED SUNDAY

*Creator of the ESS Mass Journal*

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Hello from Kassie & Christie, co-founders of Every Sacred Sunday! We were in a Bible study together in 2017 when the Holy Spirit placed the idea on our hearts to publish Mass journals that were beautiful, functional, and 100% Catholic. Thanks for joining us!



SAY "YES!" TO GOD,  
ONE SUNDAY AT A TIME

*let's dive in!*

# THE FIRST SUNDAY OF ADVENT

## *Mass readings*

*Reading 1:*

*Isaiah 63:16b-17; 64:2-7*

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*Responsorial Psalm:*

*Psalm 80:2a and 3b, 15-16, 18-19*

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*Reading 2:*

*1 Corinthians 1:3-9*

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*Gospel:*

*Mark 13:33-37*

## *Gospel in focus*

*Jesus advises that no one will know when the "lord of the house" will return home.*

“Watch, therefore; you do not know when the lord of the house is coming...May he not come suddenly and find you sleeping.”

Mark 13:35-36



Think about your typical day. If Jesus arrived at your door, what would your response be? Would you be ready to welcome Him? What does it mean to you to be “sleeping” spiritually? How can we be watchful in our spiritual lives?

God is good and faithful! What good things are we waiting to receive this Christmas?

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# THE SECOND SUNDAY OF ADVENT

## *Mass readings*

*Reading 1:*

*Isaiah 40:1-5, 9-11*

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*Responsorial Psalm:*

*Psalm 85:9ab, 11-12, 13-14*

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*Reading 2:*

*2 Peter 3:8-14*

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*Gospel:*

*Mark 1:1-8*

## *Gospel in focus*

*John the Baptist prepares the way for Jesus.*

“Prepare the way of the Lord, make straight his paths.”

Mark 1:3



John was clothed in camel hair, ate bugs, and lived very differently from others. What is something about our family that makes it unique?

If Jesus were to come visit our home tomorrow, what would you do today to prepare it?

How is preparing our hearts similar to preparing our home?  
How can we prepare our hearts for Jesus this Advent?

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# THE THIRD SUNDAY OF ADVENT

## *Mass readings*

*Reading 1:*

*Isaiah 61:1-2a, 10-11*

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*Responsorial Psalm:*

*Luke 1:46-48, 49-50, 53-54*

---

*Reading 2:*

*1 Thessalonians 5:16-24*

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*Gospel:*

*John 1:6-8, 19-28*

## *Gospel in focus*

*John the Baptist makes it clear that he is not the Messiah, but is preparing the way for the Messiah.*

“He was not the light, but came to testify to the light.”

John 1:8



How can we “make straight the way of the Lord”?

Many people mistakenly thought John was the Messiah. Who is someone that you would like to be mistaken for? Why?

John came to “testify to the light”. How can we help others more clearly see Jesus?

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# THE FOURTH SUNDAY OF ADVENT

## *Mass readings*

*Reading 1:*

2 Samuel 7:1-5, 8b-12, 14a, 16

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*Responsorial Psalm:*

Psalm 89:2-3, 4-5, 27 and 29

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*Reading 2:*

Romans 16:25-27

---

*Gospel:*

Luke 1:26-38

## *Gospel in focus*

*The angel Gabriel announces to the Virgin Mary that she will conceive a baby by the power of the Holy Spirit, and will give birth to Jesus.*

“Nothing will be impossible for God.”

Luke 1:37



In Mary, God does something seemingly impossible. What is a big thing in your life where you want God's help?

The angel says to Mary “do not be afraid”. What is a fear that you have? How can you invite God into it?

What is something that God has done that you thought was impossible?

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# SOLEMNITY OF THE IMMACULATE CONCEPTION OF THE VIRGIN MARY (Dec. 8)

## *Mass readings*

*Reading 1:*

*Genesis 3:9-15, 20*

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*Responsorial Psalm:*

*Psalm 98:1,2-3ab, 3cd-4*

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*Reading 2:*

*Ephesians 1:3-6, 11-12*

---

*Gospel:*

*Luke 1:26-38*

## *Gospel in focus*

*Mary was protected from the stain of original sin so that she could be a perfect vessel for God to reveal Jesus to the world.*

“Hail, favored one!  
The Lord is with you.”

Luke 1:28



God partnered with Mary in a powerful way. How can you partner with God to bring hope and joy to others in this season?

Mary asks the question “How can this be?” –  
What is a question you would like to ask God?

How do you see the Lord working through you and your family this Advent season?

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# SOLEMNITY OF THE NATIVITY

## *Mass readings\**

*Reading 1: Isaiah 62:1-5; Isaiah 9:1-6;  
Isaiah 62:11-12; Isaiah 52:7-10*

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*Responsorial Psalm: Psalm 89:4-5, 16-17,  
27, 29; Psalm 96:1-2, 2-3, 11-12, 13; Psalm  
97:1, 6, 11-12; Psalm 98:1, 2-3, 3-4, 5-6*

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*Reading 2: Acts 13:16-17, 22-25; Titus  
2:11-14; Titus 3:4-7; Hebrews 1:1-6*

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*Gospel: Matthew 1:1-25; Luke 2:1-14;  
Luke 2:15-20; John 1:1-18*

*\*Order listed: Vigil; Mass at midnight; Mass at  
dawn; Mass during the day*

## *Gospel in focus*

*The shepherds are in awe from  
the angels' message and their  
visit to see the baby Jesus.*

“So they went in haste  
and found Mary and  
Joseph, and the infant  
lying in the manger.”

Luke 2:6



Share a word that describes your Advent. How do you feel coming  
into Christmas?

Place yourself in the scene of the nativity. What do you notice first?  
What do you see, smell, and hear?

How do you approach the baby in the manger? How can you invite  
Jesus into your life in a new way this Christmas?

# SUNDAY IN THE OCTAVE OF CHRISTMAS, FEAST OF THE HOLY FAMILY

## *Mass readings*

### *Reading 1:*

*Sirach 3:2-7, 12-14 or Genesis  
15:1-6, 21:1-3*

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### *Responsorial Psalm:*

*Psalm 128:1-2, 3, 4-5 or Psalm 105:1-2,  
3-4, 5-6, 8-9*

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### *Reading 2:*

*Colossians 3:12-21 or Hebrews  
11:8, 11-12, 17-19*

---

### *Gospel:*

*Luke 2:22-40*

## *Gospel in focus*

*The Lord fulfills His promise to  
Simeon to see the Messiah when  
Jesus is presented at the temple.*

“Behold, this child is destined  
for the fall and rise of many in  
Israel, and to be a sign that  
will be contradicted (and you  
yourself a sword will pierce)  
so that the thoughts of many  
hearts may be revealed.”

Luke 2:34-35



Place yourself in Mary’s shoes. How do you think she feels upon hearing the words of Simeon? What is Joseph’s reaction?

Share a time when something you waited for finally came. How did it feel? How do you think Simeon felt?

What do you think of when you hear the word “promise”? What are the Lord’s promises to you?

