



LIVING IN THE LIGHT

The Word

16th Sunday in Ordinary Time

Week of July 21

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.*

Luke 10: 38 - 42

Jesus entered a village
where a woman whose name was Martha welcomed him.
She had a sister named Mary
who sat beside the Lord at his feet listening to him speak.
Martha, burdened with much serving, came to him and said,
"Lord, do you not care
that my sister has left me by myself to do the serving?
Tell her to help me."
The Lord said to her in reply,
"Martha, Martha, you are anxious and worried about many things.
There is need of only one thing.
Mary has chosen the better part
and it will not be taken from her."

Faith Sharing

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

Children: One of the ways Jesus enjoys spending time speaking and listening to us is through prayer. Do you pray to Jesus and what would you say?

Teens: Feelings of anxiety and worry over things in our lives can cause us to have our priorities out of order. Is spending time with Jesus a priority for you? If so, how do you practice it, and if not, what things might you do to listen and speak with him?

Adults: As an adult, life has many legitimate priorities that must be attended to in order for us and those we love to survive day to day. Still Jesus speaks to the

fact that our most important priority is time listening to and speaking with him. Are you able to spend time with Jesus daily? If so, how and if not, how might you be able to?

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.
- Choose to act (*Actio*): Trusting in God's nearness, commit to action rooted in 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.