



LIVING IN THE LIGHT

The Word

Seventh Sunday in Ordinary Time Week of February 26

Call to Prayer and Sharing

- ✦ *Leader invites all into a few moments of silent reflection to remember that we are in the presence of God. (reflective pause)*
- ✦ *Then: "In the name of the Father and of the Son"*

The Word of God

- ✦ *Leader reads part or all of one of the scripture texts from the previous Sunday.*

Matthew 6: 24-34

Jesus said to his disciples:

"No one can serve two masters.

He will either hate one and love the other,
or be devoted to one and despise the other.
You cannot serve God and mammon.

"Therefore I tell you, do not worry about your life,
what you will eat or drink,
or about your body, what you will wear.

Is not life more than food and the body more than clothing?

Look at the birds in the sky;

they do not sow or reap, they gather nothing into barns,
yet your heavenly Father feeds them.

Are not you more important than they?

Can any of you by worrying add a single moment to your life-span?

Why are you anxious about clothes?

Learn from the way the wild flowers grow.

They do not work or spin.

But I tell you that not even Solomon in all his splendor
was clothed like one of them.

If God so clothes the grass of the field,

which grows today and is thrown into the oven tomorrow,
will he not much more provide for you, O you of little faith?

So do not worry and say, 'What are we to eat?'

or 'What are we to drink?' or 'What are we to wear?'

All these things the pagans seek.

Your heavenly Father knows that you need them all.

But seek first the kingdom of God and his righteousness,

and all these things will be given you besides.
Do not worry about tomorrow; tomorrow will take care of itself.
Sufficient for a day is its own evil."

Faith Sharing

- ✦ *Leader reminds everyone of the Question of the Week which relates to the particular group gathered*

Children: What do you worry about? What can you do to stop worrying and rely on God?

Teens: How can you turn worry into trust in God's care for you?

Adults: How does serving God, and not all the other "masters" that try to get attention in our world, make a difference in your life?

We offer this form of contemplative sharing for pondering Scripture while considering the question, and for the faith sharing which follows.

- Listen/ Read (Lectio): Ponder God's word and listen for what touches your heart.
- Meditate (Meditatio): Notice what you notice. Allow God's word to resonate in you.
- Speak/Share (Oratio): Prayerfully share with the group your thoughts and feelings.
- Rest in God's presence (Contemplatio): Notice God's presence and be still, surrounded by God's love.

Time is provided for sharing responses to the question. Silence between responses is to be expected. Allow about 15 minutes for faith sharing. For larger groups, leader invites members to divide into groups of three or four for faith sharing.

- ✦ *When the sharing comes to an end, the leader invites everyone to take a moment to silently and reverently hold what has been shared together.*
- ✦ *Continue with the meeting, turning to the agenda.*

Concluding the meeting

At the end of the meeting, the leader closes with the following prayer:

Good and Gracious God,
your love for us surpasses all understanding.
As we leave here today,
be with us in all our comings and goings,
and in all that we say and do.
We pray this in the name of Christ Jesus who is our Light.
Amen.