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# SOLEMNITY OF MARY, MOTHER OF GOD (Jan.

1)

## *Mass readings*

*Reading 1:*

*Numbers 6:22-27*

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*Responsorial Psalm:*

*Psalm 67:2-3, 5, 6, 8*

---

*Reading 2:*

*Galatians 4:4-7*

---

*Gospel:*

*Luke 2:16-21*

## *Gospel in focus*

*Mary remains obedient to the  
Father and names the baby  
Jesus.*

“And Mary kept all these  
things, reflecting on  
them in her heart.”

Luke 2:19



What can we learn from Mary?

When do you think Mary had to rely on her trust in the Lord?

If you could ask Mary a question, what would it be?

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## EPIPHANY OF THE LORD

### *Mass readings*

*Reading 1:*

*Isaiah 60:1-6*

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*Responsorial Psalm:*

*Psalm 72:1-2, 7-8, 10-11, 12-13*

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*Reading 2:*

*Ephesians 3:2-3a, 5-6*

---

*Gospel:*

*Matthew 2:1-12*

### *Gospel in focus*

*The magi follow the star to  
Bethlehem where they find the  
Holy Family.*

“Where is the newborn  
king of the Jews? We  
saw his star at its rising  
and have come to do  
him homage.”

Matthew 2:2



Which part of the Gospel stands out to you the most? Why?

The magi traveled with gifts for the newborn King.  
What “gifts” has God given you this Christmas season?

The magi traveled a long time before finally meeting Jesus.  
How is God calling you to patience?

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## BAPTISM OF THE LORD

### *Mass readings*

*Reading 1:*

*Isaiah 42:1-4, 6-7; or Isaiah 55:1-11*

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*Responsorial Psalm:*

*Psalm 29:1-2, 3-4, 3, 9-10; or Isaiah 12:2-3, 4bcd, 5-6*

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*Reading 2:*

*Acts 10:34-38; or 1 John 5:1-9*

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*Gospel:*

*Mark 1:7-11*

### *Gospel in focus*

*Jesus is baptized in the Jordan river by John the Baptist.*

“And a voice came from the heavens, ‘You are my beloved Son; with you I am well pleased.’”

Mark 1:11



Have you ever been to a baptism? What was it like?

How does baptism change us? Do we live like we have been changed?

Every time we dip our fingers in holy water, it is a reminder of our baptism. Challenge the members of your family to remember the promises of their baptism the next time they bless themselves with holy water!



# ASH WEDNESDAY

## *Mass readings*

*Reading 1:*

*Joel 2:12-18*

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*Responsorial Psalm:*

*Psalm 51:3-4, 5-6ab, 12-13, 14 and 17*

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*Reading 2:*

*2 Corinthians 5:20-6:2*

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*Gospel:*

*Matthew 6:1-6, 16-18*

## *Gospel in focus*

*Jesus reminds us that the fasting we do is for Him; not for our own glory on earth.*

“Your Father who sees in secret will reward you.”

Matthew 6:4



Share a time someone gave you what you needed. How did that feel?

What is one way we can help those around us that are in need?

What is a way we can help with our time or talent?

How can we fast with joy, even when it is hard?

# THE FIRST SUNDAY OF LENT

## *Mass readings*

*Reading 1:*

*Genesis 9:8-15*

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*Responsorial Psalm:*

*Psalm 25:4-5ab, 6 and 7cd, 8-9*

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*Reading 2:*

*1 Peter 3:18-22*

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*Gospel:*

*Mark 1:12-15*

## *Gospel in focus*

*Jesus is sent into the  
desert and is tempted  
by the devil.*

“The kingdom of God is  
at hand. Repent, and  
believe in the gospel.”

Mark 1:15



What is one way you want to grow this Lenten season?

What was the best Lent you ever had, and why?

The Holy Spirit was with Jesus in the desert. Share a time of hardship that you experienced. How did you know the Holy Spirit was there?

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# THE SECOND SUNDAY OF LENT

## *Mass readings*

*Reading 1:*

*Genesis 22:1-2, 9a, 10-13, 15-18*

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*Responsorial Psalm:*

*Psalm 116:10 and 15, 16-17, 18-19*

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*Reading 2:*

*Romans 8:31b-34*

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*Gospel:*

*Mark 9:2-10*

## *Gospel in focus*

*Jesus is transfigured  
before Peter, James,  
and John.*

“This is my beloved Son.  
Listen to him.”

Mark 9:7



How is God calling you to transformation this Lenten season?  
What does He want you to change?

What is one practical way to show the great love of  
Jesus to someone this week?

How can our family be a “mountain top” that shows Jesus to all?

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# THE THIRD SUNDAY OF LENT

## *Mass readings*

*Reading 1:*

*Exodus 20:1-17 or Exodus 17:3-7*

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*Responsorial Psalm:*

*Psalm 19:8, 9, 10, 11 or Psalm 95:1-2,  
6-7, 8-9*

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*Reading 2:*

*1 Corinthians 1:22-25 or Romans 5:1-2,  
5-8*

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*Gospel:*

*John 2:13-25 or John 4:5-42*

## *Gospel in focus*

*Jesus reminds us that the temple is a place of prayer.*

“Jesus said, “Destroy this temple and in three days I will raise it up.”

John 2:19



It can be easy to get distracted in Mass. What is one way you can bring yourself back into a moment of prayer?

What is one thing you want to pray for this week? Bring that to Mass, and offer it up during the prayer of the faithful.

Share a positive moment you had in prayer.

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# THE FOURTH SUNDAY OF LENT

## *Mass readings*

*Reading 1:*

*2 Chronicles 36:14-16, 19-23 or 1 Samuel 16:1B, 6-7, 10-13A*

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*Responsorial Psalm:*

*Psalm 137:1-2, 3, 4-5, 6 or Psalm 23:1-3A, 3B-4, 5, 6*

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*Reading 2:*

*Ephesians 2:4-10 or Ephesians 5:8-14*

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*Gospel:*

*John 3:14-21 or John 9:1-41*

## *Gospel in focus*

*We are reminded that the Son of Man must die and be resurrected for our sins.*

“So must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.”

John 3:14-15



Share your week with the family, both high points and low points.

What would your life look like if you lived with a deeper awareness of eternal life? Would your typical day look similar or different from your current routine?

From a spiritual perspective, how is your Lent going? How can you grow closer to Jesus in the coming weeks?

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# THE FIFTH SUNDAY OF LENT

## *Mass readings*

*Reading 1:*

*Jeremiah 31:31-34 or Ezekiel 37:12-14*

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*Responsorial Psalm:*

*Psalm 51:3-4, 12-13, 14-15 or Psalm 130:1-2, 3-4, 5-6, 7-8*

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*Reading 2:*

*Hebrews 5:7-9 or Romans 8:8-11*

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*Gospel:*

*John 12:20-33 or John 11:1-45*

## *Gospel in focus*

*We are made for greatness;  
whoever loses his life will gain  
much more in heaven.*

“Whoever serves me  
must follow me, and  
where I am, there also  
will my servant be.”

