

Family Faith at Home



Make Sunday Come Alive All Week!

The Department of Youth Faith Formation wants to help you and your whole family explore God's Word in your lives. Each week we will be sending out this resource which can help you reflect on the upcoming Sunday readings with your entire family.

Here are some ideas on how to use this resource:

- Consider reading one of the mass readings each evening.
- Do the discussion questions after dinner one night.
- Watch the video on a different night.
- Pray the prayer each evening.



Fifth Sunday in Ordinary Time

Mass Readings:

Job 7: 1-4, 6-7

Psalms 147: 1-2, 3-4, 5-6

1 Corinthians 9: 16-19, 22-23

Mark 1: 29-39

[Readings can also be found at the United States Conference of Catholic Bishops.](#)

Discuss

1. Does anyone have any good news they want to share about this week?
2. Why do you think people like to hear good news?
3. What would be the one thing or one person that wish every person in the world knew? Why? How would you think is the best way to help people know this?
4. In church we often hear the phrase, "the Good News of Jesus Christ." Why do you think Jesus is *the* Good News?
5. How can we help people know the Good News of Jesus Christ?

Share

A man named Frank Mercadante once said that when we share about Jesus it should be an exciting experience that people remember, like eating a jalapeño, versus being bland and forgettable, like eating cottage cheese. In this week's readings, Paul feels so compelled to share the Good News of Jesus that he says, "woe to me if I do not preach it!" The Good News of Jesus is full of hope, healing, compassion, and the deep love of God for His people. We, too, should feel excited to share that Good News to everyone!

Watch

For families with small children, [watch this video.](#)

For families with older children, [watch this video.](#)

Pray

Heavenly Father,

pour forth your Holy Spirit to inspire me with these words from Holy Scripture.

Stir in my soul the desire to renew my faith and deepen my relationship with your Son, our Lord Jesus Christ so that I might truly believe in and live the Good News.

Open my heart to hear the Gospel and grant me the confidence to proclaim the Good News to others.

Pour out your Spirit, so that I might be strengthened to go forth and witness to the Gospel in my everyday life through my words and actions.

In moments of hesitation, remind me:

- If not me, then who will proclaim the Gospel?
- If not now, then when will the Gospel be proclaimed?
- If not the truth of the Gospel, then what shall I proclaim?

God, our Father, I pray that through the Holy Spirit I might hear the call of the New Evangelization to deepen my faith, grow in confidence to proclaim the Gospel and boldly witness to the saving grace of your Son, Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Do

St. Paul says, "Always be ready to give an answer to anyone who asks you for a reason for your hope, but do it with gentleness and reverence." (1 Peter 3: 15-16a). Practice sharing your answer for why you believe in Jesus with each other. Pray about whom you can share the Good News with this week.



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