

16th Sunday in Ordinary Time
July 21, 2024

FATH @ HOME

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First Reading: Jeremiah 23: 1-6
Responsorial Psalm: Psalm 23: 1-3,3-4,5,6
Second Reading: Ephesians 2: 13-18
Gospel: Mark 6: 30-34

[Find all readings here](#)

1. HEAR

Use your bible to look up today's Gospel reading. If you don't have a Bible, you can find the Gospel reading [HERE](#)

If you prefer, you can watch a video of the Gospel reading [HERE](#) (YouTube, WOG channel, 47sec)

If you have children, you might prefer to watch a video of the Gospel reading [HERE](#) (YouTube, Holy Heroes channel, 1:15 min)

2. PRAY

A shepherd ensures his sheep are cared for, fed, and kept safe. In today's Gospel, Jesus saw that the people were in need and "his heart was moved with pity for them, for they were like sheep without a shepherd" (Mk 6:34).

During your prayer, take some time to sit quietly and rest with Jesus. After some time of simply resting with Him, ask Jesus what need he sees in your life that he wants to fill. What does He want to do for you? Listen for what Jesus says to you. (*Jesus might be speaking to you through an internal awareness of something or through a thought or insight that comes to your mind.*)

When you are ready, talk with Jesus about what He tells you or shows you. Conclude your prayer by thanking *Jesus for this time together.*

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

3. TALK

Share with your family, in a group setting or a close friend:

In the Gospel of Mark, Jesus realizes that his disciples needed rest – spiritual rest. They needed time for prayer, worship and reflection to continue this journey of discipleship. Jesus was tending to his flock. In the first reading of Jeremiah, the passage issues harsh judgment to those shepherds who have not upheld their duties to their flock and are self-serving. Jeremiah promises that good leadership is coming, and wise leadership must prevail! In your discussion, name the things that take you away from being close to Christ. Is it too much time on your cell phone or other technology? Stress or anxiety over daily activities? Problems in relationships with others? Naming the distractions is the first step.

The second reading of Ephesians advises us that ultimate peace must be with God. We must strive to move away from separation from God to connection with God. The Church is a place that should unite communities and not scatter them. Reflect on how you can be in closer relationship with Jesus, our shepherd. Write down 2 ways in which you can contribute to your community and promote the well-being of others. An example could be praying daily for the health of those who are sick in our family or parish community; OR volunteering your time in service for a parish event. Connecting with others will help us to find greater peace with ourselves and move us closer to Christ.