John 12:26



Share a time when you went through something hard.  
What good things came from it?

What are things we can do to keep our mind on the  
goal of heaven?

How can we encourage others who are suffering?



# PALM SUNDAY

## *Mass readings*

*Gospel:*

*Mark 11:1-10 or John 12:12-16*

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*Reading 1:*

*Isaiah 50:4-7*

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*Responsorial Psalm:*

*Psalm 22:8-9, 17-18a, 19-20, 23-24*

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*Reading 2:*

*Philippians 2:6-11*

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*Gospel:*

*Mark 14:1-15:47 or 15:1-39*

## *Gospel in focus*

*Jesus goes to Jerusalem for  
the Passion of our Lord.*

“Abba, Father, all things  
are possible to you. Take  
this cup away from me,  
but not what I will but  
what you will.”

Mark 14:36



Palm Sunday can be a bittersweet moment filled with many emotions.

What are three words you would use to describe your Lent?

What is something we did well as a family during Lent?

What is something you want to prioritize as we move into the Triduum? Something in praying, fasting, or almsgiving?

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# SOLEMNITY OF SAINT JOSEPH (March 19)

## *Mass readings*

*Reading 1:*

*2 Samuel 7:4-5A, 12-14A, 16*

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*Responsorial Psalm:*

*Psalm 89:2-3, 4-5, 27, 29*

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*Reading 2:*

*Romans 4:13, 16-18, 22*

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*Gospel:*

*Matthew 1:16, 18-21, 24A or Luke 2: 41-51A*

## *Gospel in focus*

*An angel appears to Joseph in a dream, telling him to take Mary as his wife.*

“When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home.”

Matthew 1:24



Saint Joseph was obedient to God’s will, even though he may not have understood it. Where is God calling you to obedience?

What are the qualities of a good father?

Imagine Saint Joseph taking care of the child Jesus. How can our family model Saint Joseph in the ways we take care of each other?

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# SOLEMNITY OF THE ANNUNCIATION OF THE LORD

## *Mass readings*

*Reading 1:*

*Isaiah 7:10-14, 8:10*

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*Responsorial Psalm:*

*Psalm 40:7-8A, 8B-9, 10, 11*

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*Reading 2:*

*Hebrews 10:4-10*

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*Gospel:*

*Luke 1:26-38*

## *Gospel in focus*

*The angel Gabriel appears to Mary, announcing she will conceive Jesus by the power of the Holy Spirit.*

“Then the angel said to her, ‘Do not be afraid, Mary, for you have found favor with God.’”

Luke 1:30



Mary’s life was forever changed when she accepted God’s call. Are you experiencing a time of change or transition? How?

How can we be more like Mary in the ways we respond to change or unexpected events?

Becoming a parent is a life-changing event. Share with your child what it was like when they joined the family.

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# MASS OF THE LORD'S SUPPER, HOLY THURSDAY

## *Mass readings*

*Reading 1:*

*Exodus 12:1-8, 11-14*

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*Responsorial Psalm:*

*Psalm 116:12-13, 15-16, 17-18*

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*Reading 2:*

*1 Corinthians 11:23-26*

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*Gospel:*

*John 13:1-15*

## *Gospel in focus*

*Jesus shows His love for us by washing the feet of the disciples.*

“If I, therefore, the master and teacher, have washed your feet, you ought to wash one another’s feet.”

John 13:14



Can it be hard to let others serve you? Why or why not?

Share a time when you let someone serve you? What did that feel like?

What is one way you can serve someone this week?

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# GOOD FRIDAY

## *Mass readings*

*Reading 1:*

*Isaiah 52:13-53:12*

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*Responsorial Psalm:*

*Psalm 31:2 and 6, 12-13, 15-16, 17 and 25*

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*Reading 2:*

*Hebrews 4:14-16, 5:7-9*

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*Gospel:*

*John 18:1-19:42*

## *Gospel in focus*

*The Passion narrative reminds us that Jesus willingly sacrificed everything for us.*

“It is finished.”

John 19:30



How did you grow this Lent?

How can we focus on the sacrifice made for each of us today?

What gives us hope on days that can seem hopeless?

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# EASTER

## Mass readings\*

Reading 1: Genesis 1:1-2:2; Acts 10:34a 37-43

Responsorial Psalm: Various; Psalm 118:1-2,  
16-17, 22-23

Reading 2: Genesis 22:1-18; Colossians 3:1-4 or  
1 Corinthians 5:6b-8

Reading 3: Exodus 14:15-15:1

Reading 4: Isaiah 54:5-14

Reading 5: Isaiah 55:1-11

Reading 6: Baruch 3:9-15, 32-4:4

Reading 7: Ezekiel 36:16-17a, 18-28

Epistle: Romans 6:3-11

Gospel: Mark 16:1-7; John 20:1-9

\*Order Listed: Holy Saturday Easter Vigil; Easter Day

## Gospel in focus

*Hallelujah, Jesus  
Christ is Risen!*

“Then the other  
disciple also went  
in, the one who had  
arrived at the tomb  
first, and he saw  
and believed.”

John 20:8



What is your favorite way to celebrate Easter?

How can we bring this new hope of Easter with us  
everywhere we go during this week?

What is one thing you are thankful for today?

# THE SECOND SUNDAY OF EASTER, DIVINE MERCY SUNDAY

## *Mass readings*

*Reading 1:*

*Acts 4:32-35*

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*Responsorial Psalm:*

*Psalm 118:2-4, 13-15, 22-24*

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*Reading 2:*

*1 John 5:1-6*

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*Gospel:*

*John 20:19-31*

## *Gospel in focus*

*Jesus shares mercy and peace  
with the Apostles, and sends  
them out.*

“Peace be with you. As  
the Father has sent me,  
so I send you.”

John 20:21



What places in your life do you need God’s mercy or peace?

When is a time in your life that you have received God’s mercy?

Thomas had trouble believing in God.  
What do you do when it is hard to believe?



# THE THIRD SUNDAY OF EASTER

## *Mass readings*

*Reading 1:*

*Acts 3:13-15, 17-19*

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*Responsorial Psalm:*

*Psalm 4:2, 4, 7-8, 9*

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*Reading 2:*

*1 John 2:1-5a*

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*Gospel:*

*Luke 24:35-48*

## *Gospel in focus*

*Jesus meets His disciples after the resurrection and opens their minds to understand the Scriptures.*

“Then he said to them,  
‘Why are you troubled?  
And why do questions  
arise in your hearts? Look  
at my hands and my feet,  
that it is I myself.’”

Luke 24:38-39



Jesus helps the disciples understand the Scriptures. Who is a person that has helped you grow in your faith?

Share a time when God felt far away or you felt troubled.

Offer this as a prayer at Mass today.

What is one area of your life that you do not feel fully at peace? How can we support each other to be more aware of Christ's peace?

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# THE FOURTH SUNDAY OF EASTER

## *Mass readings*

*Reading 1:*

*Acts 4:8-12*

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*Responsorial Psalm:*

*Psalm 118:1, 8-9, 21-23, 26, 28, 29*

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*Reading 2:*

*1 John 3:1-2*

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*Gospel:*

*John 10:11-18*

## *Gospel in focus*

*Jesus reminds us that His sheep  
hear His voice and know Him.*

“I am the good  
shepherd, and I know  
mine and mine know  
me.”

John 10:14



What does it mean when Jesus says he is the Good Shepherd?

Being a sheep means we have to trust in our Shepherd.

What is one thing you can entrust to the Lord?

How can we make time for silence so we can better hear the voice of  
the Good Shepherd guiding our family?

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# THE FIFTH SUNDAY OF EASTER

## *Mass readings*

*Reading 1:*

*Acts 9:26-31*

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*Responsorial Psalm:*

*Psalm 22:26-27, 28, 30, 31-32*

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*Reading 2:*

*1 John 3:18-24*

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*Gospel:*

*John 15:1-8*

## *Gospel in focus*

*Jesus tells us that He is  
the vine and we are the  
branches.*

“By this is my Father  
glorified, that you bear  
much fruit and become  
my disciples.”

John 15:8



What are some good fruits that you have seen over this Easter Season?

What are the weeds that we need to pull out of our life?

What are the times each day we can pray, both on our own and as a family? Commit to remaining with Jesus in prayer this week.

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# THE SIXTH SUNDAY OF EASTER

## *Mass readings*

*Reading 1:*

*Acts 10:25-26, 34-35, 44-48*

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*Responsorial Psalm:*

*Psalm 98:1, 2-3, 3-4*

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*Reading 2:*

*1 John 4:7-10*

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*Gospel:*

*John 15:9-17*

## *Gospel in focus*

*Jesus gives the disciples  
the commandment to love  
one another.*

“As the Father loves me,  
so I also love you.  
Remain in my love.”

John 15:9



How does the Lord show His love for you in the everyday moments?

How does God’s law show His love for us?

What ways can we embrace the invitation to live in  
friendship with God?

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# THE ASCENSION OF THE LORD

## *Mass readings*

*Reading 1:*

*Acts 1:1-11*

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*Responsorial Psalm:*

*Psalm 47:2-3, 6-7, 8-9*

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*Reading 2:*

*Ephesians 1:17-23 or 4:1-7, 11-13*

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*Gospel:*

*Mark 16:15-20*

## *Gospel in focus*

*Jesus ascends to heaven to  
be with His Father.*

“Go into the whole  
world and proclaim the  
gospel to every  
creature.”

Mark 16:15



Share a saint that you look up to.

Take some time to look back at baptism pictures.

How does baptism change us?

How can our family share the Gospel with others?

# THE SEVENTH SUNDAY OF EASTER

## *Mass readings*

*Reading 1:*

*Acts 1:15-17, 20a, 20c-26*

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*Responsorial Psalm:*

*Psalm 103:1-2, 11-12, 19-20*

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*Reading 2:*

*1 John 4:11-16*

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*Gospel:*

*John 17:11b-19*

## *Gospel in focus*

*Before Jesus is arrested,  
He prays to the Father to  
guard and protect His  
disciples.*

“I speak this in the  
world so that they  
may share my joy  
completely.”

John 17:13



Jesus asks God the Father to “consecrate them in the truth”. What do you think of when you hear the word “truth”?

What is one thing that brings you great joy? How can you bring joy to someone this week?

How can we remember as a family that we do not “belong to the world”?

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# PENTECOST SUNDAY

## Mass readings\*

*Reading 1:*

*Genesis 11:1-9 or Exodus 19:3-8a 16-20b or  
Ezekiel 37:1-14, or Joel 3:1-5; Acts 2:1-11*

*Responsorial Psalm:*

*Psalm 104:1-2, 24, 35, 27-28, 29, 30; Psalm 33:10-11, 12-13, 14-15; Psalm 104:1, 24, 29-30, 31, 34*

*Reading 2:*

*Romans 8:22-27; Exodus 19:3-8a, 16-20b; 1  
Corinthians 12:3b-7, 12-13 or Galatians 5:16-25*

*Reading 3: Ezekiel 37:1-14*

*Reading 4: Joel 3:1-5*

*Epistle: Romans 8:22-27*

*Gospel:*

*John 7:37-39; Romans 8:22-27; John 20:19-23 or  
John 15:26-27; 16:12-15*

*\*Order Listed: Vigil Mass, Extended Vigil, Mass During the Day*

## Gospel in focus

*Jesus sends us our advocate,  
the Holy Spirit.*

“And when he had said this, he breathed on them and said to them, ‘Receive the holy Spirit.’”

John 20:22



What is one gift of the Holy Spirit that you would like to ask for?

When was the last time you felt truly forgiven?

Who is someone you might need to extend forgiveness to?

# THE SECOND SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*1 Samuel 3:3b-10, 19*

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*Responsorial Psalm:*

*Psalm 40:2 and 4ab, 7-8a, 8b-9, 10*

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*Reading 2:*

*1 Corinthians 6:13c-15a, 17-20*

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*Gospel:*

*John 1:35-42*

## *Gospel in focus*

*Jesus calls Simon Peter and Andrew to be His disciples.*

“...as he watched Jesus walk by, he said, ‘Behold, the Lamb of God.’”

John 1:36



What does it mean to be called by Jesus?

Why do you think John’s disciples left John to follow Jesus?

How do you think John felt about that?

How can we be a family of disciples that follows Jesus?

What do we need to leave behind in order to follow Him?

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# THE THIRD SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Jonah 3:1-5, 10*

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*Responsorial Psalm:*

*Psalm 25:4-5ab, 6 and 7cd, 8-9*

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*Reading 2:*

*1 Corinthians 7:29-31*

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*Gospel:*

*Mark 1:14-20*

## *Gospel in focus*

*Simon, Andrew, James, and John abandon their nets to follow Jesus.*

“Then they abandoned their nets and followed him.”

Mark 1:18



Has God ever asked you to do something hard? What happened?

What keeps us from “dropping our nets” to follow Jesus?

Share a time when the Lord has provided for you.

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# THE FOURTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Deuteronomy 18:15-20*

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*Responsorial Psalm:*

*Psalm 95:1-2, 6-7ab, 7c-9*

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*Reading 2:*

*1 Corinthians 7:32-35*

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*Gospel:*

*Mark 1:21-28*

## *Gospel in focus*

*Jesus casts a demon out  
in the synagogue.*

“The people were  
astonished at his  
teaching, for he taught  
them as one having  
authority and not as the  
scribes.”

Mark 1:22



Which teaching of Jesus really resonates with you, or is your favorite? Why?

What do you think the man with the unclean spirit was doing in the synagogue?

How would you react if you were in the synagogue while Jesus casted out the unclean spirit? What would you do or feel?

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# THE FIFTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Job 7:1-4, 6-7*

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*Responsorial Psalm:*

*Psalm 147:1-2, 3-4, 5-6*

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*Reading 2:*

*1 Corinthians 9:16-19, 22-23*

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*Gospel:*

*Mark 1:29-39*

## *Gospel in focus*

*Jesus heals many, including  
Simon's mother-in-law.*

“He told them, ‘Let us go on to the nearby villages that I may preach there also. For this purpose have I come.’”

Mark 1:38



What would you ask Jesus if you knew He was coming to your town?

Why do you think the demons reacted so strongly to Jesus' preaching?

Compile a list of prayer intentions as a family. Light a candle, and offer these intentions to Jesus.

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# THE SIXTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Leviticus 13:1-2, 44-46*

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*Responsorial Psalm:*

*Psalm 32:1-2, 5*

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*Reading 2:*

*1 Corinthians 10:31-11:1*

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*Gospel:*

*Mark 1:40-45*

## *Gospel in focus*

*Jesus heals the leper.*

“Moved with pity, he stretched out his hand, touched him, and said to him, ‘I do will it. Be made clean’”

Mark 1:41



In the first reading, the lepers are labeled “unclean” and must live apart from others. How is the Gospel different from the 1st reading? Why?

The literal translation of Jesus being moved with pity is that His “stomach churned”. What do you think moves Jesus with pity in our world today?

What does Jesus wish to heal in your life?

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# THE SEVENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Isaiah 43:18-19, 21-22, 24b-25*

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*Responsorial Psalm:*

*Psalm 41:2-3, 4-5, 13-14*

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*Reading 2:*

*2 Corinthians 1:18-22*

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*Gospel:*

*Mark 2:1-12*

## *Gospel in focus*

*Jesus heals the paralytic  
because of the faith of his  
friends.*

“When Jesus saw their  
faith, he said to the  
paralytic, ‘Child, your  
sins are forgiven.’”

Mark 2:5



Which friends lead you closer to Jesus? How do they do that?

Why is it important to have friends that lead you to Christ?

How can you help your friendships be more holy?

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# THE EIGHTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Hosea 2:16b, 17b, 21-22*

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*Responsorial Psalm:*

*Psalm 103:1-2, 3-4, 8, 10, 12-13*

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*Reading 2:*

*2 Corinthians 3:1b-6*

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*Gospel:*

*Mark 2:18-22*

## *Gospel in focus*

*Jesus tells the Pharisees that His presence calls for a time of celebration rather than mourning.*

“Jesus answered them, ‘Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast.’”

Mark 2:19



Have you ever been to a wedding? What was it like?

How is Jesus similar to a bridegroom?

How is Jesus calling you to be a fresh wineskin?

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# THE NINTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Deuteronomy 5:12-15*

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*Responsorial Psalm:*

*Psalm 81:3-4, 5-6, 6-8, 10-11*

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*Reading 2:*

*2 Corinthians 4:6-11*

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*Gospel:*

*Mark 2:23 - 3:6*

## *Gospel in focus*

*Jesus gives us a new  
understanding of keeping the  
Sabbath holy.*

“Then he said to them,  
“The sabbath was made  
for man, not man for  
the sabbath.”

Mark 2:27



What did the Pharisees think the Sabbath was for?  
How did Jesus hope to change their minds?

Why do you think God wants us to have a day for rest?

What do we already do or what could we start doing as a  
family to keep the Sabbath holy?

# THE TENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Genesis 3:9-15*

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*Responsorial Psalm:*

*Psalm 130:1-2, 3-4, 5-6, 7-8*

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*Reading 2:*

*2 Corinthians 4:13 - 5:1*

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*Gospel:*

*Mark 3:20-35*

## *Gospel in focus*

*Jesus is accused of  
being possessed by  
the devil.*

“[For] whoever does  
the will of God is my  
brother and sister and  
mother.”

Mark 3:35



What does it mean to do the will of God?

Share a time when you knew that God was asking you to  
do something. What happened?

What do you think Mary thought about Jesus' phrase, "whoever  
does the will of God is my brother and sister and mother"?

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# THE ELEVENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Ezekiel 17:22-24*

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*Responsorial Psalm:*

*Psalm 92:2-3, 13-14, 15-16*

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*Reading 2:*

*2 Corinthians 5:6-10*

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*Gospel:*

*Mark 4:26-34*

## *Gospel in focus*

*Jesus speaks to the crowds in parables so that they might understand the Kingdom of God.*

“Of its own accord the land yields fruit...”

Mark 4:28



What are the “fruits” or good works that our family creates?

Why are these “fruits” important to Jesus?

Why do you think Jesus used parables to speak to the crowds?

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# THE TWELFTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Job 38:1, 8-11*

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*Responsorial Psalm:*

*Psalm 107:23-24, 25-26, 28-29, 30-31*

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*Reading 2:*

*2 Corinthians 5:14-17*

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*Gospel:*

*Mark 4:35-41*

## *Gospel in focus*

*Jesus calms the great storm in the sea at the amazement of the disciples.*

“Who then is this whom even wind and sea obey?”

Mark 4:41



When was a time I found it difficult to trust God? What happened?

In what ways does God reveal to us that He is trustworthy?

When was a time God took care of me?

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# THE THIRTEENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Wisdom 1:13-15; 2:23-24*

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*Responsorial Psalm:*

*Psalm 30:2 and 4, 5-6, 11-12a and 13b*

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*Reading 2:*

*2 Corinthians 8:7, 9, 13-15*

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*Gospel:*

*Mark 5:21-43*

## *Gospel in focus*

*Jesus brings a 12 year old girl back to life!*

“He took the child by the hand and said to her, ‘Talitha koum’”

Mark 5:41



Place yourself in the room with Jesus, the little girl, and her family.  
How do you react to this miracle?

If you were the little girl, how would you have responded to Jesus?

What places of your heart, your faith, or your life need to have life breathed back into them?

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# THE FOURTEENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Ezekiel 2:2-5*

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*Responsorial Psalm:*

*Psalm 123:1-2ab, 2cdef, 3-4*

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*Reading 2:*

*2 Corinthians 12:7-10*

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*Gospel:*

*Mark 6:1-6*

## *Gospel in focus*

*Jesus was not able to perform miracles in His hometown due to the people's lack of faith.*

**“He was amazed at their lack of faith.”**

**Mark 6:6**



How does our faith impact Jesus' ability to move and work miracles in our lives?

What would you change about your life if you knew Jesus could work miracles in your everyday life?

How can we make room every day for Jesus to work in our lives?



# THE FIFTEENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Amos 7:12-15*

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*Responsorial Psalm:*

*Psalm 85:9ab and 10, 11-12, 13-14*

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*Reading 2:*

*Ephesians 1:3-14 or 1:3-10*

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*Gospel:*

*Mark 6:7-13*

## *Gospel in focus*

*The disciples drove away demons and cured many who were sick.*

“The Twelve drove out many demons, and they anointed with oil many who were sick and cured them.”

Mark 6:13



When was a time the Lord was able to work through you?

How can we open ourselves to the Holy Spirit each day?

Who are the people in our lives that are in need of the Lord?

How can we bring God to those people or situations?

# THE SIXTEENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Jeremiah 23:1-6*

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*Responsorial Psalm:*

*Psalm 23:1-3a, 3b-4, 5, 6*

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*Reading 2:*

*Ephesians 2:13-18*

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*Gospel:*

*Mark 6:30-34*

## *Gospel in focus*

*Jesus takes the disciples to a deserted place to rest, and then resumes teaching the crowds.*

“His heart was moved with pity for them, for they were like sheep without a shepherd.”

Mark 6:34



Jesus regularly took time apart to rest. What is one place or activity that replenishes you?

Take a few minutes as a family to imagine being on a boat to a deserted place. How do you feel? What do you notice?

When Jesus arrived back on land, there was a crowd waiting for Him. How can we embrace our own work after a period of rest?

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# THE SEVENTEENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*2 Kings 4:42-44*

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*Responsorial Psalm:*

*Psalm 145:10-11, 15-16, 17-18*

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*Reading 2:*

*Ephesians 4:1-6*

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*Gospel:*

*John 6:1-15*

## *Gospel in focus*

*Jesus feeds the massive crowd with five loaves of bread and two fish, ending with twelve baskets of food leftover.*

“This is truly the Prophet, the one who is to come into the world.”

John 6:14



Imagine yourself in the crowd. What is your reaction to this miracle?

God multiplies our own efforts for His glory. What can we offer God for Him to use according to His purpose?

When was a time in your life when God surprised you and provided for you?

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# THE EIGHTEENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Exodus 16:2-4, 12-15*

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*Responsorial Psalm:*

*Psalm 78:3 and 4bcd, 23-24, 25 and 54*

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*Reading 2:*

*Ephesians 4:17,20-24*

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*Gospel:*

*John 6:24-35*

## *Gospel in focus*

*Jesus begins the bread of life discourse.*

“Jesus said to them, ‘I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.’”

John 6:35



How is manna similar to the Eucharist? How are they different?

How does receiving the Eucharist change us?

If you have already received your 1st communion, how can we approach the Eucharist differently? If you haven't received your 1st communion, what can you do during communion to unite yourself to Christ?



# THE NINETEENTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*1 Kings 19:4-8*

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*Responsorial Psalm:*

*Psalm 34:2-3, 4-5, 6-7, 8-9*

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*Reading 2:*

*Ephesians 4:30-5:2*

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*Gospel:*

*John 6:41-51*

## *Gospel in focus*

*Jesus tells those who  
question Him that He is  
the bread of life.*

“I am the living bread  
that came down from  
heaven.”

John 6:51



What do we learn about Jesus in this Gospel? How would you describe the person of Jesus?

What do we learn about God the Father in this Gospel?

What questions do you have about the Eucharist? Spend time as a family looking up the answers to any questions or ask your parish priest.

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# THE TWENTIETH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Proverbs 9:1-6*

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*Responsorial Psalm:*

*Psalm 34:2-3, 4-5, 6-7*

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*Reading 2:*

*Ephesians 5:15-20*

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*Gospel:*

*John 6:51-58*

## *Gospel in focus*

*Jesus tells the  
crowds that He is  
the bread of life.*

“I am the living bread  
that came down from  
heaven; whoever eats  
this bread will live  
forever.”

John 6:51



How are we impacted when we receive Communion at Mass?

How do you prepare for Communion? What can we do  
at Mass to best receive the Eucharist?

We need daily food to nourish our physical bodies. How does this  
compare with the Eucharist for our souls?

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THE TWENTY-FIRST SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*Joshua 24:1-2a, 15-17, 18b*

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*Responsorial Psalm:*

*Psalm 34:2-3, 16-17, 18-19, 20-21*

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*Reading 2:*

*Ephesians 5:21-32 or 5:2a, 25-32*

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*Gospel:*

*John 6:60-69*

*Gospel in focus*

*After many of Jesus' followers turn away from Him, Jesus asks the twelve disciples if they will also leave.*

“Master, to whom shall we go? You have the words of eternal life.”

John 6:68



When is it difficult to follow Jesus and His teachings?

How can we include the Lord in the conversation when it feels hard to follow Him?

Who else can we talk to when we have a question about our faith?

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# THE TWENTY-SECOND SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Deuteronomy 4:1-2, 6-8*

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*Responsorial Psalm:*

*Psalm 15:2-3a, 3bc-4ab, 5*

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*Reading 2:*

*James 1:17-18, 21b-22, 27*

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*Gospel:*

*Mark 7:1-8, 14-15, 21-23*

## *Gospel in focus*

*Jesus teaches that we should be  
thinking about our cleanliness  
of heart.*

“Nothing that enters one  
from outside can defile that  
person; but the things that  
come out from within are  
what defile.”

Mark 7:15



What does it mean to have a clean heart?

What distractions can keep us from focusing on our  
cleanliness of heart?

What spaces in my heart need to be centered back on Christ or  
brought to the Lord for healing?



THE TWENTY-THIRD SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*Isaiah 35:4-7a*

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*Responsorial Psalm:*

*Psalm 146:6c-7, 8-9a, 9bc-10*

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*Reading 2:*

*James 2:1-5*

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*Gospel:*

*Mark 7:31-37*

*Gospel in focus*

*Jesus heals a man who is deaf  
and has a speech impediment to  
the amazement of all who are  
with Him.*

“He has done all things  
well. He makes the deaf  
hear and the mute  
speak.”

Mark 7:37



Place yourself in the Gospel passage. How do you react to hearing  
the news of this miracle?

What “everyday” miracles take place in our lives when  
we look with the eyes of faith?

What miracle should we pray for as a family?

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THE TWENTY-FOURTH SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*Isaiah 50:5-9a*

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*Responsorial Psalm:*

*Psalm 116:1-2, 3-4, 5-6, 8-9*

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*Reading 2:*

*James 2:14-18*

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*Gospel:*

*Mark 8:27-35*

*Gospel in focus*

*Jesus tells His disciples about His upcoming passion for the first time, teaching them that whoever loses his life for Jesus' sake will save their life.*

“Whoever wishes to come after me must deny himself, take up his cross, and follow me.”

Mark 8:34



How would you respond if you were in Peter's place? Why do you think Peter responded the way he did?

Why might this have been a challenging teaching for the disciples to hear?

What is your cross that you must take up? How can we best follow Jesus in our daily lives?

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# THE TWENTY-FIFTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Wisdom 2:12, 17-20*

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*Responsorial Psalm:*

*Psalm 54:3-4, 5, 6 and 8*

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*Reading 2:*

*James 3:16-4:3*

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*Gospel:*

*Mark 9:30-37*

## *Gospel in focus*

*When the disciples argue about which one of them is the greatest, Jesus teaches that the first shall be last.*

“If anyone wishes to be first, he shall be the last of all and the servant of all.”

Mark 9:35



When was a time you served someone else? What happened?

When you serve others, how does it make you feel? Why?

When you serve others, how does it make them feel? Why?

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# THE TWENTY-SIXTH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Numbers 11:25-29*

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*Responsorial Psalm:*

*Psalm 19:8, 10, 12-13, 14*

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*Reading 2:*

*James 5:1-6*

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*Gospel:*

*Mark 9:38-43, 45, 47-48*

## *Gospel in focus*

*Jesus teaches the  
disciples about unity and  
avoiding temptations.*

“For whoever is not  
against us is for us.”

Mark 9:40



This Gospel highlights how sin can harm us in a deeper way than a physical injury. How do you feel when you know you have sinned?

Discuss confession as a family. When could you go to confession this month?

Which of your choices in the past week would have brought a smile to Jesus' face?

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THE TWENTY-SEVENTH SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*Genesis 2:18-24*

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*Responsorial Psalm:*

*Psalm 128:1-2, 3, 4-5, 6*

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*Reading 2:*

*Hebrews 2:9-11*

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*Gospel:*

*Mark 10:2-16*

*Gospel in focus*

*Jesus answers the Pharisees' questions about marriage and divorce.*

“But from the beginning of creation, ‘God made them male and female.’”

Mark 10:6



What do we learn about marriage in today's Gospel?

Are there any married couples in our lives who we can pray for today? How can we pray for them?

God created you with both a soul and body, and He says that both your soul and body are good! How can we thank God for the good gift of our bodies?

THE TWENTY-EIGHTH SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*Wisdom 7:7-11*

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*Responsorial Psalm:*

*Psalm 90:12-13, 14-15, 16-17*

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*Reading 2:*

*Hebrews 4:12-13*

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*Gospel:*

*Mark 10:17-30*

*Gospel in focus*

*Jesus teaches that it is important to build up our wealth in heaven, rather than on earth.*

“Jesus looked at them and said, ‘For human beings it is impossible, but not for God. All things are possible for God.’”

Mark 10:27



How do you build up your wealth in heaven?

Why can it be difficult for us to give what we have to those in need?

How does giving to those in need impact not only their life, but ours?

THE TWENTY-NINTH SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*Isaiah 53:10-11*

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*Responsorial Psalm:*

*Psalm 33:4-5, 18-19, 21, 22*

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*Reading 2:*

*Hebrews 4:14-16*

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*Gospel:*

*Mark 10:35-45*

*Gospel in focus*

*Jesus tells us that in order to be great, we must put others before ourselves.*

“For the Son of Man did not come to be served but to serve and to give his life as a ransom for many.”

Mark 10:45



In what ways does Jesus serve others throughout the Gospels?

Who is someone who serves you? How would you describe this person?

How can we put others before ourselves this week?

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# THE THIRTIETH SUNDAY OF ORDINARY TIME

## *Mass readings*

*Reading 1:*

*Jeremiah 31:7-9*

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*Responsorial Psalm:*

*Psalm 126:1-2, 2-3, 4-5, 6*

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*Reading 2:*

*Hebrews 5:1-6*

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*Gospel:*

*Mark 10:46-52*

## *Gospel in focus*

*Jesus stops on His journey to  
heal a blind man named  
Bartimaeus.*

**“Take courage; get up,  
he is calling you.”**

**Mark 10:49**



Imagine Peter saying to you, “Take courage, get up, Jesus is calling you!” - What would you do? How would you live?

What big and bold prayer requests would we present to God if we approached Him with the courage of the blind man?

What do we learn about courage in today’s Gospel?

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ORDINARY TIME - YEAR B  
THE THIRTY-FIRST SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*Deuteronomy 6:2-6*

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*Responsorial Psalm:*

*Psalm 18:2-3, 3-4, 47, 51*

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*Reading 2:*

*Hebrews 7:23-28*

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*Gospel:*

*Mark 12:28b-34*

*Gospel in focus*

*Jesus tells us the greatest of all  
the commandments.*

“You shall love the Lord  
your God with all your  
heart, with all your soul,  
with all your mind, and  
with all your strength.”

Mark 12:30



Jesus tells us to love God with all of our heart, soul, mind, and strength. Which of these comes easiest?

Do we have any priorities before God? How can we choose God first this week?

After hearing these commandments, in what areas are we challenged to grow this week?

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ORDINARY TIME - YEAR B  
THE THIRTY-SECOND SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*1 Kings 17:10-16*

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*Responsorial Psalm:*

*Psalm 146: 7, 8-9, 9-10*

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*Reading 2:*

*Hebrews 9:24-28*

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*Gospel:*

*Mark 12:38-44*

*Gospel in focus*

*Jesus tells His disciples  
that a humble heart is  
close to God.*

“But she, from  
her poverty, has  
contributed all  
she had.”

Mark 12:44



Why does Jesus tell the disciples to “beware of the scribes”?

What do we learn from the poor widow?

How can we be more like the widow and less like the scribes in  
our day to day life?

ORDINARY TIME - YEAR B  
THE THIRTY-THIRD SUNDAY  
OF ORDINARY TIME

*Mass readings*

*Reading 1:*

*Deuteronomy 12:1-3*

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*Responsorial Psalm:*

*Psalm 16:5, 8, 9-10, 11*

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*Reading 2:*

*Hebrews 10:11-14, 18*

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*Gospel:*

*Mark 13:24-32*

*Gospel in focus*

*Jesus tells us about  
the coming of the  
Son of Man.*

“Heaven and earth  
will pass away, but  
my words will not  
pass away.”

Mark 13:31



We do not know the day or the hour that the Son of Man will come.  
Why do you think God the Father wanted it this way?

Jesus mentions there will be signs before His coming.  
What do you think the purpose of signs are?

“My words will not pass away.” How do these words encourage you?

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# SOLEMNITY OF THE MOST HOLY TRINITY

## *Mass readings*

*Reading 1:*

*Deuteronomy 4:32-34, 39-40*

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*Responsorial Psalm:*

*Psalm 33:4-5, 6 and 9, 18-19, 20 and 22*

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*Reading 2:*

*Romans 8:14-17*

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*Gospel:*

*Matthew 28:16-20*

## *Gospel in focus*

*Jesus sends his disciples to  
make disciples of all nations.*

“Behold, I am with you  
always, until the end of  
the age.”

Matthew 28:20



How can I share God’s love with others this week?

What gifts or talents do I have that can be used for His glory?

Which people in my life need to hear a message of God’s  
love for them this week?

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# SOLEMNITY OF THE BODY AND BLOOD OF CHRIST

## *Mass readings*

*Reading 1:*

*Exodus 24:3-8*

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*Responsorial Psalm:*

*Psalm 116:12-13, 15-16, 17-18*

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*Reading 2:*

*Hebrews 9:11-15*

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*Gospel:*

*Mark 14:12-16, 22-26*

## *Gospel in focus*

*Jesus shares His Last Supper  
with his friends, the disciples.*

“He took bread, said  
the blessing, broke it,  
and gave it to them,  
and said, “Take it; this  
is my body.””

Mark 14:22



Place yourself in the room with Jesus and the disciples. What stands out the most to you from dining at the Last Supper?

Why do you think Jesus chose to become bread for us?

How do you think the disciples reacted to hearing Jesus' words at the Last Supper? What questions do you think they had for Jesus?

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# SOLEMNITY OF THE MOST SACRED HEART

## *Mass readings*

*Reading 1:*

*Hosea 11:1, 3-4, 8c-9*

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*Responsorial Psalm:*

*Isaiah 12:2-3, 4bcd, 5-6*

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*Reading 2:*

*Ephesians 3:8-12, 14-19*

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*Gospel:*

*John 19:31-37*

## *Gospel in focus*

*After He died on the cross,  
blood and water flowed  
from Jesus' pierced side.*

“They will look upon  
him whom they have  
pierced.”

John 19:37



What does “sacred” mean to you?

Why do we say that Jesus has a “sacred heart”?

How would you describe your own heart?

What words would you use?

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# SOLEMNITY OF THE NATIVITY OF JOHN THE BAPTIST (June 24)

## *Mass readings\**

### *Reading 1:*

*Jeremiah 1:4-10; Isaiah 49:1-6*

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### *Responsorial Psalm:*

*Psalm 71:1-2, 3-4a, 5-6ab, 15ab, 17;*

*Psalm 139:1b-3, 13-14ab, 14c-15*

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### *Reading 2:*

*1 Peter 1:8-12; Acts 13:22-26*

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### *Gospel:*

*Luke 1: 5-17; Luke 1:57-66, 80*

*\*Order listed: Vigil; Mass during the day*

## *Gospel in focus*

*Zechariah and Elizabeth named their son John and he walked with the Lord all of his days.*

“The child grew and became strong in spirit...”

Luke 1:80



What does it mean to be “strong in spirit”?

Who is someone you know who is strong in spirit? What about them stands out to you?

If you were to meet John the Baptist today, what do you think he would be like?

# SOLEMNITY OF SAINTS PETER AND PAUL (June 29)

## *Mass readings\**

### *Reading 1:*

*Acts 3:1-10; Acts 12:1-11*

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### *Responsorial Psalm:*

*Psalm 19:2-3, 4-5;*

*Psalm 34:2-3, 4-5, 6-7, 8-9*

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### *Reading 2:*

*Galatians 1:11-20; 2 Timothy 4:6-8, 17-18*

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### *Gospel:*

*John 21:15-19; Matthew 16:13-19*

*\*Order Listed: Vigil; Mass during the day*

## *Gospel in focus*

*Jesus entrusts Saint Peter  
with the keys to Heaven.*

“You are Peter, and  
upon this rock I will  
build my Church.”

Matthew 16: 18



How do you think Peter felt in this moment of the Gospel reading?

Out of Jesus' many titles, who do you say that Jesus is?

Jesus is the Messiah, but why do you think He instructs His disciples  
not to tell anyone?

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# FEAST OF THE TRANSFIGURATION

## (August 6)

### *Mass readings*

*Reading 1:*

*Deuteronomy 7:9-10, 13-14*

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*Responsorial Psalm:*

*Psalm 97:1-2, 5-6, 9*

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*Reading 2:*

*2 Peter 1:16-19*

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*Gospel:*

*Mark 9:2-10*

### *Gospel in focus*

*Peter, James, and John witness the Transfiguration of the Lord when Jesus' clothes become dazzling white and He is met with Elijah and Moses.*

“This is my beloved Son.  
Listen to him.”

Mark 9:7



Place yourself on the mountain with Peter, James, and John. Which moment that takes place in the Gospel is the most amazing for you to witness? Why?

If you were Peter, what might you have said to Jesus?

What would you have asked Moses and Elijah?

What do you think Jesus was speaking with Moses and Elijah about?

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# SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY (August 15)

## *Mass readings\**

### *Reading 1:*

*1 Chronicles 15:3-4, 15-16, 16:1-2;*

*Revelation 11:19a; 12:1-6a, 10ab*

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### *Responsorial Psalm:*

*Psalm 132:6-7, 9-10, 13-14;*

*Psalm 45:10, 11, 12, 16*

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### *Reading 2:*

*1 Corinthians 15:54b-57;*

*1 Corinthians 15:20-27*

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### *Gospel:*

*Luke 11:27-28; Luke 1:39-56*

*\*Order Listed: Vigil; Mass during the day*

## *Gospel in focus*

*When Mary visits her cousin Elizabeth, she is greeted with joy.*

“And Mary said: ‘My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior!’”

Luke 1:46-47



Which line from Mary’s Magnificat stands out the most to you? Why?

Mary was probably tired from her long journey while carrying Jesus in her womb. How would you describe Mary in this Gospel passage?

Who are an “Elizabeth” in your life, who encourages you in your faith? How can you be present to them this week?

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# SOLEMNITY OF ALL SAINTS (November 1)

## *Mass readings*

*Reading 1:*

*Revelation 7:2-4, 9-14*

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*Responsorial Psalm:*

*Psalm 24:1bc-2, 3-4ab, 5-6*

---

*Reading 2:*

*1 John 3:1-3*

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*Gospel:*

*Matthew 5:1-12a*

## *Gospel in focus*

*Jesus shares the Beatitudes with  
the great crowd.*

“Blessed are the  
peacemakers, for they  
will be called children of  
God.”

Matthew 5:9



Which of these Beatitudes stands out to you the most? Why?

Do you think that you or someone in your family matches one of the groups of people described in the Beatitudes? Which one(s)?

Is there a saint you know about who matches one of the groups? Ask any saints that come to mind to pray for you!

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# SOLEMNITY OF OUR LORD JESUS CHRIST, KING OF THE UNIVERSE

## *Mass readings*

*Reading 1:*

*Daniel 7:13-14*

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*Responsorial Psalm:*

*Psalm 93:1, 1-2, 5*

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*Reading 2:*

*Revelation 1:5-8*

---

*Gospel:*

*John 18:33b-37*

## *Gospel in focus*

*When questioned by Pilate,  
Jesus tells him that His  
kingdom is not of this world.*

“Everyone who belongs  
to the truth listens to  
my voice.”

John 18:37



Jesus is higher than any person, celebrity, or leader. How are we orienting our life first around Jesus, the King of the Universe?

Jesus is King, and He also cares to know each of us individually. How would you describe Jesus to someone who did not know Him?

What prayer requests do we have as a family to present to Jesus?

*before you go*

## ADDITIONAL RESOURCES



### Ablaze Families Community

*ablaze.us/ablaze-families*

Join the Ablaze Families online community and find more parenting resources to raise saints.



### Ablaze Parent Courses

*ablazefamilies.mykajabi.com*

Online Catholic parenting courses that help you bring your kids to heaven while growing in faith yourself.



### ESS Mass Journal

*everysacredsunday.com/journal*

A keepsake quality hardcover journal with full Sunday Mass readings and space for notes to help you prepare and pray.



### The Sunday Series

*everysacredsunday.com/sundayseries*

Free weekly reflections on the Sunday Mass readings from a variety of Catholic writers, sent directly to your inbox.

## Questions or comments?

*We'd love to hear from you! Email us at [hello@everysacredsunday.com](mailto:hello@everysacredsunday.com), and thank you for joining us in saying "yes!" to God, one Sunday at a time!*